



Norway - LBF/BBF24 - Activity

Hello Happy! Mindful Kids



Children can colour and doodle their way to happiness, calm and confidence.

- *Mindful Kids* is an activity book series designed and written for children about emotions and feelings.
- Includes an introduction to the book, and notes for grown-ups by consultant Dr Sharie Coombes, Child & Family Psychotherapist.
- Use creativity to combat negative feelings, work out worries and put anger back in its place with the writing and doodling activities.
- Combined, the *Mindful Kids* series has sold 1 millions copies worldwide (as of July 2022)

Hello Happy! Mindful Kids

I'M FEELING KINDA...

How are you feeling? Whether you're happy, sad or full of joy, it's okay. All emotions are okay - which is a good thing as we have loads of them!

Circle a one and draw the expression to fit the emotion. Or fill the emotion to fit the expression.

I'M FEELING Happy

I'M FEELING Sad

I'M FEELING

I'M FEELING

I'M FEELING

I'M FEELING

I'M FEELING

embarrassed
shocked
frustrated
angry shy
scared
lonely tired
anxious

BRAIN BREAK!

To calm your emotions and feelings you need to spend your time. To do this you need to give your brain a break by switching off from the every day things which have caused difficulty to your head.

The first thing to do is to get rid of the noise around you and learn to be alone. It may feel uncomfortable at first, but here's what you need to do:

- Turn off the TV
- Turn off any video games
- Turn off any mobile or internet
- Put smart technology, phones, tablets etc away
- Close windows to the outside world so you can't hear car engines and sirens
- Take yourself away from people talking

Once you've done this...

Sit still in a comfortable position, close your eyes and concentrate on breathing in and out, in and out.

Now, in this quiet calm state ask yourself how you are feeling.

See yourself the chance to recognize any underlying feelings of anger, sadness, worry or anxiety and give yourself permission to feel that feeling.

For example say:

"I am feeling SAD. I feel SAD because I had a bad day at school. I will not always feel SAD, but right now I feel SAD and that's OK."

Repeat the sentence 5 times.

FEELING FEELINGS

Sometimes your feelings don't want to stay inside. Sometimes they want to JUMP AND EMERGE OUT!

Write where and how you feel when you're sad on this dummy.

Write where and how you feel when you're angry on this dummy.

MY BEATING HEART

Take some time to get to know your heart rate. Take your pulse by holding the two fingers nearest your thumb to your neck or to the underside of your wrist.

TRY TAKING YOUR PULSE WHEN YOU HAVE...

- JUST WOKEN UP
- RUN ON THE SPOT FOR 3 MINUTES
- HAD A ROW WITH SOMEONE
- EATEN A BIG MEAL
- JUST BEGUN A PIECE OF HOMEWORK
- READ A CHAPTER OF A BOOK
- BEEN FOR A WALK

Write down the beats per minute for each of these.

REMEMBER! Anger can be positive. Many people have made good changes in the world because they felt so angry about something they used the anger to spur them on to positive action. What makes you angry in the world? How could you make a difference?

DID YOU KNOW? Your heart rate will also increase when you are stressed or afraid.

THE ANGER ICEBERG

Anger never exists on its own - there are always underlying emotions causing it. Add more emotions to the underwater part of the iceberg to show the other emotions which might lead to you feeling angry.

ANGER

frustrated

lonely

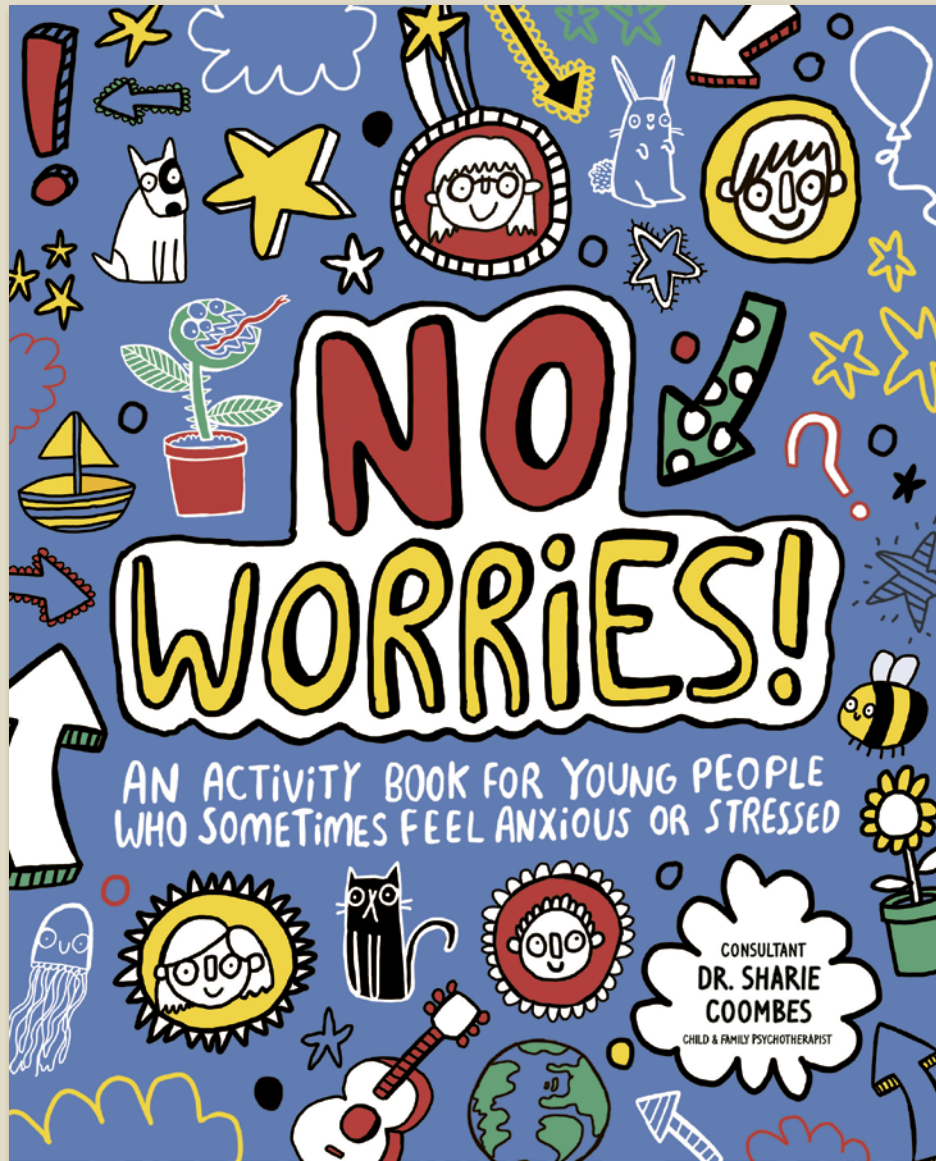
worried

SCARED

ALONE

Pub Date	27/07/2017
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Illustrator	Katie Abey
Extent	96pp
Rights Available	World

No Worries! Mindful Kids



No Worries!

- Includes an introduction to the book, and notes for grown-ups by consultant Dr. Sharie Coombes, Child & Family Psychotherapist.
- *Mindful Kids* is an activity book series designed and written for children about emotions and feelings.
- Use creativity to combat stressful moments, work out worries and put anxiety back in its place with the writing and doodling activities.
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No Worries! Mindful Kids

COLOUR THIS IN WITH POSITIVE COLOURS

I
AM
IMPORTANT

COLOUR YOUR FEELINGS

Do you think feelings have their own colours? Colour in each of these feeling words with the colour that you think suits them best.

ANGER Happy
Sad FEAR
Laughter WORRY

YOGA POSE

Try these poses before bedtime or when you want to feel calm.

TREE POSE
Place your feet on your ankles or above your knee and balance. Then change to your other leg.

SAI "I AM BALANCED"

BUTTERFLY POSE
Sit on the ground, press your feet together, and roll your shoulders back.

SAI "I AM SAFE"

LADYBIRD POSE
Bend your knees, roll your shoulders back, and press your hands together.

SAI "I AM HAPPY"

CHILD'S POSE

Bend your legs, fill your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.

SAI "I AM AT REST"

CAT POSE

Breathe in and look up, lifting your back drop down. Breathe out and tuck in your chin, lifting your back in a high arch.

SAI "I AM AT EASE"

SLEEP POSE

Lie on your back and take slow breaths. Close your eyes if you want. Try to empty yourself of thoughts. If your mind wanders away, notice where it goes, then bring your attention back to your breathing.

SAI "I AM AT HOME"

COLOUR THIS IN

EVERY
PROBLEM
HAS AN
ANSWER

YOUR SAFE PLACE

Draw or stick a picture of somewhere you feel completely safe and happy.

Your safe place could be somewhere you've seen or been to, heard about, read about or dreamt about. A special, safe place where everything feels peaceful, joyful and wonderful.

COLOUR THIS IN

I AM
LOVED

TAKE A BREATH!

Try this breathing exercise to help you relax:

STEP 1

Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.

STEP 2

Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.

STEP 3

Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.

When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way, your happy memory will take up all the space in your brain, and there won't be any room for the worries.

DO THIS FOR 2 MINUTES

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Be Green! Mindful Kids Global Citizen

BUY NOTHING DAY

You watch do you consume and throw away in a single day? The answer probably varies on different days of the week and at different times of the year. In quality part of the world, we make waste and pollution a problem. Talk a day and ask everyone in your household to agree to make it a buy nothing day.

Set down with your family and make a list of all the things you buy in a normal week. It could include everything from your food to magazines, clothes and gifts.

At the end of the day, make a list of the money you saved. How much less did you spend than last week?

Now consider the future. How could you buy less and waste less in your everyday life?

WHY DO YOU THINK PEOPLE BUY SO MUCH STUFF?

DO YOU THINK THEY NEED EVERYTHING THAT THEY BUY WHY?

THINK POSITIVE

When it comes to creating a greener, cleaner world there is a lot to do, but lots of good things are also happening every single day, right across the globe. Fill in a sticky note every time you find out about something positive. Being happy to help the environment. It could be locally or in a wider world.

Write it:

What's the natural news? Talk to your friends? Check out local community initiatives?

PROJECT PROTECT

Many animal species being today are endangered and some have already become extinct. Name some and their actions are the biggest threat that animals face today.

As we spread out across more and more of the planet, we destroy natural habitats, making it very difficult for some species to survive.

Do your bit to find out about animal conservation! Pick an endangered species that you care about, then find out about it either online or at the library. Now write about it on these project pages.

THE TYPE OF ANIMAL I WANT TO PROTECT IS:

DRAW A PICTURE OF IT HERE:

DRAW AN ARROW TO SHOW WHERE THIS ANIMAL LIVES:

Reasons why this animal is endangered:

Other things that I can do to help:

This animal is amazing because:

I CAN SEE A RAINBOW

MAKE A BEAUTIFUL RAINBOW OUT OF OLD MAGAZINES

1 Tear up the pages of a glossy magazine or come back with small scraps of paper.

2 Sort the scraps into coloured piles.

3 Fold some glue, then stick the main mosaic pieces onto the rainbow arch.

PAPER IS SIMPLE AND EASY TO RECYCLE. INSTEAD OF THROWING YOUR COPIES AND MAGAZINES AWAY, CONSIDER:

Using them to cover your schoolbooks

Creating party, multicultural bunting

Flashing them into card to make gift tags

Cutting out headlines letters and creating cool slogan posters

OUR FRIEND, THE EARTH

The Earth gives us a home to live in, food to eat, medicine to heal us, water to drink, air to breathe, and energy to run our machines, towns and cities. It is more important than ever to treasure and protect it.

Colour in our amazing planet!

WHAT IS THE ENVIRONMENT?

When we talk about the environment, we mean everything in the world around us. This includes the air, water, plants, animals and food chains.

ONE AND ONLY

The Earth is the only planet in the Solar System with exactly the right conditions for us to survive. It is not too hot, nor too cold, allowing it to support life.

NATURAL HABITATS

The Earth is very diverse. There are mountains and deserts, forests and oceans, ice caps and grasslands. This rich variety provides homes for countless species of plants and animals.

UNDER THREAT

Over the course of many centuries, the Earth's human population has grown. We have had a massive impact on the environment in which we live. We have created pollution on the land, in the skies and in the seas.

CLIMATE CHANGE

One of the biggest consequences of pollution is climate change - the Earth is warming up faster than ever before. Scientists believe that this warming could seriously disrupt the way that our environment works.

ALL CONNECTED

The Earth is finely balanced. The water cycle, weather, plants and animals, and the passing of the seasons, all work in harmony with each other. A small change to any of these can affect others massively.

WE'VE ONLY GOT ONE EARTH. IT'S OUR JOB TO TRY TO PRESERVE THIS UNIQUE ENVIRONMENT. LET'S DO IT TOGETHER!

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Be Kind! Mindful Kids Global Citizen

BEHAVIOUR BOTHER

When someone says or does something unkind, it can make you feel sad, bad or angry. Being unkind to someone can make you feel negative emotions too. You may also feel guilty for your actions.

YOU ARE REALLY RUBBISH AT RUNNING!
I wish I could run as fast as you.

ONLY BABIES AREN'T ALLOWED TO PLAY OUT IN THE PARK AFTER SCHOOL.

YOU HAVE NO FRIENDS!
I'm not sure if people really like me.

HE WORRIED THAT ELISA MIGHT PICK ON ME NEXT!
I wish I didn't have to play out, but I don't really want to go home because Mum and Dad aren't getting on.

ELISA SAYS NO ONE SHOULD TALK TO YOU BECAUSE YOU'RE SNEAKY.

It is important to understand that you are not a bad person just because you have said or done something negative. The important thing is to apologise and to do things differently next time.

Look at the people below. Draw a line between the matching thought and speech bubble.

It can be difficult but useful to think about your own mistakes. Write down some of the unkind things you have said or done in the past on the label tape. Think about how the other person felt, any consequences of your unkindness and what you have learned since.

WHAT CAN WE LEARN ABOUT OURSELVES?
Being unkind is often a reaction to anger rather than malice. It's important not to take unkindness personally, but not do you have to tolerate it. Take some time to look at yourself, and think about when and why you've been unkind.

SMILING IS CONTAGIOUS

A heartfelt smile is the first step on the road to kindness. Smiling is a simple way to brighten anyone's day. It is also contagious. The more you smile, the more you'll make others smile.

Draw a smile on each face once you've given each of these practical activities a try.

Smile when you walk into a shop.

Smile at your teacher.

Smile at the person who answers your post.

Smile at someone who is not in your school year.

Smile at a neighbour.

Smile while you talk on the phone, even though they can't see you!

STUCK FOR SMILES?
On a separate piece of paper, write down three silly things that have happened this week and share the funny stories with anyone who needs a giggle.

#CHOOSE KIND

With online bullying and social media issues often in the spotlight, it's easy to forget that technology can also be a force for good. Sending an email or a text message is a super-fast way to spread some joy.

Think about the people in your life and then write some short but positive messages on these screens.

WORD TO THE WISE!
Check with a trusted adult before sending text or online messages.

ONE WORLD

How much do you know about our world?

Start by finding the part of the world you live in, then complete the statements opposite about other places you know about or have visited. Spend some time thinking about areas of the world you're less familiar with.

DID YOU KNOW?
You're one of the 7.6 billion people in the world who make up the global community.

DID YOU KNOW?
We live on 7 continents and in 195 different countries!

