



Enlighten Press  
Books with the power to change



# Big book = big engagement

Oversized, A3, big book.  
Whatever you like to call them,  
our books are **GIANT!**

This means a fully  
immersive and engaging  
experience for little readers.

Now everyone, even those  
with vision impairment  
or children sitting at the  
back of the room,  
**can see the pictures  
and the words clearly.**

“ *It's not easy to get the full  
attention of our kids, but the  
size of these books really  
capture the audience!* ”



relative size



11.69 by 16.54 inches

# Incomparable quality

Highlight using a whiteboard marker



Wipe clean with a cloth

Our big books are laminated throughout for superior and long-lasting quality.

No longer fear sticky little fingers. Finally a book everyone can enjoy!

“ With strong, durable pages they withstand the roughest and dirtiest little fingers and hands. The laminated pages also allow teachers to mark ‘on the sound’ dots underneath the words to help with decoding. ”

# All subjects covered

**Social-Emotional:** Building empathy and self-confidence.

(e.g., Embracing Differences, My Bubble My Choice, Things Aren't Going My Way, How to Make a New Friend)

**Cognitive:** Reasoning and studying the world around us.

(e.g., My Life as a Dinosaur Big Book, Journey into Space, Mapping My Community, Big Machines, Creatures Features)

**Language & Literacy:** Turning Circle Time into an immersive experience.

(e.g., My Colors in Spanish, Rainbow Yum!, Celebrations Around the World, What Am I Really Saying?)

**Executive Function:** Teaching impulse control and problem-solving.

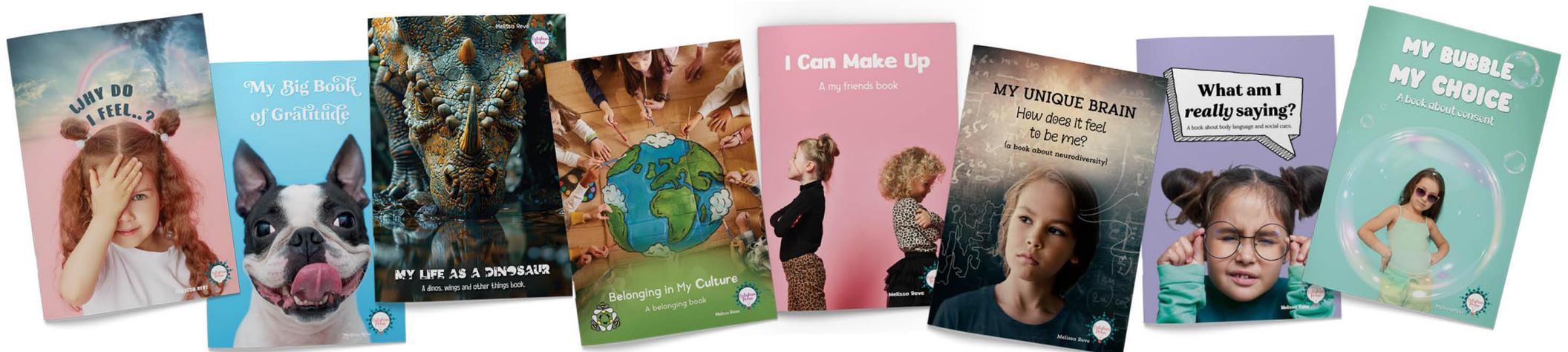
(e.g., Taking Turns, Work With Others, I Can Listen, Attitude Is Everything, Mindfulness & Me)

**Physical & Wellness:** Focusing on health, nutrition, and the five senses.

(e.g., My Healthy Teeth, My Unique Brain - ADHD, I Can Take Care of Myself, Wonder Of My Body, Autism Spectrum)

**Creative Expression:** Encouraging self-expression through music and play.

(e.g., Imaginative I Am, I Am a Musician)



#### INTRODUCTION

What are our emotions and how might they help and guide us? When I have a positive or negative emotion, how does it feel in my body? How can I describe the ways feelings and emotions change my body? In this book we look into how emotions can affect the body and mind and allow children to harness a greater understanding of themselves and others around them.

By giving children the words to describe how emotions affect them, they are able to communicate, to self regulate and to problem solve more effectively. Emotional development is an integral part of growing up and by learning what feelings and emotions are, children are able to unpack why they happen, and develop effective ways of managing them.

