



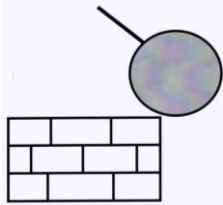


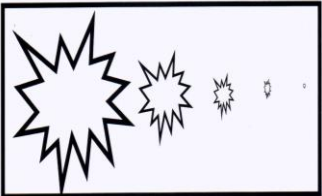


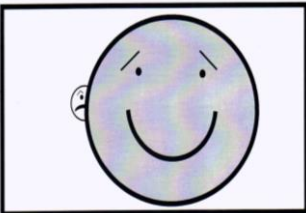
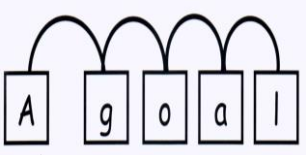
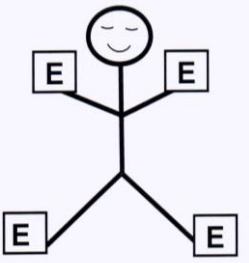
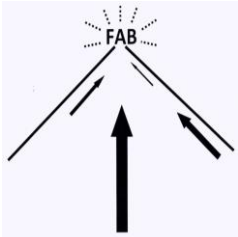


***Success in Schools –A practical handbook of tools for teachers and parents to use with children***  
by Tamba Roy

<b>Brilliant Breathing</b> Transforming our emotional state through breathing 	<b>Ready 4 Learning Ladder</b> Learning how to choose our own level of motivation 	<b>My Choice of Inner Voice</b> Changing our inner dialogue 	<b>Personal Power</b> Creating inner strength and confidence 	<b>The Smasher</b> Getting rid of a barrier 
<b>Shield</b> Creating a feeling of inner protection to support emotional resilience 	<b>Seeing Success</b> Creating a positive outcome 	<b>Shrink</b> Letting go of barriers 	<b>Personal Space</b> Time to relax, reflect, re-energise 	<b>The Jacket</b> Developing resilience, recognising strengths 
<b>Change Your Mind</b> Seeing a solution rather than a problem 	<b>Step Forward</b> Moving towards a powerful goal 	<b>Enjoying Excellence</b> Exceeding expectations 	<b>Fab Future</b> Consciously placing supportive goals into our future 	<b>Eye of the Storm</b> Experiencing stillness 