DID YOU KNOW?
ADD THE COUNTRY NAME AND COLOUR IN THE AREAS OF THE MAP FOR EACH POINT BELOW:

I have visited _____

I have been on holiday to _____

I have friends in _____

I have family in _____

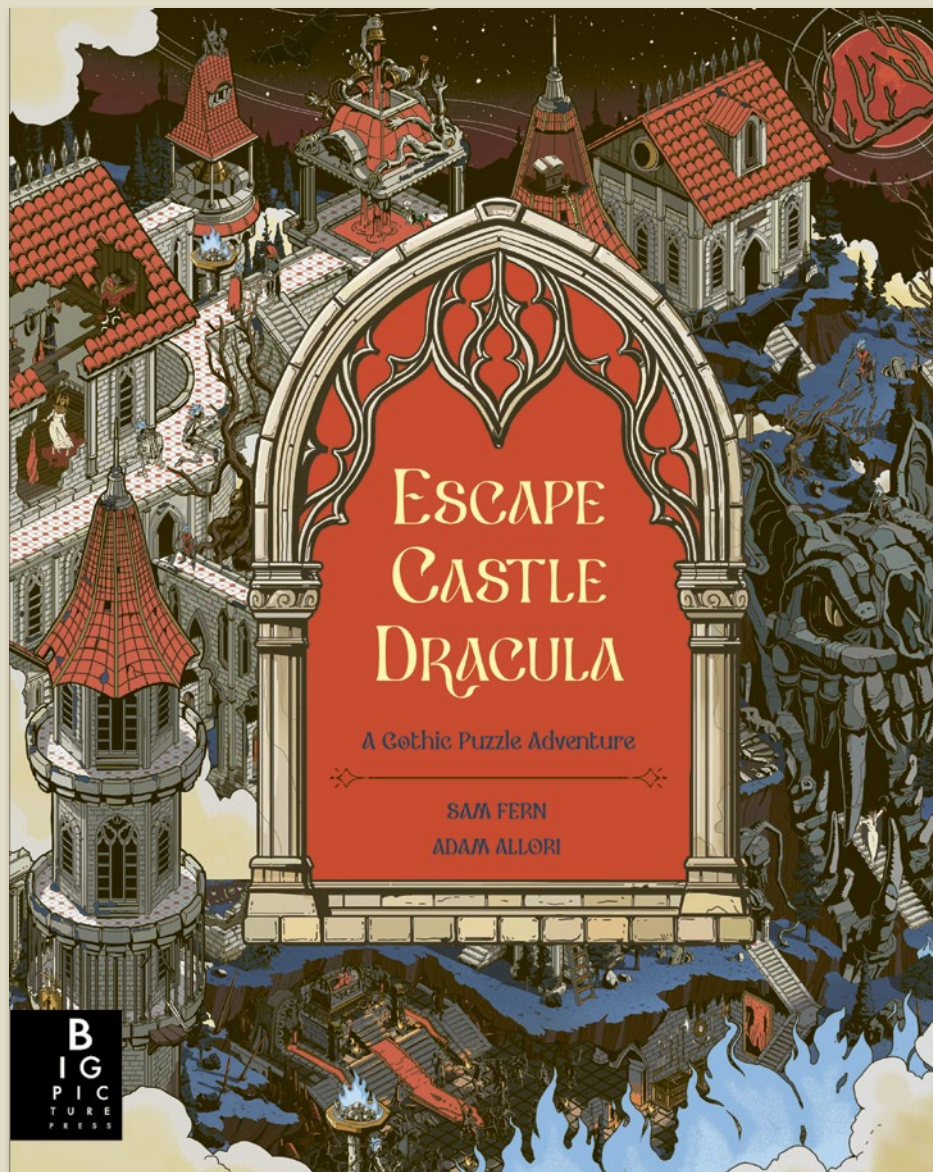
I would most like to travel to _____

I know a cool fact about the people in _____

I would love to know more about _____

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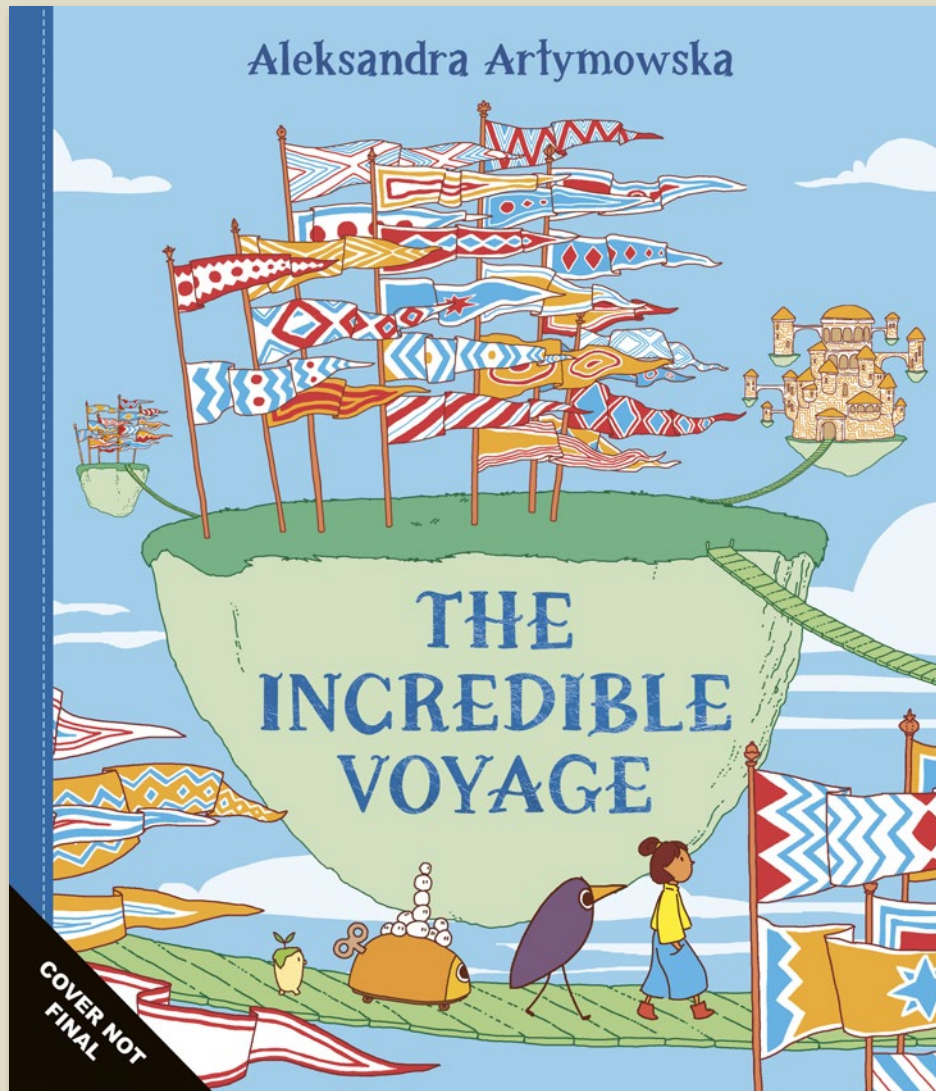
Escape Castle Dracula



A stunningly illustrated gothic puzzle adventure!

- Expanding our high-end activity offering - a core part of the Big Picture Press list
- Perfect for introducing readers to classic horror stories
- A fresh approach to an evergreen, universal subject
- Adam Allori's immersive artwork will appeal to readers of all ages
- Strong backlist and series potential - our follow up title could focus on classic adventure stories

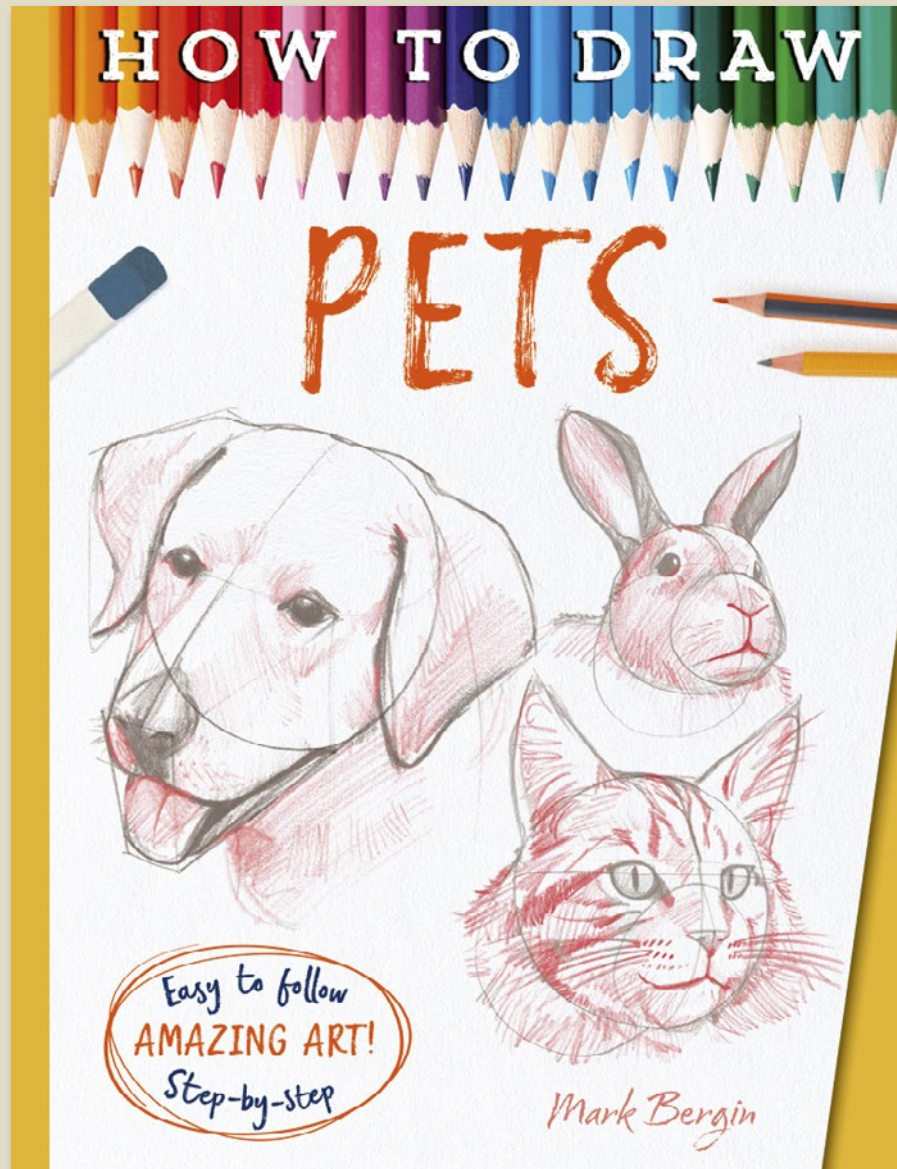
The Incredible Voyage



Embark on an incredible adventure in a magical land this beautifully whimsical puzzle book.

- A beautifully whimsical puzzle book, mixing the fun and interactivity of puzzles with an epic adventure story. Perfect for unlocking the joy of reading.
- Written and illustrated by Aleksandra Artymowska, illustrator of bestselling *Around the World in 80 Puzzles* and *20,000 Leagues Under the Sea: A Puzzle Adventure*. Ola's puzzle books have sold over 100,000 copies worldwide.
- Featuring a strong female protagonist who shows that bravery and a sense of adventure isn't only for boys.

How To Draw Pets



A step-by-step guide to drawing your furry friends

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw 9 different pets, from dogs and cats to parrots, snakes and bearded dragons!
- Perfect beginners guide to introduce children to art. Ideal for 9 to 12 year olds.
- Continue the series with 55 other How to Draw titles available!

How To Draw Dragons



A step-by-step guide to drawing dragons

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw a range of different dragons and mythical beasts in all their intricacy!
- Perfect beginners guide to introduce children to the art of drawing. Ideal for children and dragon enthusiasts 9 to 12 years old.
- Continue the series with 55 other How to Draw titles available!

How To Draw Dragons

Birth of a dragon

A baby dragon hatches from an egg. Draw the dragon emerging from the cracked egg.

1. Draw a large oval for the egg.

2. Draw an oval shape for the dragon's head.

3. Draw two curved lines for the dragon's neck.

4. Draw the shape of the horns on the head.

5. Draw the position of the eyes and nostrils.

6. Draw the lines leading over the edge of the cracked shell.

7. Add a piece of broken egg shell behind the egg.

8. Complete the head and wings.

9. Add scales to the dragon's neck.

10. Draw some detail into the wings and tail area.

11. Use straight lines to construct the rest of the shell.

12. Add shading to the egg to give it a three-dimensional effect.

Tip: The dragon's scales are made up of small scales. You can use the tip of your pencil to draw the scales on the dragon's body.

The wise dragon

The ancient dragon offers wise advice and might to those brave enough to ask!

1. Draw a circle for the head.

2. Draw a neck for the head.

3. Draw a large oval for the body.

4. Add the shape of the four wing segments.

5. Draw the dragon of the long wing.

6. Draw the main structure of the wing.

7. Add two long curved lines extending from the body to become the tail.

8. Draw some detail on the end of the tail to show the tail fin.

9. Use long straight lines to draw the body.

10. Add the body skin.

11. Finish off the detail of the wings.

12. Add a small figure standing next to the dragon for scale.

13. Add a small figure standing next to the dragon for scale.

14. Add a small figure standing next to the dragon for scale.

15. Add a small figure standing next to the dragon for scale.

16. Add a small figure standing next to the dragon for scale.

17. Add a small figure standing next to the dragon for scale.

18. Add a small figure standing next to the dragon for scale.

19. Add a small figure standing next to the dragon for scale.

20. Add a small figure standing next to the dragon for scale.

Perched dragon

This dragon is perched on a large rock waiting patiently for its next victim to appear.

1. Draw a circle for the head.

2. Draw a neck for the head.

3. Draw a large oval for the body.

4. Add the shape of the four wing segments.

5. Draw the dragon of the long wing.

6. Draw the main structure of the wing.

7. Add two long curved lines extending from the body to become the tail.

8. Draw some detail on the end of the tail to show the tail fin.

9. Use long straight lines to draw the body.

10. Add the body skin.

11. Finish off the detail of the wings.

12. Add a small figure standing next to the dragon for scale.

13. Add a small figure standing next to the dragon for scale.

14. Add a small figure standing next to the dragon for scale.

15. Add a small figure standing next to the dragon for scale.

16. Add a small figure standing next to the dragon for scale.

17. Add a small figure standing next to the dragon for scale.

18. Add a small figure standing next to the dragon for scale.

19. Add a small figure standing next to the dragon for scale.

20. Add a small figure standing next to the dragon for scale.

Sleeping dragon

A dragon sleeping peacefully in its den makes for a very interesting composition.

1. Start by drawing a large oval for the body.

2. Draw two curved lines for the neck.

3. Draw a circle for the head.

4. Draw simple shapes for the legs.

5. Start to add the shape of the tail.

6. Sketch the structure of the wings.

7. Draw the horns around the head.

8. Add the eyes and nostrils.

9. Add simple shapes for the feet.

10. Sketch in a simple shape for each foot.

11. Add three toes and talons.

12. Finish the claw off by adding skin detail.

13. Draw in the leathery, veined skin of the wings.

14. Add in the scales.

15. Draw a long curved line to indicate the dragon's spine and tail.

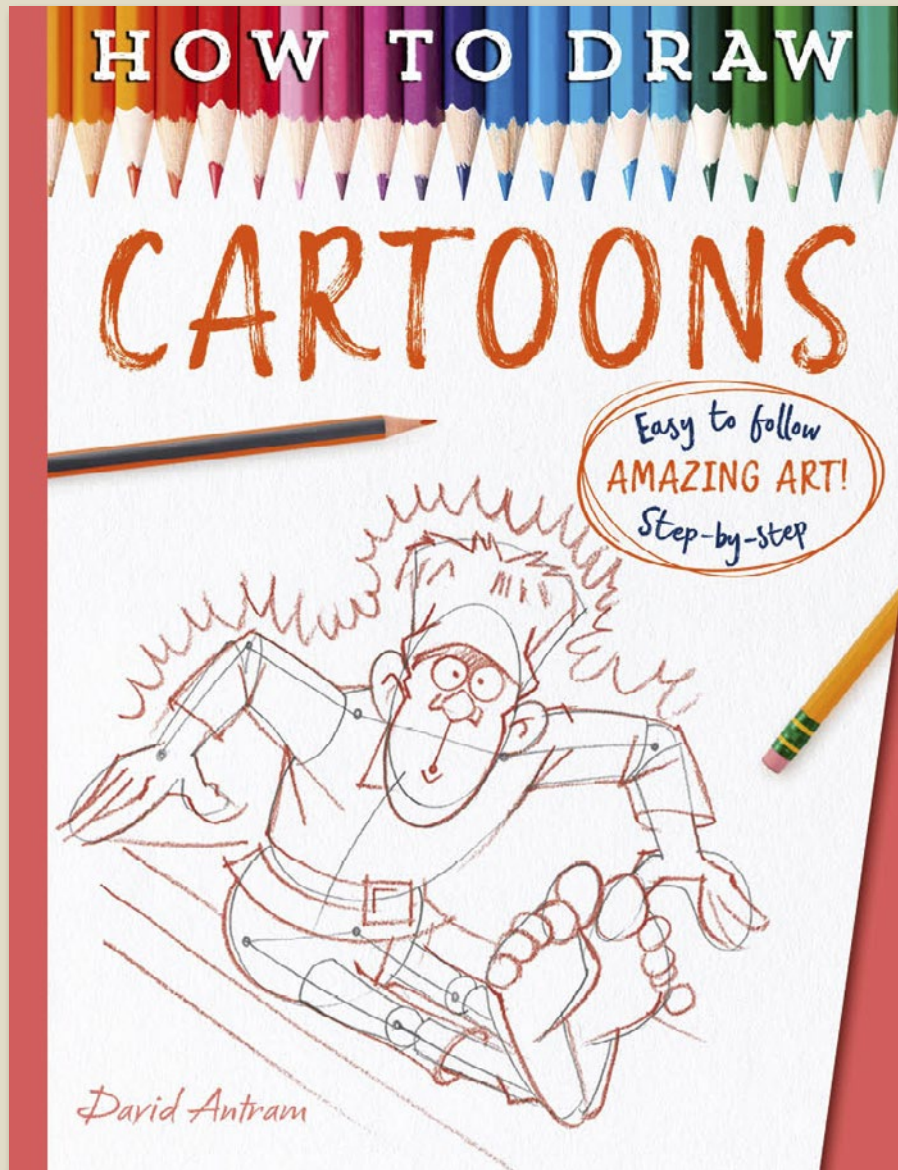
16. Draw the basic shape of the face using straight lines.

