

Health and Wellness

Nutrition and Fitness Guide and Workbook

\$19.95 Each

This informative and fun book will teach our youth about the importance of healthy eating and exercise. Beautiful illustrations and photographs of our youth help to make learning about health and exercise fun. Contains black-line master worksheets, and workout guides to help you stay fit and informed.

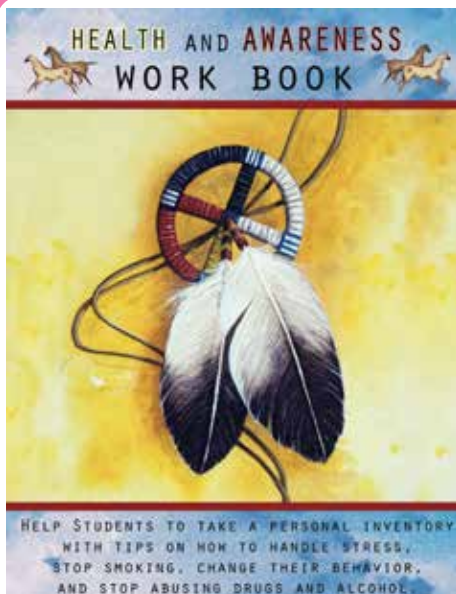
Item# EB-14

Size 8.5" x 11"



Health & Mental Stress Workbook

\$15.95 Each



Item# CSB-12

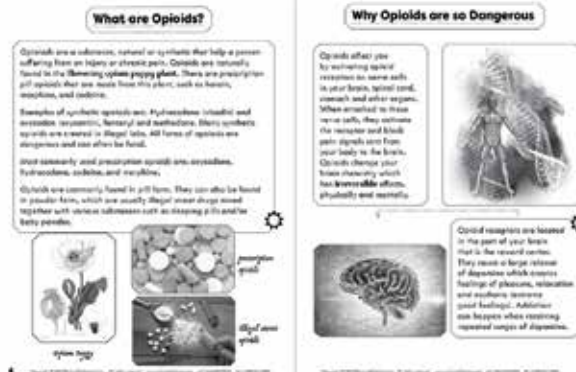
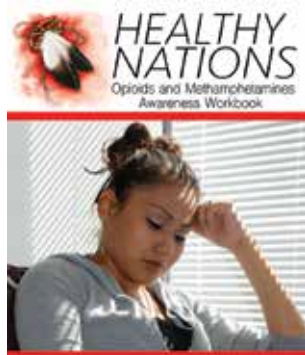


The mental health of today's youth is everybody's concern. Children need to find healthy ways to solve the problems of their lives. This workbook helps them to take stock of their lives, to see the problem and the causes of those problems, so that they can start to end the destructive cycle of bad behavior. Problems like drugs and alcohol, dealing with stress and peer pressure and tips to stop smoking are covered with interactive worksheets.

Size 8.5" x 11"

Healthy Nations: Opioids and Meth Awareness Workbook

\$19.95 Each

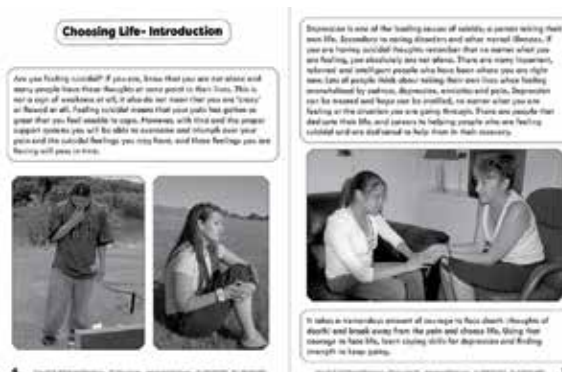
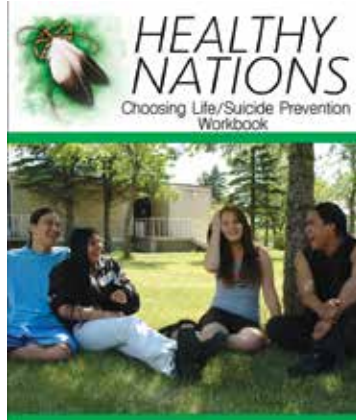


Our Healthy Nations Workbooks are made to educate, inform and enlighten and have information and worksheets to help with personal awareness. This opioid and methamphetamine awareness workbook has information about the nature and effects of both drugs. Each book as work sheets to help addicts and friends of addicts alike, understand just some of the consequences and behaviors of the people on the drugs.

