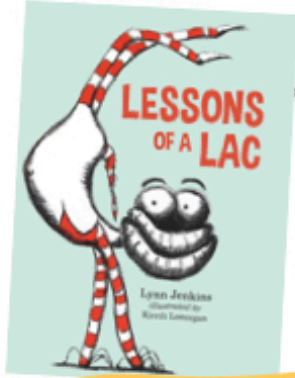


The much-loved characters
of Lopy and Curly
are here to help children to deal
with their ANXIETY!



Provides children with a basic tool belt
to deal with anxiety!



Learning to find their brave
is a golden tool for kids!

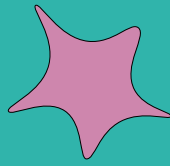
A story to 'shape' little perfectionist tendencies
towards being a bit more self-accepting and flexible!

Lynn and Kirill help children to deal with their worries,
by:

- explaining what worry and anxiety actually is
- building awareness of particular anxious signs
- demonstrating simple anxiety management tools including 'finding their brave'
- using the characters of Lopy and Curly
 - Lopy is anxious chatter externalised
 - Curly is anxiety management externalised

Children really relate to Lopy and Curly, which makes it easy
for them to understand and adopt the tools they
are taught to manage their worries.

Awareness
Breathing
Curly thoughts

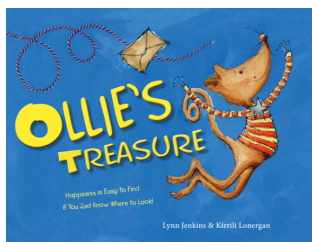


Lessons of a LAC, Brave and Perfect Petunias are the first three books in a five-book series. They give children a way to think about and manage anxiety and worry. The remaining two books will be: Grey Glasses-itis (assisting with mood) and Tree (assisting with loss).

Lynn Jenkins and Kirrili Lonergan are very passionate about assisting children with social and emotional issues via the platform of picture books and their coinciding school visits.

Their workshops extend the lessons in the picture books and leave children with a clear understanding of what anxiety is and a tool-belt of skills to manage it!

If you would like to purchase books or products in the Lessons of a LAC range or to book Lynn & Kirrili for a school visit go to www.lessonsofalac.com If you would like to purchase goods after we have visited your school please feel free to contact us for our discounted rates.



Ollie's Treasure is a picture book about mindfulness. It teaches children that happiness can be found by using their senses to truly notice their surroundings. Lynn and Kirrili include many mindfulness activities in their visits.



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