17. Add some ground or treasure under the dragon.

18. Complete all facial details like teeth and eyes.

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How To Draw Cartoons



A step-by-step guide to drawing cartoons

- Easy to follow instructions, simple steps and diagrams throughout
- Learn to draw a range of cartoon characters and scenes, encouraging children to get creative and make their own stories
- Perfect beginners guide to introduce children to art. Ideal for 9 to 12 year olds.
- Continue the series with 55 other How to Draw titles available!

How To Draw Cartoons

Perspective

If you look at any object from different viewpoints, you will see that the part that is closest to you looks larger, and the part furthest away from you looks smaller. Drawing in perspective is a way of creating a feeling of space - of showing three dimensions on a flat surface.

It helps to use a simple construction of one-point perspective. The horizon line is the line that the object sits on. The vanishing point (VP) is the point in the distance that all lines seem to converge towards. The horizon line is drawn at eye level. The vanishing point (VP) is the point in the distance that all lines seem to converge towards. The horizon line is drawn at eye level.

Two-point perspective drawing
For good perspective drawing, the horizon line should be drawn at eye level. The vanishing points (VP) are the points in the distance that all lines seem to converge towards. The horizon line is drawn at eye level.

Low eye level
Normal eye level
High eye level

VP a vanishing point

Rats

Animals like rats make great cartoon characters. You can give them personalities and expressions, just as you can with your cartoon people.

Start your drawing by sketching in simple shapes. Start with a circle for the head. Add a line for the ears. The simple curved lines to show the ears. Start with a circle for the head. Add a line for the ears. The simple curved lines to show the ears.

Add a line for the tail. The tail is a line for the end of the body. Add a line for the tail. The tail is a line for the end of the body.

Start in the neck and use simple shapes. Add the nose features to the rat's head, using simple shapes for the nose and eyes. The rat's nose is a simple shape. Add the nose features to the rat's head, using simple shapes for the nose and eyes.

Use a small circle for the eye. Add a line for the eye. The rat's eye is a simple shape. Use a small circle for the eye. Add a line for the eye. The rat's eye is a simple shape.

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Use a small circle for the eye. Add a line for the eye. The rat's eye is a simple shape. Use a small circle for the eye. Add a line for the eye. The rat's eye is a simple shape.

Bulldog

The bulldog is a classic cartoon character. Its face is perfect for a grumpy expression, which instantly gives it a character all of its own.

Start with a circle for the head. Add a line for the ears. The simple curved lines to show the ears. Start with a circle for the head. Add a line for the ears. The simple curved lines to show the ears.

Add a line for the tail. The tail is a line for the end of the body. Add a line for the tail. The tail is a line for the end of the body.

Start in the neck and use simple shapes. Add the nose features to the rat's head, using simple shapes for the nose and eyes. The rat's nose is a simple shape. Add the nose features to the rat's head, using simple shapes for the nose and eyes.

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Figure work

Adding clothes to a figure can help to define the character. This figure is dressed as a Victorian maid.

Start by sketching these simple shapes for the figure. Draw an oval for the head. Add ovals for the body and hips. Draw straight lines to connect the ovals and show the positions of the limbs. Draw two shapes for the feet.

Position the facial features as before. Inside the hand shape, draw a circle and one finger going into the mouth. Join the body and hips into one large oval. Add a small circle for the position of the big toe. This will help you draw the shoes.

Make the legs into tube shapes. Add lines to the apron and at the bottom of the dress to show folds in the material. Add shading to areas like this where light wouldn't reach.

Two parallel lines show the soles of the shoes. Try drawing these hand gestures.

Follow these steps to help you draw the shape of a hand. As you get better you will be able to draw different hand gestures.

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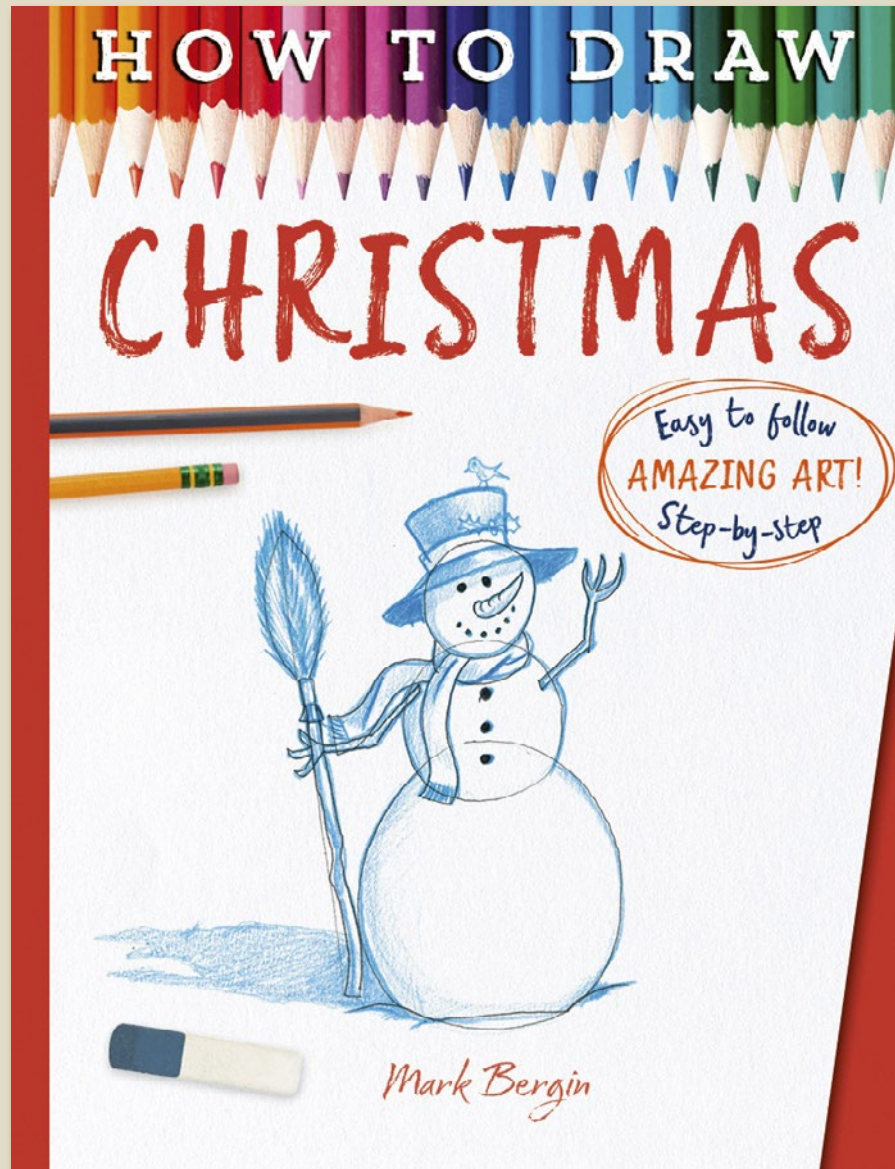
How To Draw Manga



A step-by-step guide to drawing manga

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw Manga from scratch and kickstart your comic journey
- Manga and Japanese illustration styles are increasingly popular among all ages, so this is the perfect beginners guide for children and adults alike to fine tune their skills.
- Continue the series with 55 other How to Draw titles available!

How To Draw Christmas



A festive step-by-step guide to drawing Christmas cartoons!

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to sketch your own Christmas creations from scratch - perfect for crafts lovers!
- Continue the series with 55 other How to Draw titles to be made available!
- Perfect beginners guide to introduce children to art. Ideal for 8 to 12 year olds.


How To Draw Christmas

Drawing materials

Try using different types of drawing paper and materials. Experiment with charcoal, wax crayons and pastels. All pens, from felt-tips to ballpoints, will make interesting marks - or try drawing with pen and ink on wet paper.

Small: Drawings can include a vast amount of detail and tone. The experimenting with different grades of pencil is a good way of getting used to the different effects of drawing.

Pen: Remember that the best equipment and materials will not necessarily make the best drawing - only practice will!

Art silhouette: 

Light: Add light and shade to a drawing with an oil lamp can be tricky. Use a light pencil or charcoal to sketch the main shapes and then use a fine pencil or charcoal to add the shading. Use a light pencil or charcoal to sketch the main shapes and then use a fine pencil or charcoal to add the shading.

Coloring: Use a variety of colors to create a drawing. Use a variety of colors to create a drawing.

With my pen: 

Christmas alphabet

It is fun to create your own hand-drawn lettering. Here is an example of how to design a job, Christmas-themed alphabet. Use it for cards, invitations and posters, or use it to spell out someone's name to personalise special gifts.

Hand-drawn letters: 

Christmas-themed alphabet: 

Hand-drawn letters: You can create a wide variety of different Christmas letters, such as a gift-wrapped letter or a letter that looks like a Christmas card.

Santa Claus' sleigh

The modern idea of Santa's sleigh and the names of his reindeer comes from the poem *The Night Before Christmas*. It was originally published anonymously in 1823 in the *New York Sentinel*. Rudolph was not invented until 1939, when he featured in a booklet that was sold at Montgomery Ward department stores.

Start by drawing a rectangle for Santa's sleigh. Add a curved position line for the reindeer's harness.

Draw in the curved shape of the sleigh's carriage and runners.

Use the construction lines to evenly position the reindeer. Draw in the small circles for the reindeer's heads and add a small circle for the reindeer's tail.

Draw in the reindeer's hooves.


Use the drawing to create other colors and features. Add shading to the back view of reindeer legs.

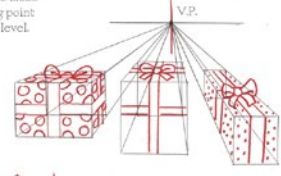
Use the drawing to create other colors and features. Add shading to the back view of reindeer legs.

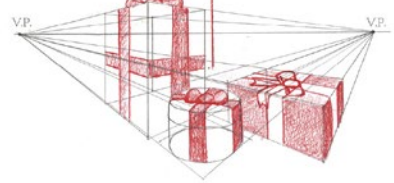
Perspective


If you look at anything from different viewpoints, you will see that the part that is closest to you looks larger, and the part furthest away from you looks smaller. Drawing in perspective is a way of creating a feeling of space - of showing three dimensions on a flat surface.

The vanishing point (VP) is the place in a perspective drawing where parallel lines appear to meet. The position of the vanishing point depends on the viewer's eye level.


VP: 

VP: 

VP: 

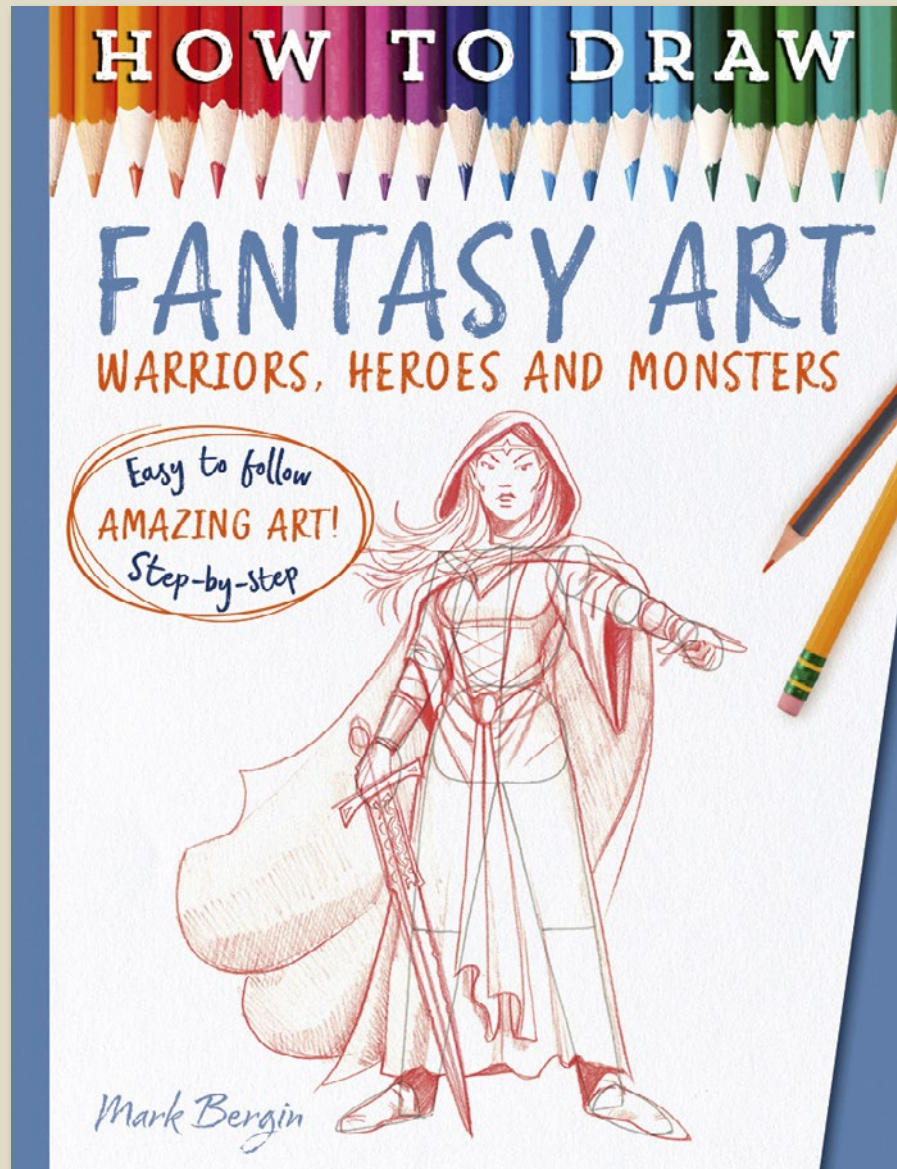
VP: 

Two-point perspective uses two vanishing points - one for lines running along the length of the subject, and one on the opposite side for lines running across the width of the subject.

VP: 

Pub Date	12/09/2024
Pub Price	£6.99
ISBN	9781835870020
H x W	280 x 215mm
Binding	Paperback
Age Range	9-11 years
Author	Mark Bergin
Extent	32pp
Freight On Board	20/06/2024
Rights Available	World

How To Draw Fantasy Art



A step-by-step guide to fantasy art!