Item# HN-03
Size 8.5" x 11"

Healthy Nations: Choosing Life Workbook

\$19.95 Each

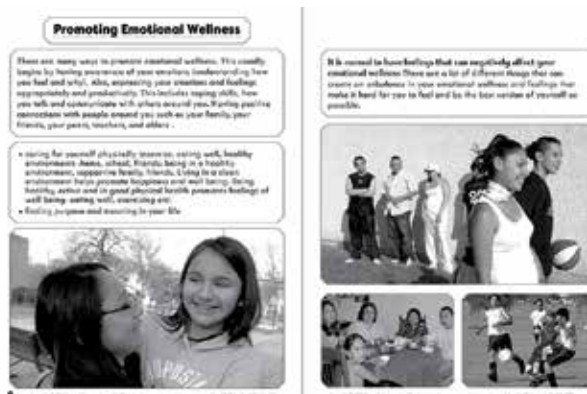
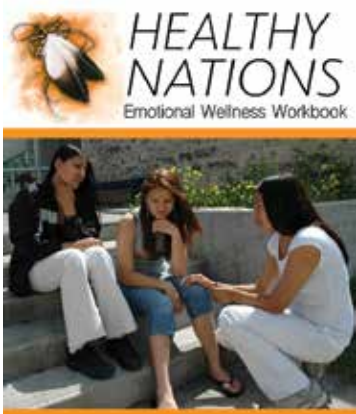


Our Healthy Nations Workbooks are made to educate, inform and enlighten and have information and worksheets to help with personal awareness. Suicide is a complicated issue. People who die by suicide or attempt suicide usually feel overwhelmed, hopeless, helpless, desperate, and alone. This workbook helps people to answer some of the main questions about suicide like: what are the warning signs, how to reduce the risk of suicide, and some of ways of dealing with the thoughts of suicide.

Item# HN-04
Size 8.5" x 11"

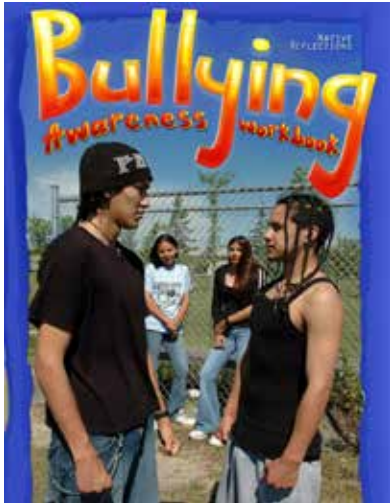
Healthy Nations: Emotional Wellness Workbook

\$19.95 Each



Our Healthy Nations Workbooks are made to educate, inform and enlighten and have information and worksheets to help with personal awareness. Emotional wellness beings with you. Its important to look after your mental, spiritual and physical self.

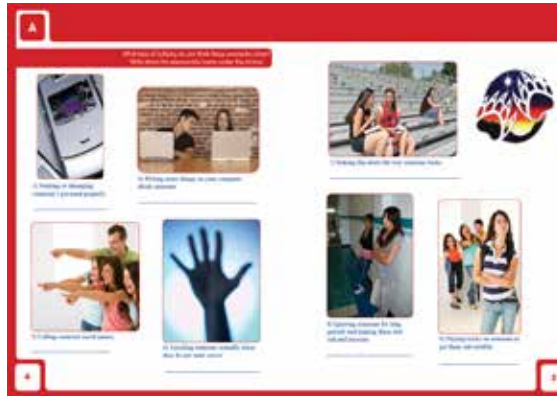
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Size 8.5" x 11"



Item# EB-08

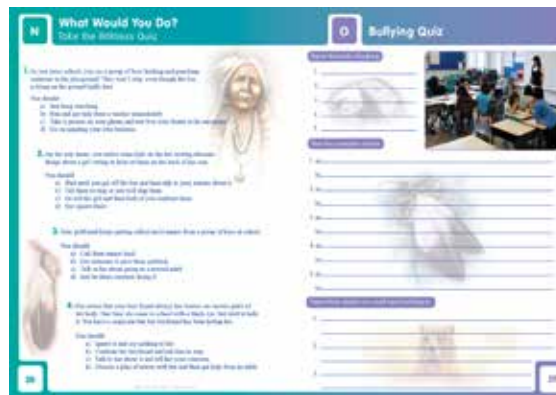
Size 8.5" x 11"

If you are a target, bully or witness, this book will help you learn how to recognize and deal with all forms of bullying.



