

## (K) Workbooks

| Number | Title  | Author   |
|--------|--|--|
| K1     | A Mindfulness Guide for Survival   | Ruby wax   |
| K2     | Activities for Including Children with Behavioural Difficulties  | Dr Hannah Mortimer, Helen Lane and Louise Carruthers                   |
| K3     | Are you strong enough to keep your temper  | Dr Chris Williams  |
| K4     | A Volcano in My Tummy  | Elaine Whitehouse and Warwick Pudney                                   |
| K5     | Book of Emotions (from Inside Out)   | Paragon Books  |
| K6     | Bullies, Bigmouths and So-Called Friends   | Jenny Alexander  |
| K7     | Eliminate Negative Thinking: How to Overcome Negativity, Control Your Thoughts, And Stop Overthinking.       | Derick Howell  |
| K8     | Helping Children to Cope with Change, Stress and Anxiety   | Deborah M Plummer  |
| K9     | How to Stop Overthinking   | Chase Hill and Scott Sharp   |
| K10    | I Am Special   |  |
| K11    | Lego Based Therapy   | Simon Baron-Cohen Daniel B. LeGoff, Gina Gómez de la Cuesta, GW Krauss |
| K12    | Let's Grow   | Barbara Taylor   |
| K13    | Life Skills Workbook for Children with autism and Special Needs  | Susan Jules  |
| K14    | Life Skills Workbook for Teens with autism and Special Needs   | Susan Jules  |
| K15    | No Worries   | Published by Amazon  |
| K16    | Marvellous Me  | Linda Schwartz   |
| K17    | My Book Full of Feelings   | Amy V. Jaffe and Luci Gardner  |
| K18    | My Social Stories book   | Carol Gray and Abbie Leigh White                                       |
| K19    | Planning to Learn Creating and Using a Personal Planner with Young People on the Autism Spectrum             | Keely Harper-Hill and Stephanie Lord                                   |
| K20    | Recognise Emotions 1   | Peter Rigg   |
| K21    | The Incredible 5 point scale   | Kari Dunn Buron and Mitzi Curtis                                       |
| K22    | The Lego Ideas Book  | Daniel Lipkowitz   |
| K23    | The New Social Stories Book  | Carol Gray   |
| K24    | The Straight Talk Manual   | Diane Brokenshire  |
| K25    | The Worry Workbook   | Imogen Harrison  |
| K26    | This Book Could Help (The Mens Headspace Manual – Techniques and Exercises for Living)                       | MIND and Rotimi Akinsete   |
| K27    | Things to do to Play and Learn   | Dorothy Einon  |
| K28    | Making Visual Supports Work in the Home and Community (Strategies for individuals with autism and Aspergers) | Jennifer L. Savner and Brenda Smith Myles                              |
| K29    | Wishing Wellness a Workbook for Children of Parents with Mental Illness                                      | Lisa Anne Clarke   |
| K30    | You Are Enough   | Cheryl Rickman   |