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw a range of different fantasy characters and mythical monsters in all their intricacy!
- Perfect for beginners to learn the basics and build art confidence, and ideal for children 8-12 years old.
- Continue the series with 55 other How to Draw titles to be made available!

How To Draw Fantasy Art

Drawing materials

Try using different types of drawing paper and materials. Experiment with charcoal, wax crayons and pastels. All pens, from felt-tips to ballpoints, will make interesting marks - or try drawing with pen and ink on wet paper.

Paints are used either from a palette, and come in a wide range of colours. Add an adult to your project alongside with a palette to prevent staining.

Watercolours are used either by mixing water with a drawing fluid or with wax crayons.

Sketching is a kind of drawing that normally uses black ink.

Charcoal is very soft and makes very dark, rich drawings. Add an adult to your project alongside with a palette to prevent staining.

Clay is used to make figures and objects. It can be used to make a drawing which is then fired in a kiln to make a permanent drawing.

Character proportions

This page shows some of the more popular fantasy figures and their proportions compared to a normal human figure. On average, the length of a human head should fit eight times into its body length. When you draw a fantasy figure anything goes - so let your imagination go wild.

Draw these simple figures to help you choose a good position for your character. You can measure the position of a character by using character poses as a reference.

Man beasts

Combining a human figure with an animal's head can create a great hybrid monster. You can get inspiration by drawing from life models. Photos from sports movies and figure reference manuals are a good source too. Why not try putting a snake or insect's head on a human body - see what you can create!

Wolves & **Beasts** that take on the shape of a wolf when there is a full moon.

Dragons are the body of a man with the characteristics of a dragon added.

Amazon warrior

This powerful female figure is a classic action fantasy character. She must look strong and powerful but retain her femininity and beauty.

Sketch cylinder shapes for each arm which join at the elbow.

Add the basic shape of the hand.

Draw in ovals for the head, neck, body and hips.

Draw a long curved line to start the position of the body.

Legs: add the curved lines of the upper and lower leg, indicating the knee joint.

Add the foot shape and direction.

Drawing hands
Practise sketching your own hands in different positions. This will help you draw expressive hands on your characters.

Add the sword using straight lines.

Sketch in the position of the ears, nose and mouth.

Sketch in the shape of the hair mass.

Indicate the position and shape of the breasts.

Add the costume's draped cloth using simple lines.

Finish the detail on the sword. Small broken lines give the impression of shining metal.

Add shape, tone and details to the hair.

Draw in bracelets and armbands.

Add tone to the legs.

Draw in the top of the costume.

Draw in the boot shapes.

Complete the details on the boots.

Add shade to areas where the light would not reach.

Pub Date	12/09/2024
Pub Price	£6.99
ISBN	9781800789999
H x W	280 x 215mm
Binding	Paperback
Age Range	9-11 years
Author	Mark Bergin
Extent	32pp
Freight On Board	20/06/2024
Rights Available	World

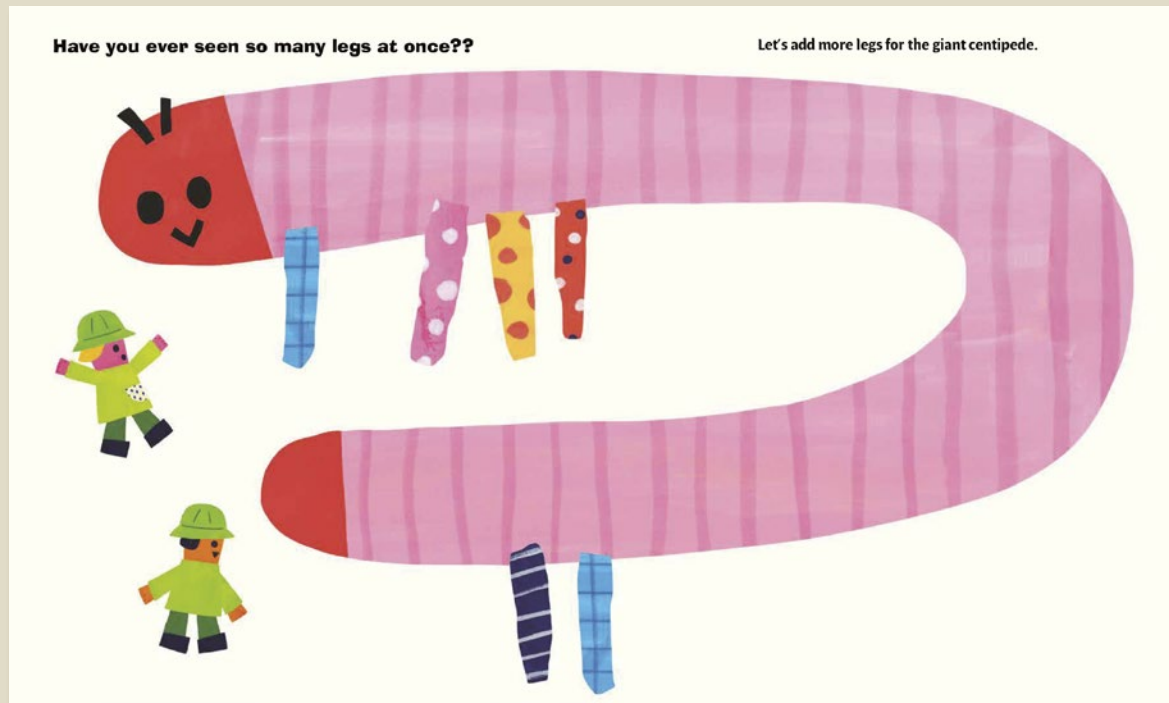
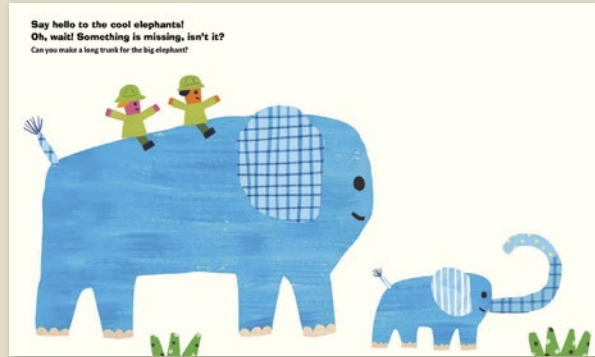
Paper Adventures



A rip-and-glue activity book perfect for creative little hands.

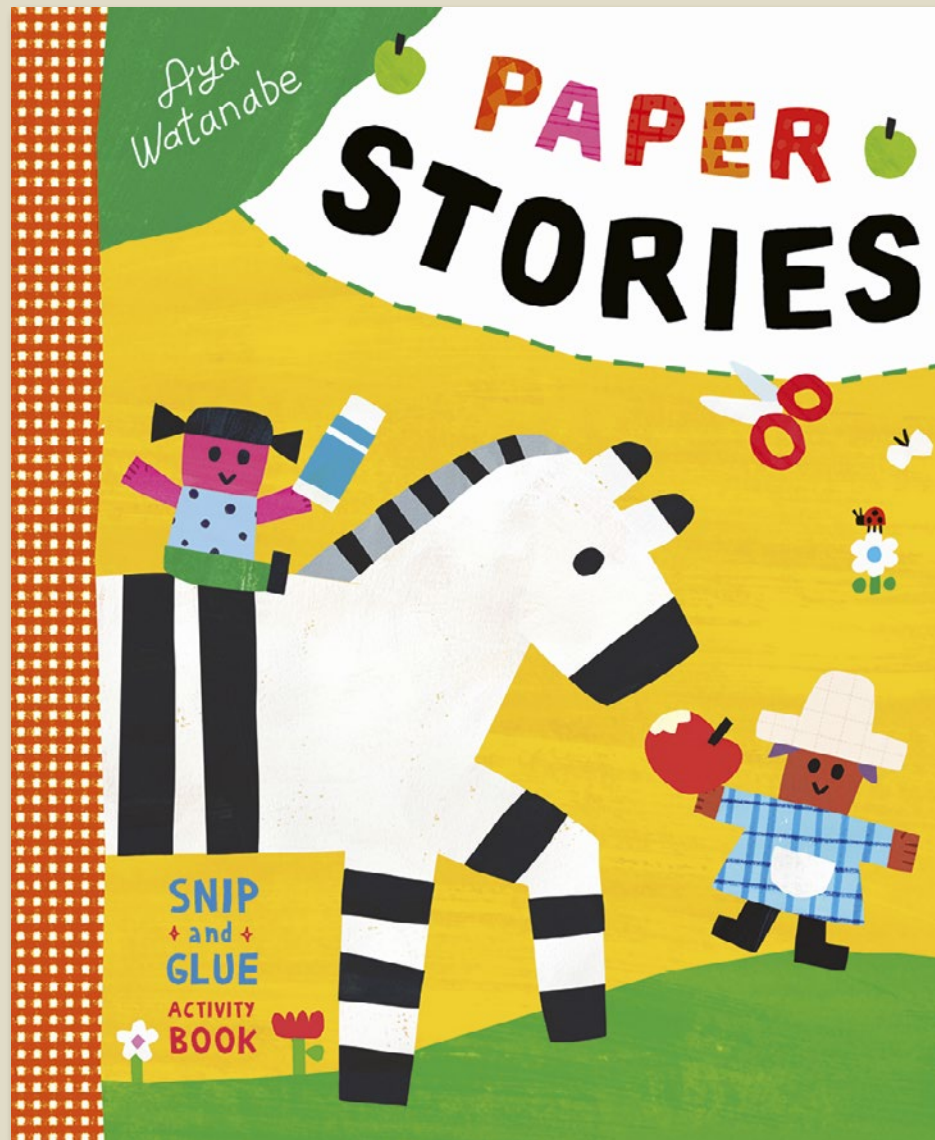
- Simple and engaging prompts encourage children to complete the scenes using craft paper in the back of the book.
- A perfect introduction to different animals and wildlife, ripping and gluing also helps children develop their fine motor control skills and keeps little hands busy for hours.
- Inspires children to create art from materials they have on hand, bringing paper to life in delightful and unexpected ways.
- Vibrant artwork from rising talent, Japanese illustrator Aya Watanabe. Other books for Templar include the wonderfully creative *Imagine if* board book series.

Paper Adventures



Pub Date	30/05/2024
Pub Price	£7.99
ISBN	9781800788145
H x W	280 x 235mm
Binding	Paperback
Age Range	7-9 years
Author	Aya Watanabe
Extent	64pp
Word Count	550 words
Rights Available	World ex IT,CN,N. AMERICA

Paper Stories



A snip-and-glue activity book perfect for creative little hands.

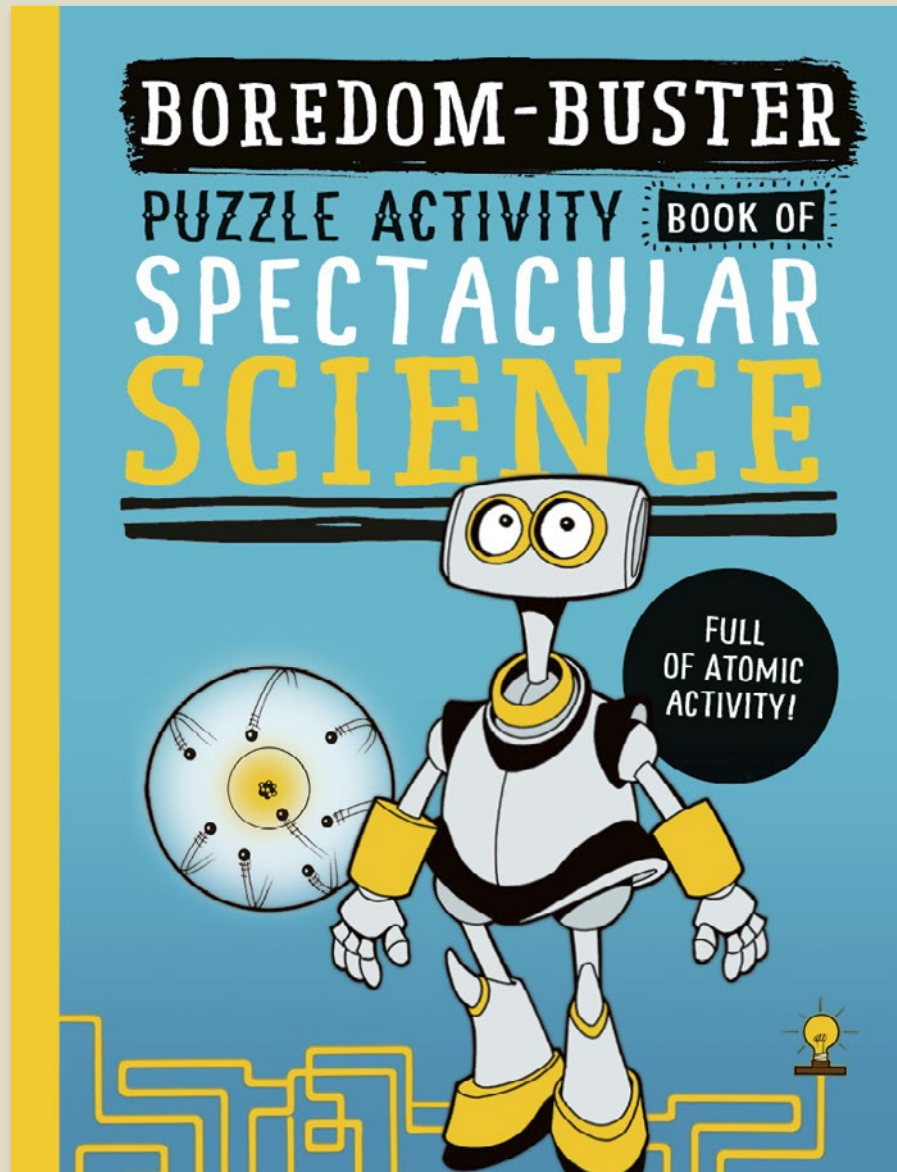
- Simple and engaging prompts encourage children to complete the scenes.
- The second book in the series, cutting and sticking helps practice and improve fine motor control skills whilst each scene is a fantastic story prompt for children's imagination.
- Vibrant artwork from rising talent, Japanese illustrator Aya Watanabe. Other books for Templar include the wonderfully creative *Imagine if* board book series.

Paper Stories



Pub Date	01/08/2024
Pub Price	£7.99
ISBN	9781800788152
H x W	280 x 235mm
Binding	Paperback
Age Range	7-9 years
Author	Aya Watanabe
Illustrator	Aya Watanabe
Extent	64pp
Freight On Board	30/05/2024
Rights Available	World ex IT,CN,N. AMERICA

Boredom Buster: A Puzzle Activity Book of Spectacular Science



A spectacular STEM-themed puzzle book!

- Containing 112 pages of STEM-themed brain games, this book is an excellent curriculum resource that will keep children entertained for hours.
- Introduces children to important non-fiction scientific concepts, such as gravity, outer space, radiation, and atoms, in an easy, accessible and highly engaging manner.
- The perfect curriculum companion to help children practise their maths and science skills.
- The Boredom Busters series is perfect for long journeys, waiting rooms and summer holidays, keeping children engaged and mentally stimulated for long periods of time.

Boredom Buster: A Puzzle Activity Book of Spectacular Science

On the level

If you pour water into a series of tubes that are connected together, the water finds the same level in all the tubes.

All tubes connected to jar A should have water reaching the same level as in jar A. All tubes connected to jar B should have the same water level as jar B. But some of these tubes have been drawn wrongly! Can you find which tubes contain water at the wrong level?

HINT: It will help if you colour all the tubes connected to jar A red, and all the tubes connected to jar B blue.

28 29

Tricks with light

Optical illusions are tricks that fool the eye. They make you think you see something that's not really there.

Hold the book up in front of you and tilt it to the left or right. What happens to the curved lines in this drawing?

Can you see a triangle here? There isn't one in the drawing!

Stare very hard at the picture on the left, then slowly move it towards or away from you. What happens?

Are the sides of the square straight or curved? Check with a ruler.

Are the horizontal lines level or slanting?

Did you know? Optical illusions are not just for fun - they help scientists to understand how the eyes and brain work together.