Includes examples and problem solving for:

Peer Pressure
E-mail Harassment
Cyber Bullying
Name Calling
Physical Abuse
and much more!



Teacher's Bullying Guide and Workbook

\$29.95 Each Book



Item# EB-15

Size 8.5" x 11"



There are many types of bullying. In our workbook we will discuss them one by one so you can recognize them and help prevent them.

There are ten types of bullying that we will go over:

1. Physical Bullying (Fighting)
2. Property Damage
3. Verbal Abuse
4. Teasing
5. Spreading Rumors
6. Threats, Intimidation And Insults
7. Cyberbullying
8. Exclusion
9. Stealing
10. Bystander

So let's jump right into the first type of bullying on our list.

Do you know what bullying is? Do you know what it looks like when someone is being bullied? Do you know there are different types of Bullying. This workbook answers all those questions and shows you ways to prevent bullying.

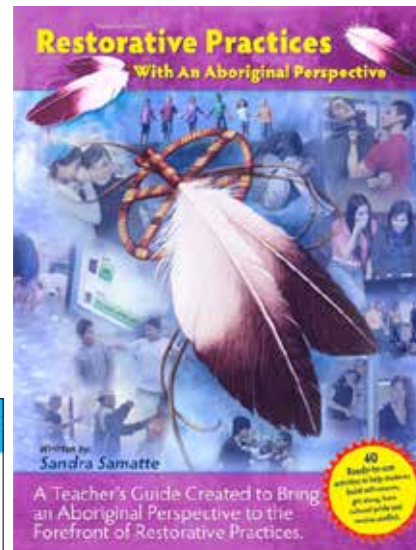
Restorative Practices

\$39.95 Each Book



This book brings
Aboriginal
Perspectives
to the forefront
of Restorative
Practices!

With easy to read
sections, colorful
pictures and fun
activities, this book is
a must for all Middle
Years classrooms.



Item# RES-06

Size 8.5" x 11"

Aboriginal people have long used a restorative system when dealing with conflict. This book is design to bring back the traditional practices that have been used for centuries. This approach helps improve self esteem, personal, emotional and cultural awareness, and building trust within a classroom community. The benefits of using this book will show in many ways such as, building healthy relationships, solving problems in a caring manner, creating a safe and secure community environment.

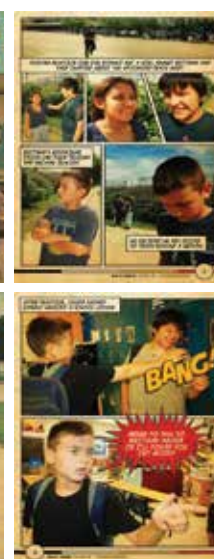
Bullying Graphic Novel

\$16.95 Each

Students can relate to problems in this Graphic Novel. GN-01 includes two bullying stories, the first is focused on physical bullying and how a small event can lead to violence. The second story is about emotional bullying and how excluding people is just as dangerous as physical bullying. The novel is 8.5" x 11" with big, bright colorful pictures. The perfect tool for teaching students about bullying.

Item# GN-01

Size 8.5" x 11"



Two
Great
Stories
in One
Graphic
Novel!