Put the fish in the bowl

1 Trace the fish and bowl onto card. Colour them in, then cut out the two circles.

2 Tape the two pictures to a pencil, so both pictures face out.

3 Spin the pencil between your hands. Can you see the fish in the bowl?

46 47

Radioactivity

Maria Curie was one of the great scientists of the 20th century.

She was born in Poland in 1867. Her father was a science teacher. He taught Marie at home. Later she went to university in Paris, France, to study physics. There she met and married a fellow scientist, Pierre Curie. The Curies spent their lives finding out about radioactivity. They discovered a new radioactive element called radium. Their work was vital for the use of X-rays in medicine.

How Many laboratory flasks (bottles) are hidden in this picture? To find out, colour in all the shapes that have dots in them.

48 49

Rising air

When air is heated it rises. This is what makes a hot-air balloon rise. Air spirals upwards in currents called thermals where the sun heats the air near the ground.

String

Warm air rising

This experiment uses the warm air from a radiator.

colour the snakes, then cut them out to make a spiral. Gently pull the head and tail apart. Use scissors to make a hole in the nose, and attach a string. Hang the snakes over a radiator and watch them spin around!

10 11

Pub Date	10/10/2024
Pub Price	£5.99
ISBN	9781800788794
H x W	280 x 215mm
Binding	Paperback
Age Range	7-9 years
Author	Dr Jen Green
Extent	112pp
Word Count	6143 words
Files To Printer	13/05/2024
Freight On Board	08/08/2024
Rights Available	World

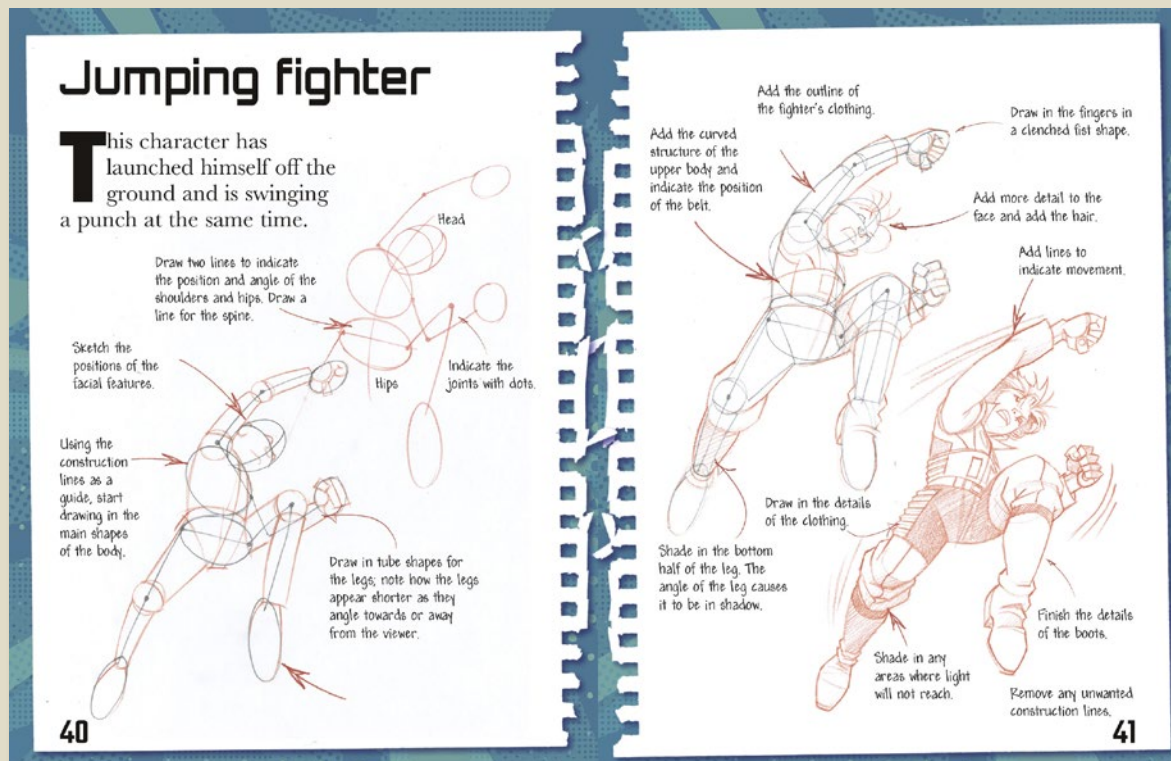
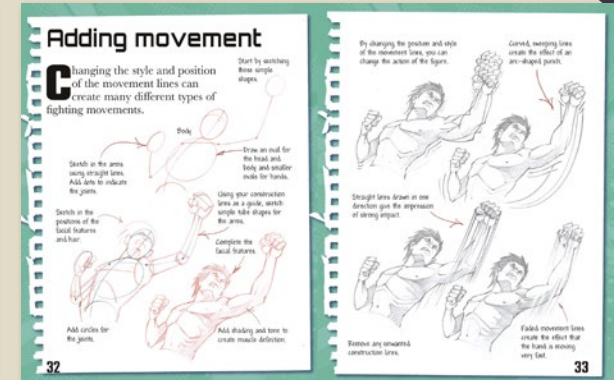
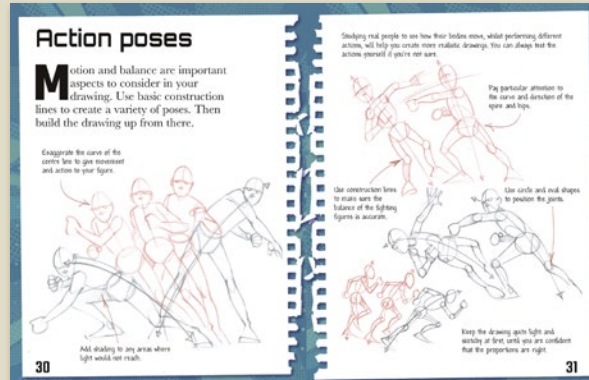
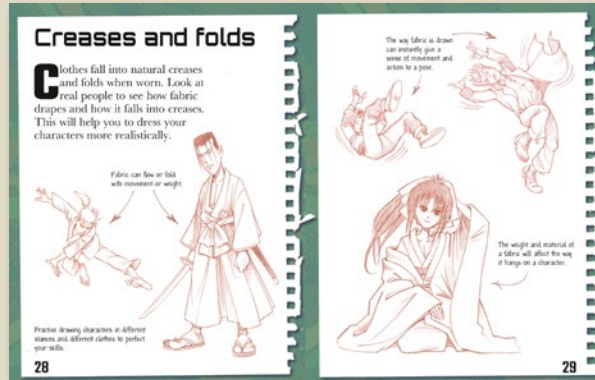
Art of Drawing Manga: Action and Movement



A step-by-step guide to manga style drawing

- Easy step-by-step instructions, perfect for beginners to grow their confidence.
- Manga has established itself as a hugely popular art style among both teenagers and adults.
- Teaches aspiring artists all the basics including which materials to use when, values of light and dark, and how to use perspective in their drawings.

Art of Drawing Manga: Action and Movement



Pub Date	01/03/2020
Pub Price	£8.99
ISBN	9781800789050
H x W	225 x 175mm
Binding	Paperback
Age Range	9-11 years
Author	Marlborough Max Marlborough
Illustrator	David Antram
Extent	64pp
Word Count	5125 words
Rights Available	World

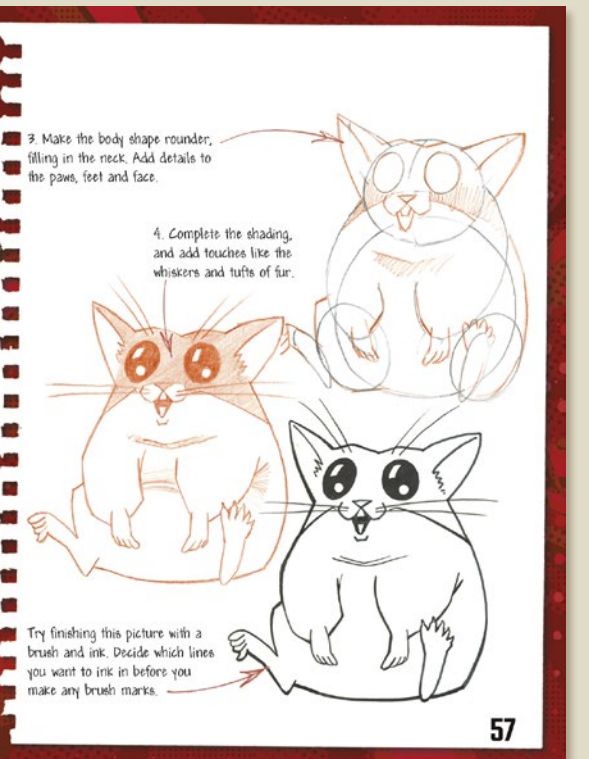
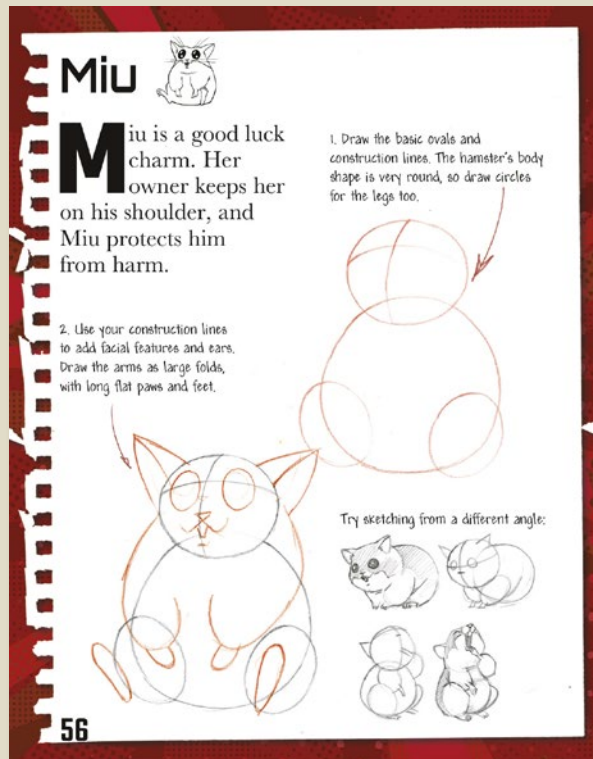
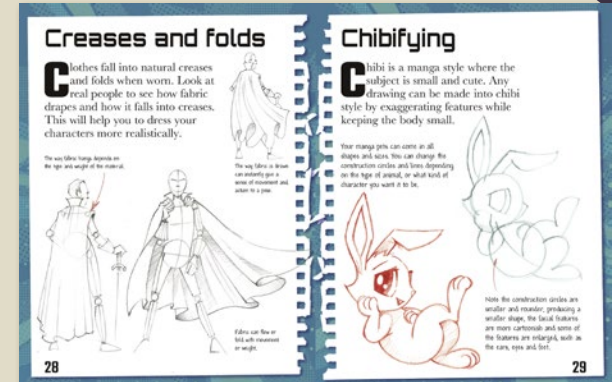
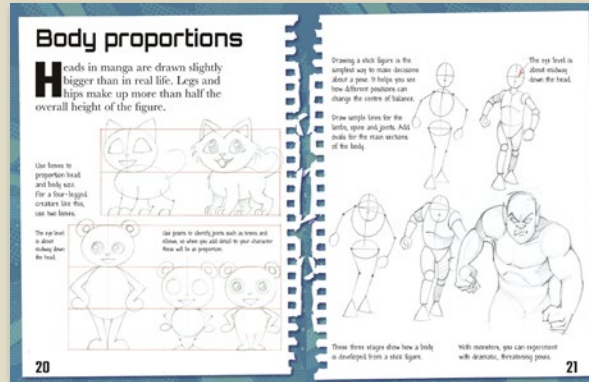
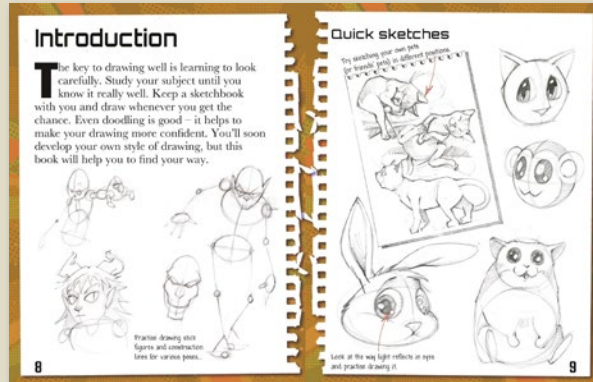
Art of Drawing Manga: Monsters and Pets



An easy step-by-step guide to drawing manga creatures!

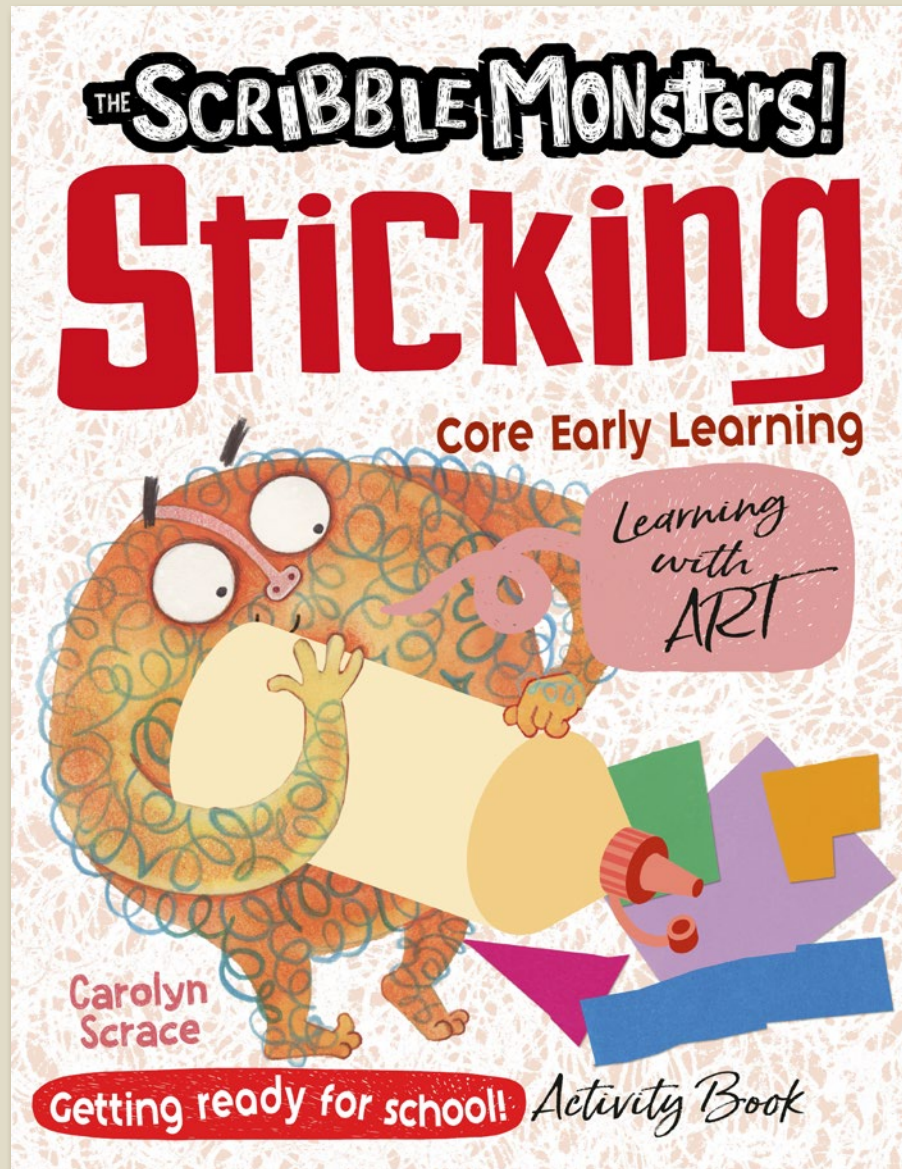
- An easy, accessible step-by-step guide that makes creating masterpieces easy.
- Manga has established itself as an incredibly popular art style amongst both children and adults.
- This book also teaches readers all the basics, including which materials to use when, values of light and dark, and how to use perspective in their drawings.
- The perfect gift for both manga lovers and animal enthusiasts alike!