**SIZE
8.5" x 11"**

Item# HAP-01



Item# HAP-07



Item# HAP-20



Item# HAP-26



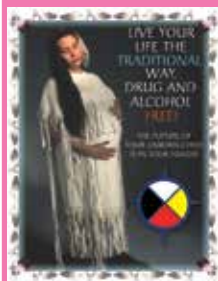
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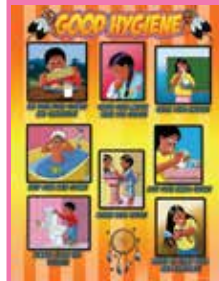
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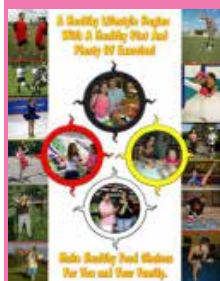
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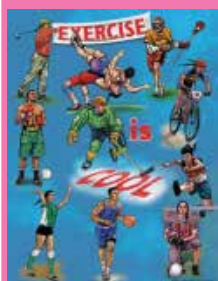
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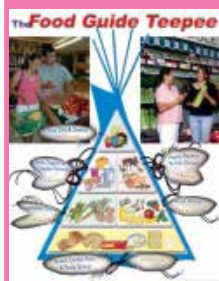
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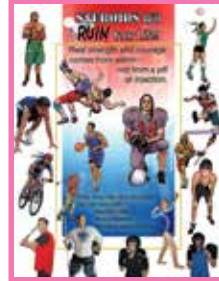
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Item# HAP-32



Item# HAP-34



Item# HAP-40



Item# HAP-50



Item# HAP-51



Item# HAP-57



Item# HAP-59



Item# HAP-62



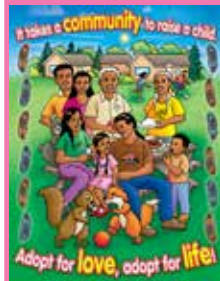
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Item# HAP-68



Item# HAP-69



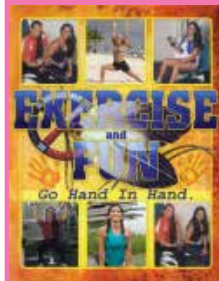
Item# HAP-70



Item# HAP-71



Item# HAP-81



Parenting Health and Awareness Posters

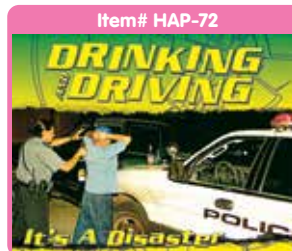
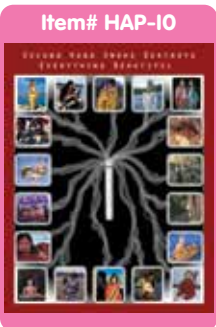
\$14.95 Each



Drug and Alcohol Posters

\$14.95 Each

First Nations, Inuit and Metis people are facing serious problems in their communities such as: diabetes, obesity, suicide and drug and alcohol abuse. Our goal is to help educators, communities and health professionals educate the public and accelerate the healing process with our health poster line. **SIZE 17" x 22"**



Restorative Practices Posters

\$16.95 Each

Restorative Practices builds community well being by avoiding blame while focusing on repairing harm and strengthening relationships. It separates 'The doer from the deed'. Research has found positive links between Restorative Practices and student achievement.

Poster Size 24" x 36"

Item# RES-01



Item# RES-02

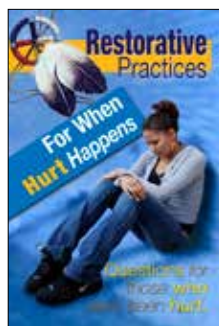


Restorative Practices Poster Set

Been Hurt

\$24.95 Per Set

Restorative Practices builds community well being by avoiding blame while focusing on repairing harm and strengthening relationships. It separates 'The doer from the deed'. Research has found positive links between Restorative Practices and student achievement.



Item# RES-03



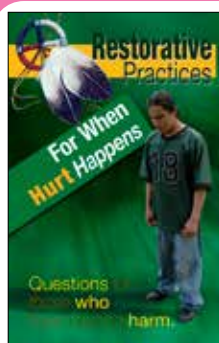
1-12" x 18" Poster
5-12" x 6" Posters



Restorative Practices Poster Set

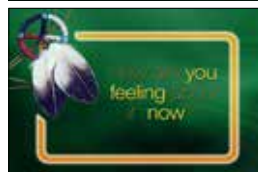
Caused Harm

\$24.95 Per Set



Item# RES-04

1-12" x 18" Poster
7-12" x 6" Posters



Restorative Practices builds community well being by avoiding blame while focusing on repairing harm and strengthening relationships. It separates 'The doer from the deed'. Research has found positive links between Restorative Practices and student achievement.

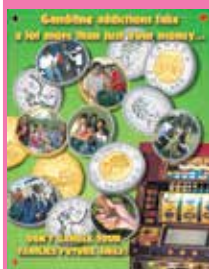


Personal Health Posters

\$14.95 Each

First Nations, Inuit and Metis people are facing serious problems in their communities such as: diabetes, obesity, suicide and drug and alcohol abuse. Our goal is to help educators, communities and health professionals educate the public and accelerate the healing process with our health poster line.

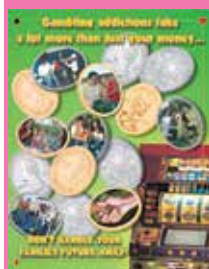
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Item# HAP-17



Item# HAP-19



Item# HAP-35



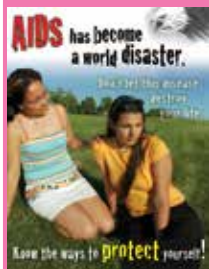
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Item# HAP-37



Item# HAP-53



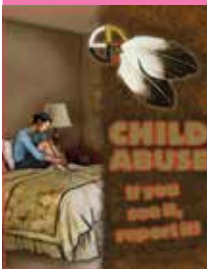
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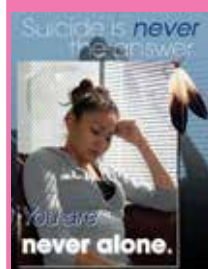
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Item# HAP-73



Item# HAP-78



Item# HAP-01



Item# HAP-07



Item# HAP-20



Item# HAP-47



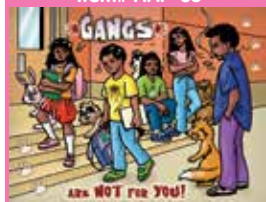
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Item# HAP-58



Item# HAP-63



Item# HAP-75



Item# HAP-21



Item# HAP-25



Bully Posters

\$14.95 Each

First Nations, Inuit and Metis people are facing serious problems in their communities such as: diabetes, obesity, suicide and drug and alcohol abuse. Our goal is to help educators, communities and health professionals educate the public and accelerate the healing process with our health poster line.

Item# HAP-86



Item# HAP-87



Item# HAP-84



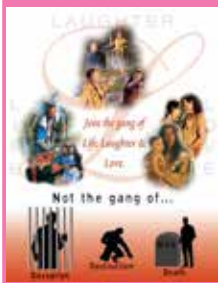
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Item# HAP-98



Item# HAP-04



Item# HAP-06



Item# HAP-11



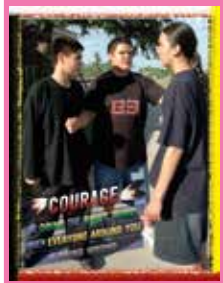
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Item# HAP-82



Item# HAP-83



Item# HAP-85



Item# HAP-88



Item# HAP-94



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Item# HAP-89



Item# HAP-91



Item# HAP-92



Item# HAP-93



Item# HAP-96



Item# HAP-101



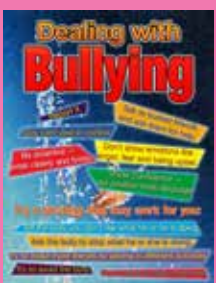
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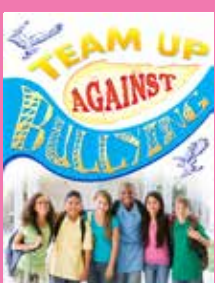
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Item# HAP-110



Item# HAP-111



Item# HAP-112



Item# HAP-99



Item# HAP-100



Item# HAP-106



Item# HAP-107



Item# HAP-108



Item# HAP-II3



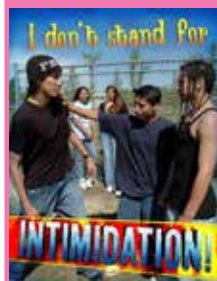
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Item# HAP-I23



Item# HAP-I27



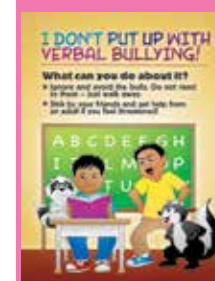
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Item# HAP-I30



Item# HAP-I31



Item# HAP-I34



Item# HAP-I35



Item# HAP-I36



Item# HAP-I37



Item# HAP-I38



Item# HAP-I09



Item# HAP-I15



Item# HAP-I16



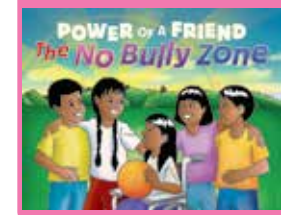
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Item# HAP-I18