Art of Drawing Manga: Monsters and Pets



Pub Date	01/01/2019
Pub Price	£8.99
ISBN	9781800789067
H x W	225 x 175mm
Binding	Paperback
Age Range	9-11 years
Author	Marlborough Max Marlborough
Extent	64pp
Word Count	5025 words
Rights Available	World

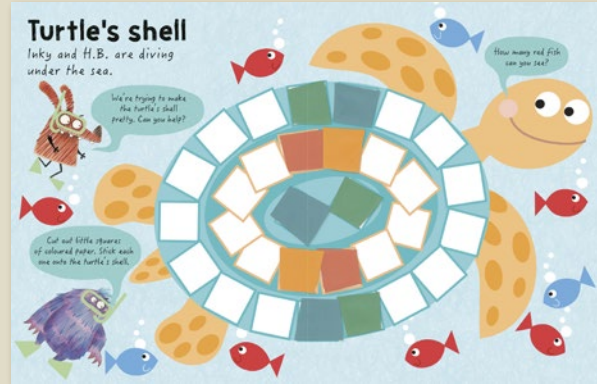
Scribble Monsters!: Sticking



An exciting cutting and sticking activity book for children aged 5-7 years!

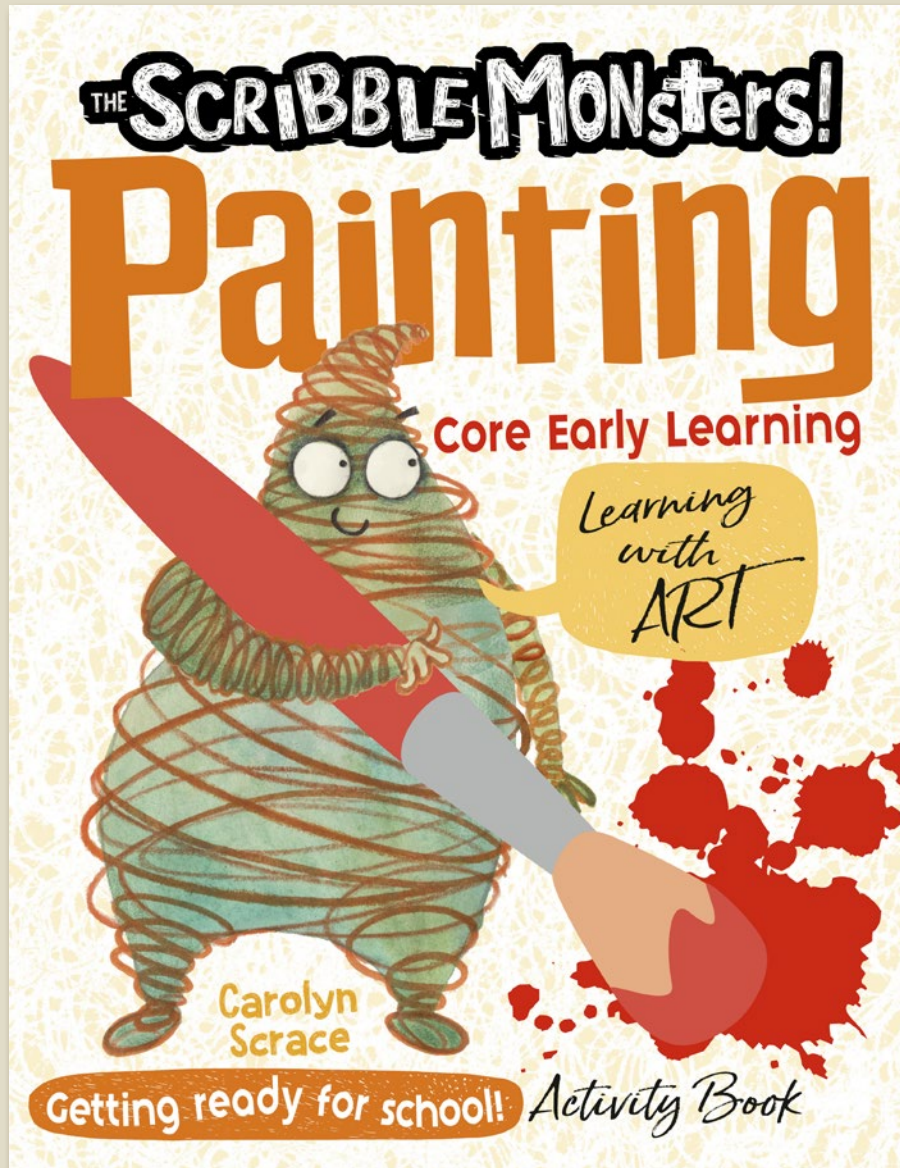
- Improves manual dexterity, visual spatial awareness and co-ordination skills in little ones.
- Introduces children to concepts of shape, colour, size and pattern.
- Engaging, simple prompts encourage children to complete the scenes throughout the book.
- Inspires children to create art from materials they already have at home, such as scrap paper, producing unexpected masterpieces and expanding imaginations.

Scribble Monsters!: Sticking



Pub Date	01/09/2020
Pub Price	£7.99
ISBN	9781800789074
H x W	280 x 216mm
Binding	Paperback
Age Range	0-5 years
Author	Carolyn Scrace Scrace Carolyn
Extent	32pp
Word Count	869 words
Rights Available	World

Scribble Monsters!: Painting



A playful painting activity book for children up to 5 years old!

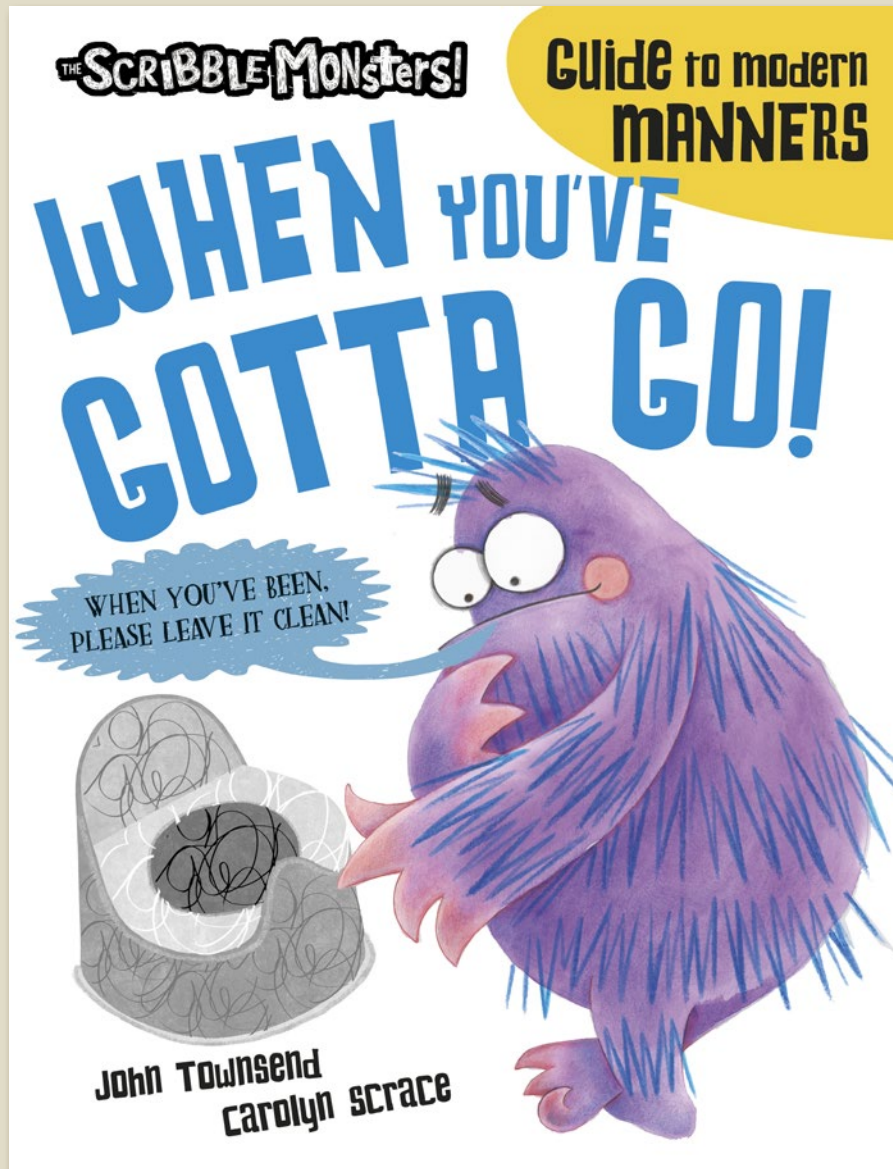
- Improves manual dexterity, visual spatial awareness and co-ordination skills in little ones.
- Introduces children to concepts of shape, colour, size and pattern.
- Engaging, simple prompts encourage children to complete the scenes and take authority over their own creations.
- Encouraged children to draw artistic inspiration from everyday objects, producing unexpected masterpieces and expanding imaginations.

Scribble Monsters!: Painting



Pub Date	01/09/2020
Pub Price	£7.99
ISBN	9781800789081
H x W	280 x 216mm
Binding	Paperback
Age Range	0-5 years
Author	Carolyn Scrase
Extent	32pp
Word Count	998 words
Rights Available	World

Scribble Monsters Guide to Modern Manners: When You've Gotta Go!



A fantastically funny toilet training guide for little ones!

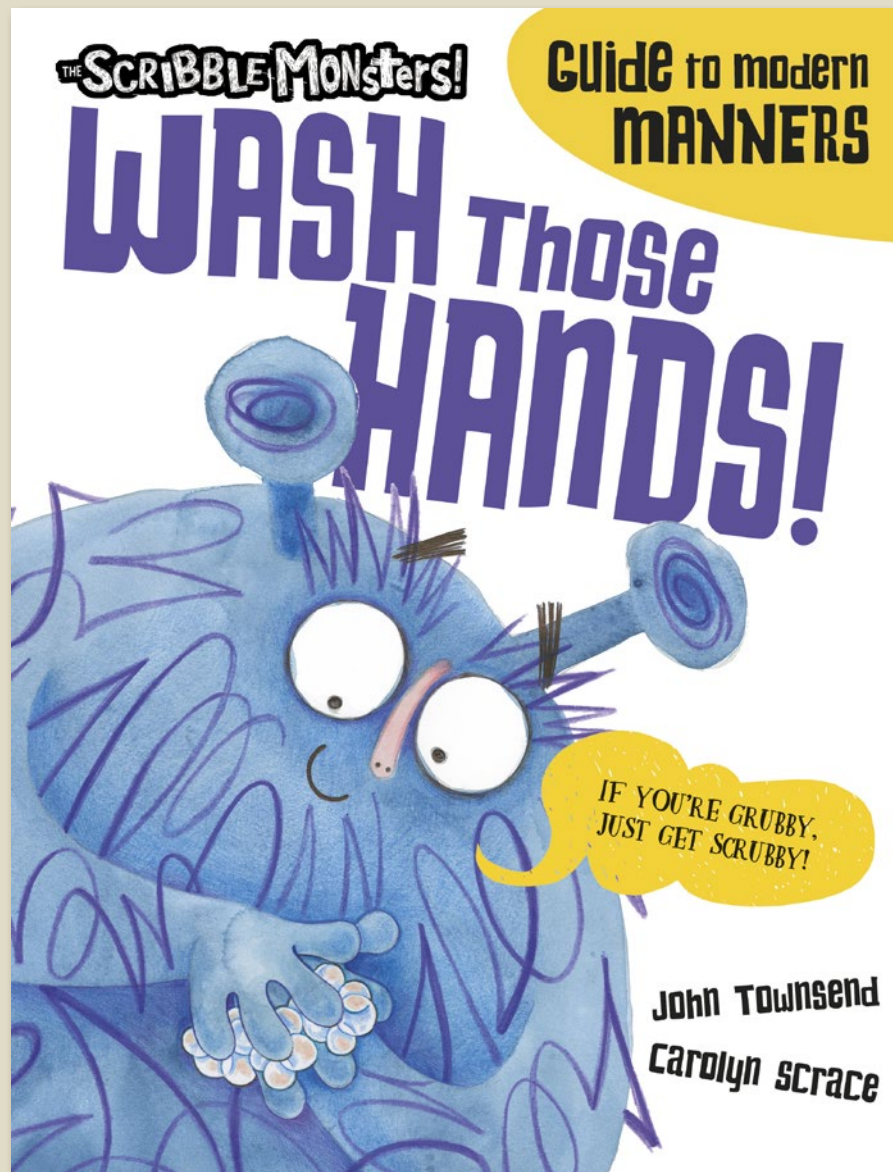
- Featuring bright, bold monster role models for children demonstrating good toilet etiquette for children to replicate.
- End matter includes a toilet training quiz to test children's knowledge in a fun, engaging way.
- Follows every step on your toilet training adventure, from recognising the signs you need to go to the importance washing your hands afterwards.
- Fun rhyming text to read aloud with your child, helping them to remember each stage and encouraging independence.

Scribble Monsters Guide to Modern Manners: When You've Gotta Go!



Pub Date	28/03/2021
Pub Price	£7.99
ISBN	9781800789111
H x W	280 x 215mm
Binding	Paperback
Age Range	0-5 years
Author	John Townsend
Illustrator	Carolyn Scrase
Extent	32pp
Word Count	971 words
Rights Available	World

Scribble Monsters Guide to Modern Manners: Wash Those Hands



Scrub up on your cleanliness with this fantastically funny introduction to personal hygiene!

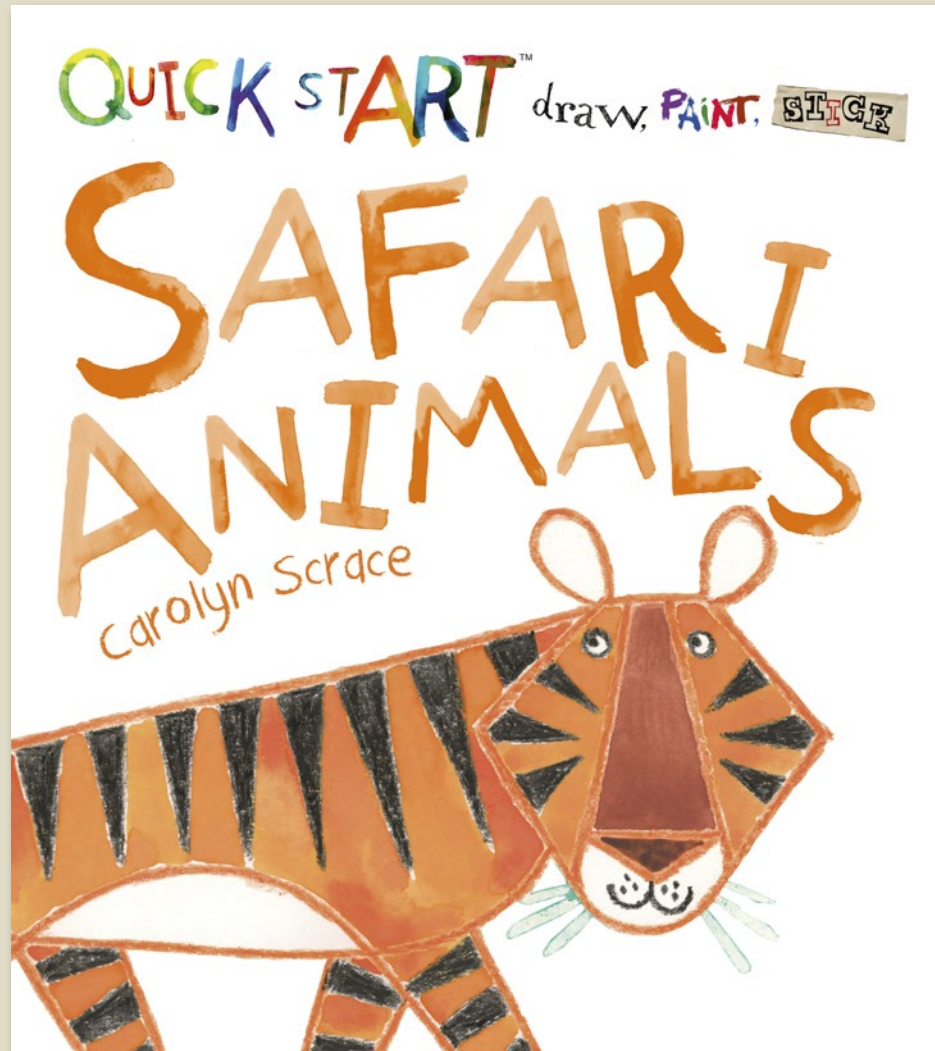
- Featuring bold, vibrant monster role models, demonstrating excellent hygiene skills for children to replicate.
- End matter includes a fun hygiene skills quiz to test children's knowledge in an engaging way.
- Follows every step of a proper cleanliness routine, from introducing germs to washing your hands, showering your body and brushing your teeth.
- Fun rhyming text is perfect for reading aloud with your child, helping them to remember each stage and encouraging independence.