Item# HAP-I24



Item# HAP-I25



Item# HAP-I26



Item# HAP-I32

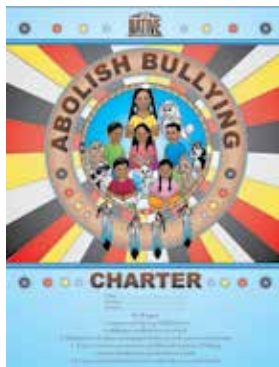


Item# HAP-I33



Abolishing Bullying Poster Set

\$24.95 Per Set



This set was designed to motivate your students to make healthy choices with eye-catching posters! These new posters were created to reinforce key-life skills. Use these colorful informative posters to teach in a classroom setting or decorate the hallways. 6 different bullying posters with individual inspirational messages.



Item# AB-01

5-Posters
Size 12" x 18"

1-Poster Size
17" x 22"



Bullying Poster Set

\$24.95 Per Set



This set is focused on stopping bullying and will get the message across while teaching students healthy character traits. Included in this five-poster set is a beautifully illustrated round header. This set is one-of-a-kind and will make a big impact on students.

4-Posters Size
12" x 18"

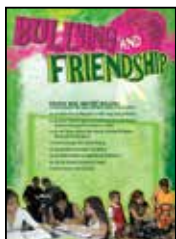
1-Poster Size
20" x 20"

Item# AB-02



Bullying and Friendship Poster Set

\$24.95 Per Set



This bullying poster set is an excellent teaching tool for your school. This set was designed to motivate your students to make healthy choices. These posters were created to reinforce key life skills. Use these colorful, information posters to teach in a classroom setting or decorate the hallways. **Item# AB-03**

6-Posters Size 12" x 18"



Bullying Word Poster Set

\$24.95 Per Set



Item# AB-05 6-Posters Size 12" x 18"

Suicide Prevention Poster Set

\$19.95 Per Set

Knowing the signs of suicide is a great first step in ending this tragic problem. Each of these posters points to a different way for you to identify suicide prone behavior.



3-Posters Size
17" x 22"

Item# SPP-01



Item# SPP-02

3-Posters Size
17" x 22"

Women in Crisis Poster Set

\$19.95 Per Set



Our Women in Crisis poster set helps women and others understand how to deal with a person who is being abused. This set will help show the proper steps to rebuild a battered woman's shattered life.

Size 12"x18" **Item# WIC-01**

Drug Free Poster Set

\$24.95 Per Set

This amazing poster set shows teenagers that their future will be bright by staying away from drugs and alcohol. Each poster has three examples of successful Native youths on their way to becoming future stars. Every day people are on their way to fulfilling their dreams. Say no to drugs and alcohol with this innovative poster set.

Item# DFP-01



6-Posters Size 12" x 18"

Gang Prevention Poster Set

\$19.95 Per Set

This set is excellent for showing the different aspects of gang life. Displayed are ways to get out of a gang, or even better yet, never get into a gang in the first place.

Item# AB-04



4- Posters Size 12" x 18"

Pregnancy Poster Set

\$24.95 Per Set



This beautiful and elegant poster set, drawn by Native artist Gary Young, will be a wonderful inspirational tool for schools, health centers and hospitals.

Item# PP-01

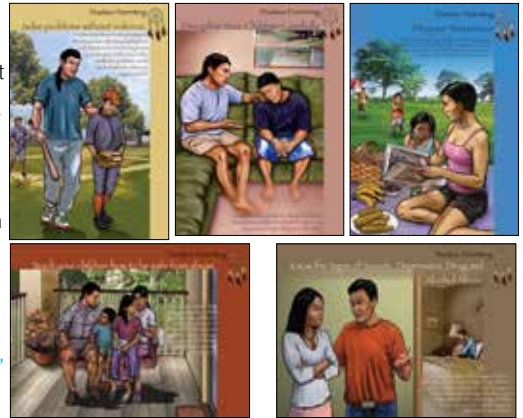
6-Posters
Size 12" x 18"

Positive Parenting Poster Set

\$19.95 Per Set

Knowing how to be a good parent is not automatic. Our Positive Parenting poster sets are aimed at helping parents with problems that arrive with their children.