Scribble Monsters Guide to Modern Manners: Wash Those Hands



Pub Date	28/03/2021
Pub Price	£7.99
ISBN	9781800789128
H x W	280 x 215mm
Binding	Paperback
Age Range	0-5 years
Author	John Townsend
Illustrator	Carolyn Scrase
Extent	32pp
Word Count	1098 words
Rights Available	World

Quick Start: Safari Animals



An animal-themed introduction to arts and crafts!

- An easy-to-follow, accessible guide to arts and crafts that helps encourage children to think creatively.
- Perfect school companion to advance in arts classes.
- Great boredom buster for children to create their own little masterpieces over the holidays.

Quick Start: Safari Animals

Handprint Elephant

You will need:
 • Paper
 • Poster paint
 • Large brush
 • Small brushes
 • Coloured paper
 • Scissors
 • Glue
 • PVA glue

Here are making your handprint then draw and paint on it to turn it into an elephant.

- 1 Paint your hand with poster paint and press it down onto paper. Leave your handprint to dry.
- 2 Use a felt tip pen to draw the elephant's eye, ear and trunk.
- 3 Add the end of the elephant's trunk and draw a leg from each.
- 4 Use a felt tip pen to draw the elephant's trunk and its horns.
- 5 Draw in its tail. Place its trunk and eye white.
- 6 Cut around the elephant and glue it onto coloured paper.

Make some finger-paint leaves for your elephant to eat.

Make some more handprint elephants for you to draw and paint.

14

Folded Paper Tiger

You will need:
 • Paper
 • Scissors
 • Glue
 • PVA glue
 • Poster paint
 • Coloured paper

Make sure you use paper that is thin enough to fold easily.

- 1 Fold a square sheet of paper with orange poster paint. Leave to dry.
- 2 Place the paper painted side downwards. Fold the bottom corner up to the top corner (as shown).
- 3 Fold the right corner up to the left (as shown). Unfold again.
- 4 Fold the right corner up at an angle (as shown).
- 5 Fold the right corner up at the same angle.
- 6 Fold the top point downwards (as shown).

Now turn the tiger's head away. Draw in its nose, eyes and mouth. Add some stripes.

Paint the tiger's nose white and add brown to the nose above it. Paint in the eyes and the stripes. Add all the missing details.

Try making more paper models to paint like this leopard and cheetah!

20

Torn Paper Giraffe

You will need:
 • Paper
 • Thin paper for cutting
 • Glue
 • Coloured paper
 • PVA glue
 • Scissors
 • Felt tip pen

- 1 Pinch in single shapes for the head and neck.
- 2 Draw a single shape for the body and legs.
- 3 Add the other two legs to make the back.
- 4 Use over the pencil lines to transfer the drawing onto cream-coloured paper.
- 5 Tear all the shapes from the cream-coloured paper.
- 6 Arrange the shapes from a contrasting paper and glue them.

Use thin squares of coloured paper to make the pattern on the giraffe's body. Glue in place.

Use thin bits of coloured paper to make its ears, horns, mane, hooves and tail. Glue in place.

Use a felt tip pen to draw in the giraffe's eye, mouth and nostrils. Draw horns on the end of its tail.

Make a tree out of torn paper with plenty of leaves for the giraffe to eat!

26

Paper Cup Monkey

You will need:
 • Paper cups
 • Poster paints
 • Paintbrushes
 • Pipe cleaners
 • PVA glue
 • Scissors
 • Pencil
 • Paper

These cheeky paper cup monkeys are easy to make. Why not make a whole tribe?

- 1 Use a pencil to draw in the monkey's face. Add its eyes, nose and mouth.
- 2 Draw in the area of white fur around its face and its chest shape.
- 3 Use poster paints to paint the monkey's face and chest. Paint the rest of the cup black.
- 4 Use a fine brush to paint in the monkey's eyes, nose and mouth. Add little painted lines for the fur.
- 5 Draw and then paint the monkey's ears and legs on paper. Leave to dry and cut them out.
- 6 Glue the ears to each side of the face. Glue the top part of its legs inside the cup (as shown).

16

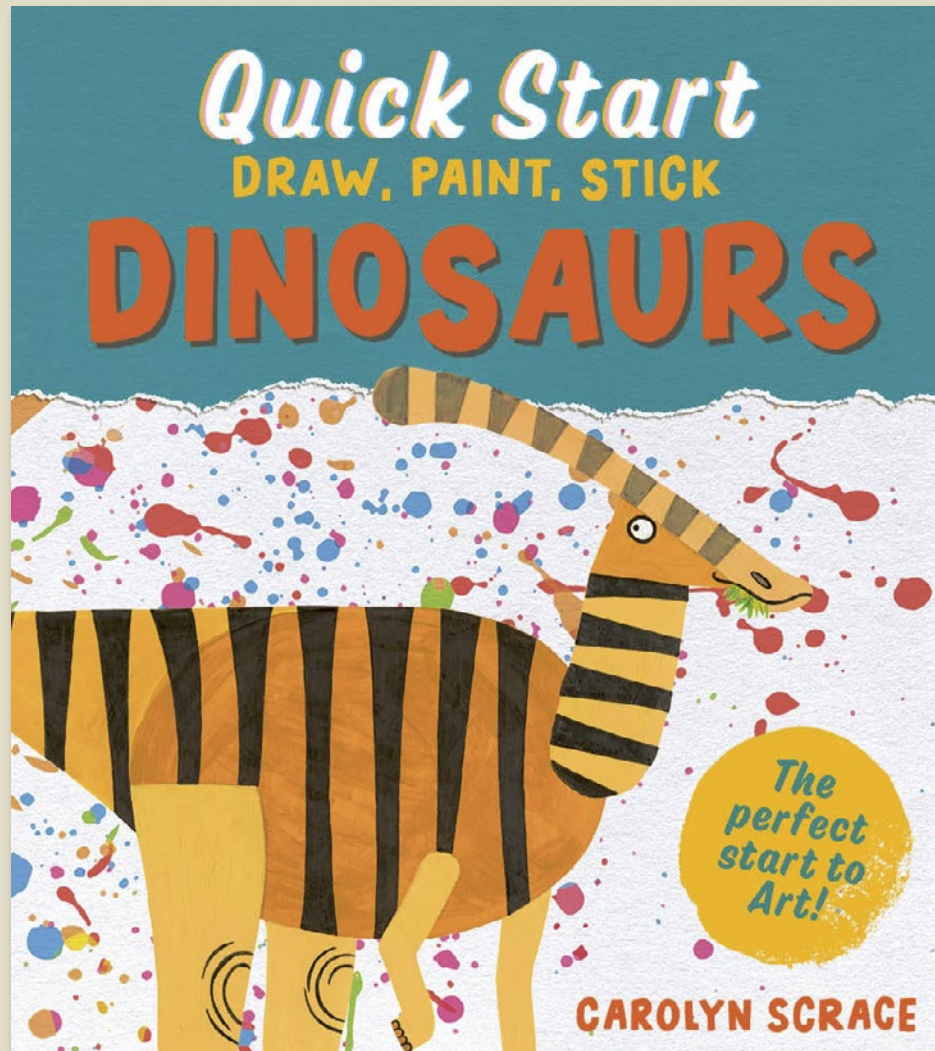
Glue a pipe cleaner onto the back of the paper cup to make a tail. Bend the top round into a curl.

Here are some more paper cup monkeys to try, or you can draw and paint your own ideas!

17

Pub Date	01/02/2018
Pub Price	£6.99
ISBN	9781800789166
H x W	242 x 216mm
Binding	Paperback
Age Range	5-7 years
Author	Carolyn Scrase
Extent	32pp
Word Count	3234 words
Rights Available	World

Quick Start: Dinosaurs



An engaging introduction to arts and crafts!

- An easy-to-follow accessible guide to arts and crafts that helps encourage children to think creatively.
- Perfect school companion to advance in art classes.
- Great boredom buster for children to create their own little masterpieces over the holidays.

Quick Start: Dinosaurs

Painted Shapes Parasaurolophus

Build up the shape of a Parasaurolophus by painting a series of simple shapes. Then draw in the finishing details using a felt-tip pen.

You will need:
 poster paints
 coloured paper
 black felt-tip pen

- 1 Paint an oval shape for the Parasaurolophus's body.
- 2 Paint a triangle for its head, then add a rectangle for its neck.
- 3 Paint two long rectangles for its back legs.
- 4 Paint two thin shapes for the Parasaurolophus's front legs.
- 5 Paint a large rectangle for its tail, and a long curved shape for its head crest. Add details.
- 6 Use a black felt-tip pen to draw in its horns and to outline its nostrils.

12

Paper Cup Dinosaurs

Turn an awesome dinosaur and use it to create a paper cup dinosaur.

You will need:
 paper cups
 poster paints
 poster pens
 PVA glue
 scissors
 PVA paper

- 1 Draw on the shape of your dinosaur's head with its mouth wide open.
- 2 Draw a curved shape for the dinosaur's horn. Add two small ones.
- 3 Draw an eye in its position with two big long triangles.
- 4 Add the nostrils. Draw a curved line for its back with added spikes for details.
- 5 Paint your dinosaur brown and blue. Make its tongue and mouth red, its back white and the background dark green.
- 6 Use paper to draw and glue a tail and two legs on the dinosaur.

16

Painted Pebble Dinosaur Eggs

When collecting pebbles, look for flat, smooth ones, as these will be the easiest to paint.

You will need:
 poster paints
 poster pens
 large pebbles
 felt-tip pen
 coarse paper
 glue
 PVA glue

- 1 Cover the pebble with white poster paint and leave to dry.
- 2 Use a pencil to draw a rough outline for the dinosaur's eggshell.
- 3 Draw a rectangle for the baby dinosaur's head shape.
- 4 Draw in its neck and a small shape for its body. Draw in two short arms and hands with two fingers.
- 5 Paint the dinosaur's eyes, nostrils and mouth. Draw in two short arms and hands with two fingers.
- 6 Paint the eggshell with coarse red and brown poster paint. Paint the back of the shell black.

Use a black felt-tip pen to draw circles on the eggshell. Paint some grey yellow spots on the baby dinosaur!

18

Handprint Triceratops

Have fun making your own painted handprint and then turn it into a scary Triceratops!

You will need:
 poster paints
 Large paintbrush
 Small paintbrush
 coloured paper
 Felt-tip pen
 Scissors
 PVA glue

- 1 Paint your hand with poster paint and press it firmly onto the paper. Leave your print to dry.
- 2 Use a black felt-tip pen to draw in the Triceratops's neck frill and mouth.
- 3 Now draw in its three large horns. Add an eye and a nostril.
- 4 Draw in Triceratops's big tail and its toenails.
- 5 Use the poster paints to point in the Triceratops's eye and horns. Add stripes to its tail.
- 6 Cut around the Triceratops. Glue it onto a sheet of coloured paper.

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Using the poster paints, make some 'fingerprint plants' for your Triceratops to eat.

Here are some more dinosaur handprint ideas for you to draw and paint.

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Pub Date	01/02/2018
Pub Price	£6.99
ISBN	9781800789173
H x W	242 x 216mm
Binding	Paperback
Age Range	5-7 years
Author	Carolyn Scrace Scrace Carolyn
Extent	32pp
Word Count	3374 words
Rights Available	World

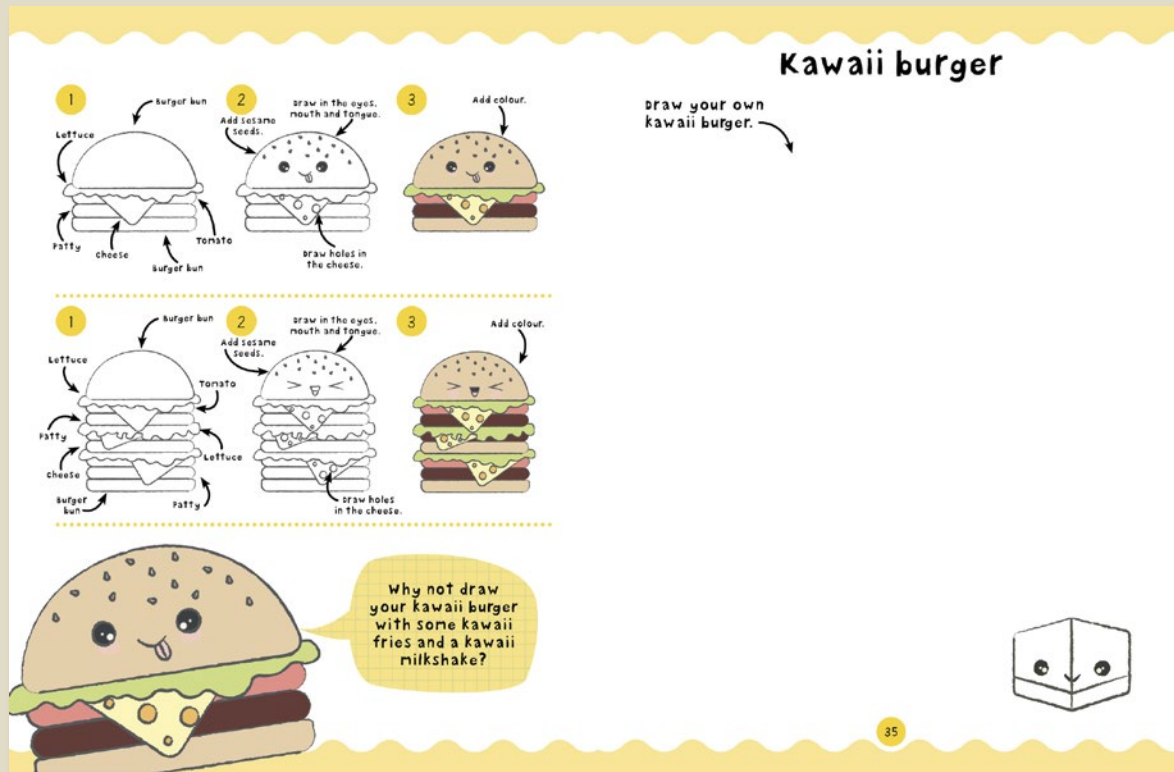
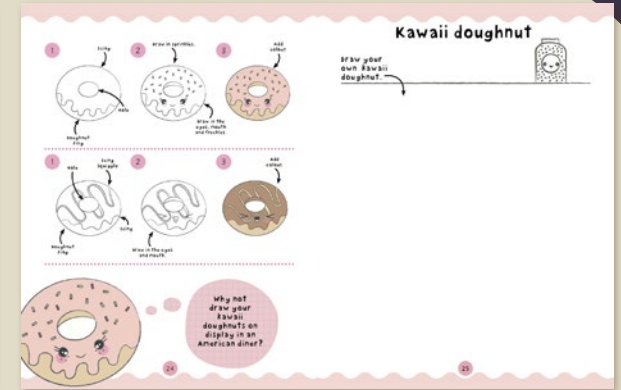
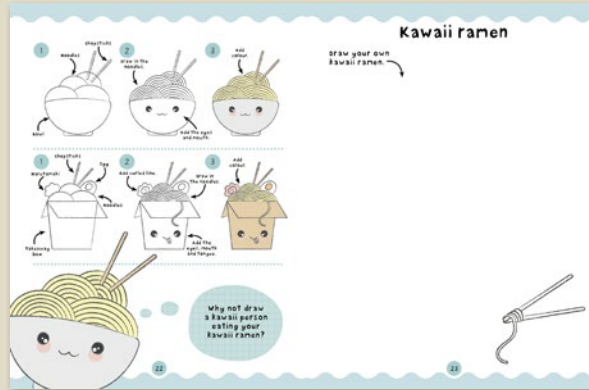
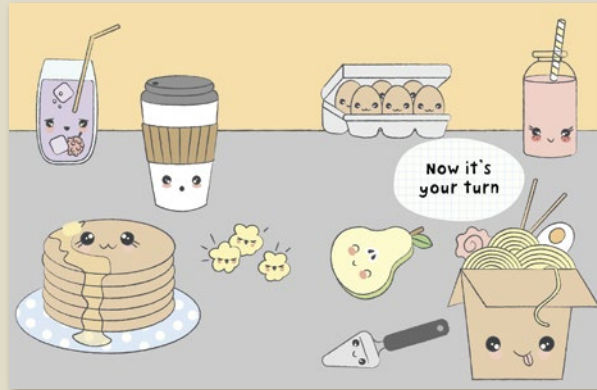
Draw Kawaii: Cute Food



Welcome to the charming world of kawaii!

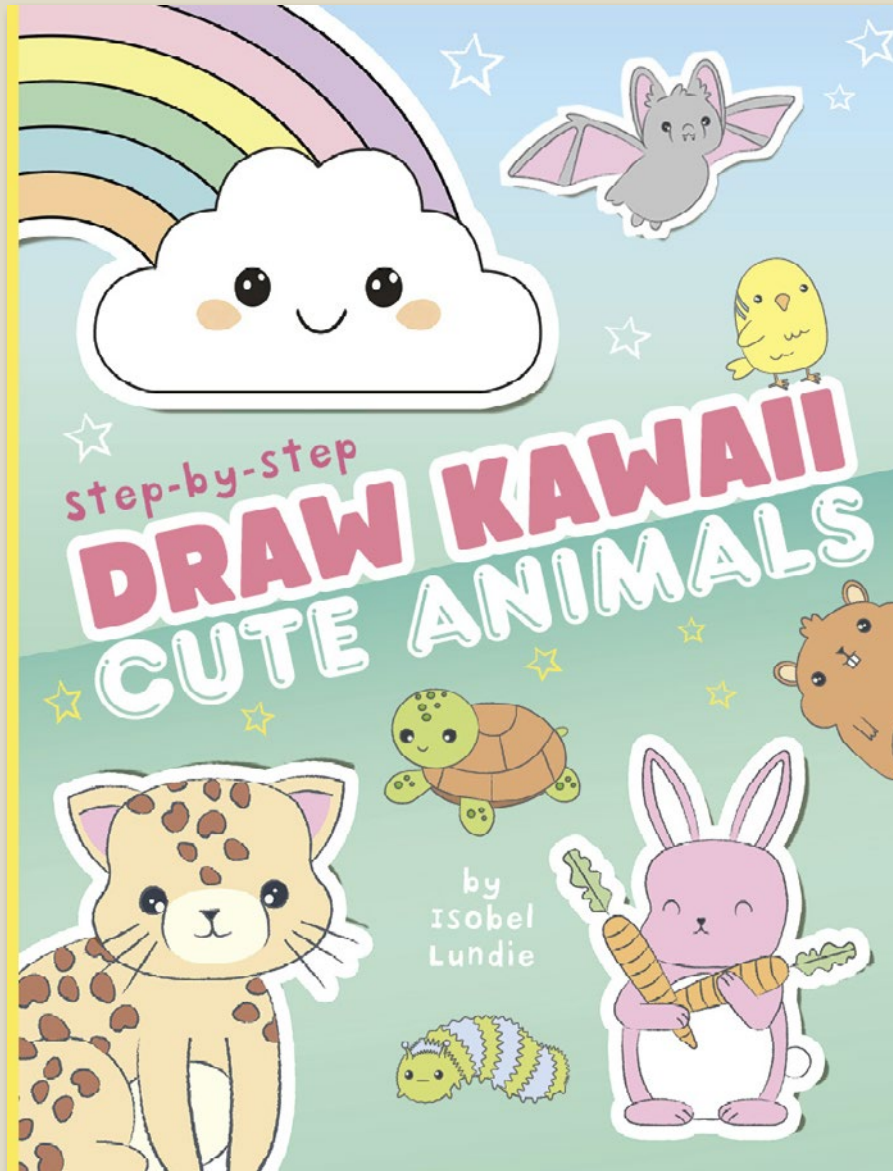
- Easy to follow instructions and guides throughout.
- From fries to cupcakes, learn how to draw a range of different cute kawaii food - perfect for young girls in particular!
- A brilliant beginners guide to introduce children to different drawing techniques, mediums and art styles, helping them to gain confidence.

Draw Kawaii: Cute Food



Pub Date	04/07/2024
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ISBN	9781800789944
H x W	246 x 189mm
Binding	Paperback
Age Range	7-9 years
Author	Isobel Lundie
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Freight On Board	02/05/2024
Rights Available	World

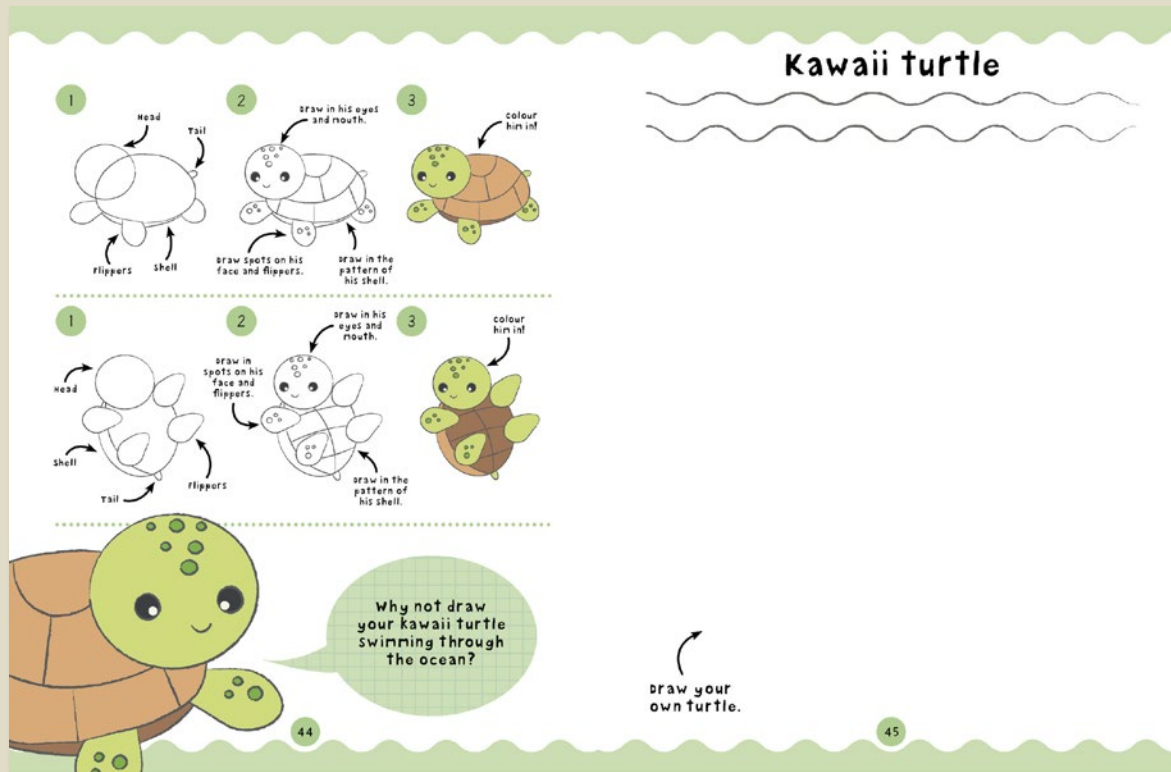
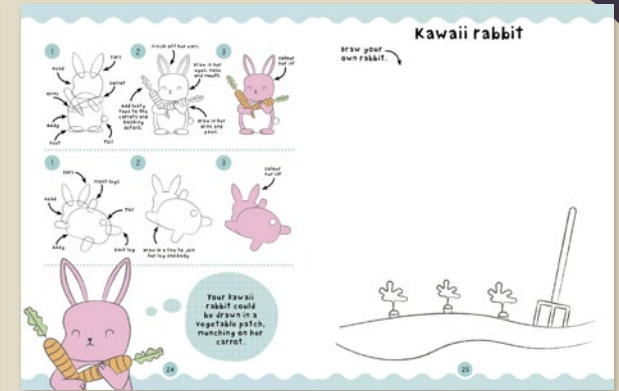
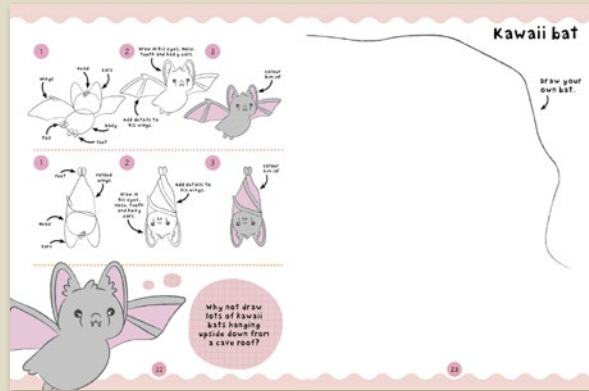
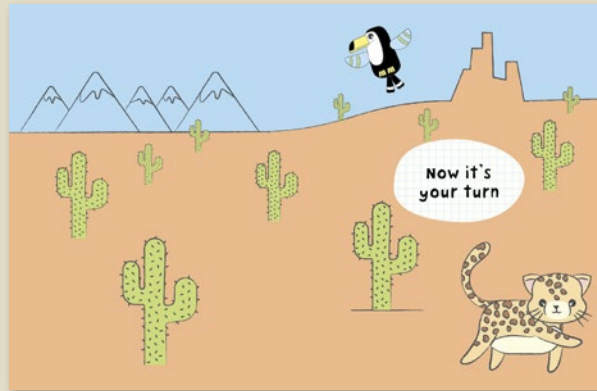
Draw Kawaii: Cute Animals



Introduce your child to the charming world of kawaii!

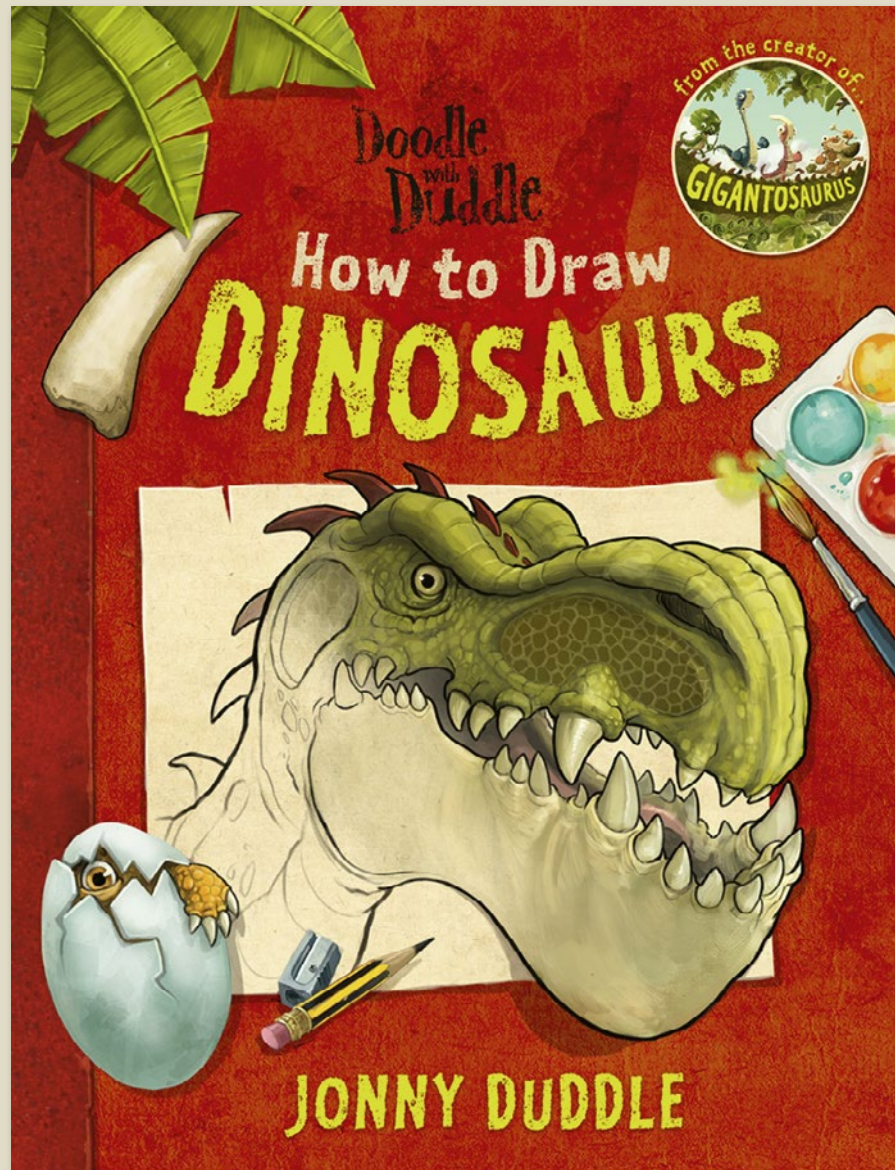
- Easy to follow instructions and guides throughout.
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Draw Kawaii: Cute Animals



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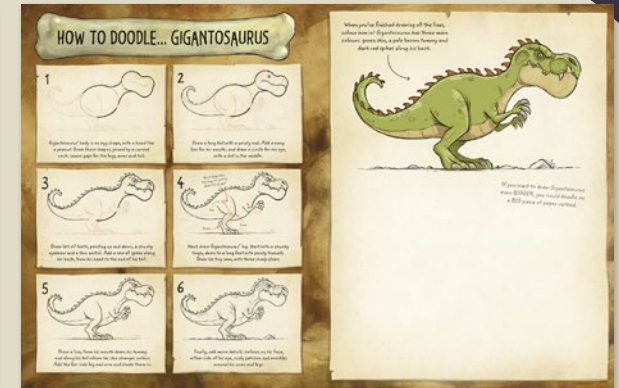
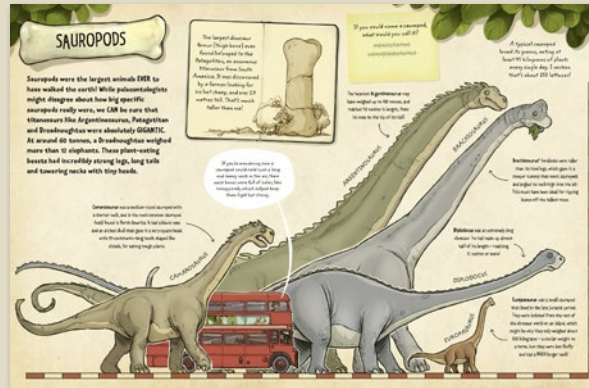
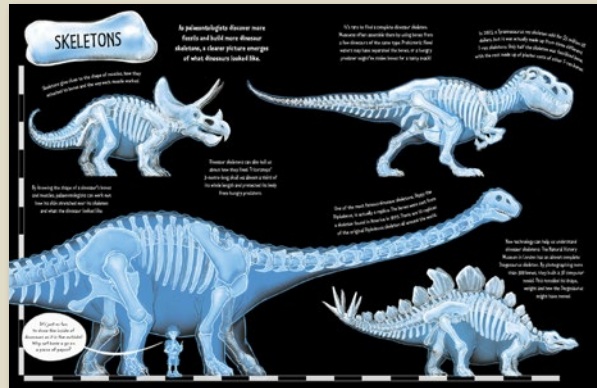
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Doodle with Duddle: How to Draw Dinosaurs



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Illustrator	Jonny Duddle
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