5-Posters
Size 12" x 18"



Item# PP-02

Positive Parenting Poster Set

\$19.95 Per Set



Item# PP-03

5-Posters
Size 12" x 18"

Pregnancy Poster Set 2

\$19.95 Per Set



Item# PP-04

5-Posters
Size 12" x 18"

Champion Parents Poster Set

\$24.95 Per Set



Item# PP-05

6-Posters
Size 12" x 18"

Family First Poster Set

\$24.95 Per Set



Item# FF-02

6-Posters
Size 12" x 18"

Healthy Habits Poster Set 1

\$19.95 Per Set



Keep children safe and healthy. This poster set helps to do just that. Each poster serves as an easy reminder to keep healthy.

Item# HH-01

Size 12" x 18"

5 Posters Per Set!

Healthy Habits Poster Set 2

\$19.95 Per Set



Item# HH-02

Size 12" x 18"

5 Posters Per Set!



Hygiene Poster Set 2

\$24.95 Per Set



One of the more sensitive issues a teacher may have to deal with is a student with poor hygiene. This poster set is a perfect teaching tool for younger children.

Item# HYG-02

6-Posters
Size 12" x 18"

Healthy Nations Poster Set

\$24.95 Per Set

Choose these colorful posters to help motivate children and parents to follow healthier lifestyles.

Item# HN-01

6-Posters
Size 12" x 18"



Get Fit Poster Set

\$24.95 Per Set



Choose these colorful posters to help motivate children and parents to follow healthier lifestyles.

Item# GET-01

6-Posters
Size 12" x 18"

Get Fit Poster Set 2

\$19.95 Per Set



4- Posters Size 18" x 12"
Item# GET-02

Healthy Habits for Children Poster Set

\$24.95 Per Set



Item# FG-04

**8 Posters
Per Set!**

This is one important educational set you won't want to miss! Educate your class and community members with the facts about healthy living in a way they won't forget. Get on board with life changes that need to be addressed immediately!

1- Posters Size 22" x 28"

6- Posters Size 12" x 18"

1- Posters Header Size 22" x 11"



Healthy Living for Children Poster Set

\$24.95 Per Set



Our Healthy Living Poster Set shows variety, balance and moderation as a way of life. These 4 posters show examples of different ways to stay healthy, including a simple 8-step plan.

1- Posters Size 24" x 36"

3- Posters Size 12" x 18"

Item# FG-03



Healthy Habits Poster Set

\$19.95 Per Set



1- Posters Size 36" x 6"

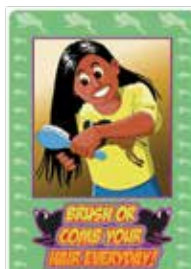
1- Posters Size 20" x 20"

2- Posters Size 12" x 18"

A serious problem facing Native people today is the threat of diabetes and heart disease. This poster set will teach prevention methods. **Item# DBP-02**

Hygiene Poster Set

\$24.95 Per Set



Important daily hygiene skills are taught in this colorful informative poster set. It is a must for all early years classrooms. 8 Posters per set!

Item# HYG-01



7-Posters Size 12" x 18"

1-Posters Size 6" x 18"

Tooth Care Poster Set \$9.95 Per Set



Each poster comes with a tip on how to care for your teeth. Five great ways for kids to learn how to keep their teeth in great condition.

Item# TOC-01

Size 12" x 18"

5 Posters Per Set!

I Have Diabetes Poster Set \$9.95 Per Set



Much needed tips on how to incorporate normal daily activities in with the activities that someone living with diabetes must always remember.

Item# IHD-01

6-Posters
Size 12" x 18"

Safety Poster Set \$24.95 Per Set



Educate children on important safety issues. These six important messages are illustrated with images that will grab your student's attention.

Item# SYP-02

6-Posters
Size 12" x 18"

Fire Safety Poster Set \$24.95 Per Set



The safety of your family is very important. This five-poster set is perfect for teaching fire safety. Your students will learn fire safety rules in a fun way with this superbly illustrated poster.

Item# FF-01

5-Posters
Size 12" x 18"

Safe Communities Poster Set

\$24.95 Per Set

To keep your community safe you must teach children how to be responsible. Our Safety Poster Set helps to inform children about the dangers they may encounter in their community. Start your students on the right track today.

Item# SYP-01

6-Posters Size 12" x 18"

1-Banner Size 24" x 6"