#### QUESTIONS FOR UNDERSTANDING

1. How can educators meet the needs of each child emotionally, including a child from a different cultural background? How might we be sensitive to the family's own ideals and incorporate them into our practice?
2. How might educators ask open ended questions to facilitate authentic answers from children? Questions such as "This might be a good time to calm down, let's take a big, deep breath together" and reinforcing problem solving and emotions talk such as; "You took a deep breath and calmed down nicely, now can you tell me why you're upset?"
3. Ask the children what happens in their body when they feel anger? What about happiness? What about anxiety? Have the children point to where they feel it and perhaps give scenarios where they may feel these emotions.
4. Why might emotions teach humans self preservation? How can emotions be a healthy indicator of danger and other harmful circumstances?
5. Do all animals feel emotions? How do we know? How might they process those emotions differently to humans?
6. Have the children remember back to a time when they thought they had lost something but it wasn't actually lost. How did it feel in their body? Did they cry or slump? The connection between the emotion in the mind being felt in the body shows the importance in working through emotions. Allow the children to think of a very happy moment, what happened in their body when they felt happy?

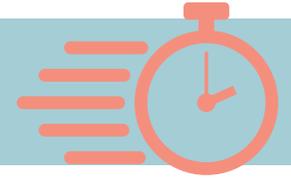
#### ACTIVITY AND ENGAGEMENT

1. Ask the children to imagine they are a floppy rag doll, they shake left and right and take in a big deep breath and then let out a sigh. This is a helpful exercise when changing from one topic or space to another.
2. With some putty or play dough, have the children choose a colour that best describes how they are feeling. Allow them to make whatever they wish to express their current emotion. See if they can use describing words to tell you what the dough is doing or what the certain attributes are.
3. Read Enlighten Press' Mindfulness and Me book. Learn some tools for calming the body and mind through breathing and mindful exercises.
4. Read Enlighten Press' Yoga book and play the free music download whilst reading. Go on a sensory journey through various habitats to allow the children to mindfully come into their physical bodies. Ask the children to reflect on how they feel after going through the journey.
5. Scales of emotion. Using the scales for each emotion in How Do You Feel?, draw up a plus at the bottom for the big emotions and a minus at the top for the small emotions with a line in between.



Click or scan to get your FREE teachers' notes.

## Short on time?



Educators spend many hours every week researching and planning.

Imagine having all that time back for other things?

All our books come with comprehensive teachers' notes to help design your learning experience. Questions for understanding, thinking points and many activities can turn one book into weeks of easy planning.

“ *The subjects are thoughtful and thought provoking while easy for children to understand. I love the books and the teachers' notes make my life more easy so that I have more time at home.* ”

We are  
small  
but  
mighty...

**24** years in the book industry

**6** years in publishing

**119** titles and counting

over **20,000** customers in **5** countries

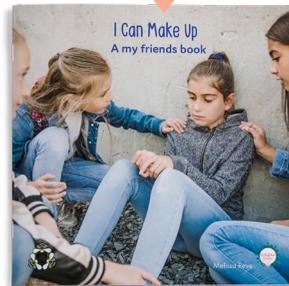
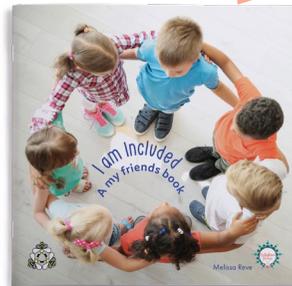
with more than **200,000** copies sold

# One subject, expanded

Explore a big subject with a **BIG BOOK**



“ We love that we can explore a subject in class and then lend out a book to a student who might benefit by continuing to learn at home with their parents. ”



Then delve deeper with our lapbook series.  
Cross-curriculum library-sized books,  
perfect for teachers, students and even parents.

## A different kind of business

We are a small family business, run by women and supporting working mothers.

Inclusive and diverse, we work according to our values.

Our mission is to help open worlds for children everywhere by creating resources for an **empowering education for all.**

“ *Modern mindset and always eager to improve (the company as a whole), actually great products so you do not have to sell something that you don't believe in”* ”



# F.A.Q.

As a unique small business,  
we can offer bespoke solutions.

- Flexible payment options

Credit card facility available with no fees

- Interest-free payment plans

Get all the books you need now and pay in instalments

- We stand by the quality of our books

If a book has an issue please let us know and we will replace it

- Purchase orders and quotes done to spec

We can accommodate your quoting or invoicing requirements



“ We bought lots and lots of books for our centre the teachers and children use them a lot! They are a great resource, so reasonably priced and they make it so easy to pay in lots - in line with the funding period. Thank you. ”

# Positive ripples

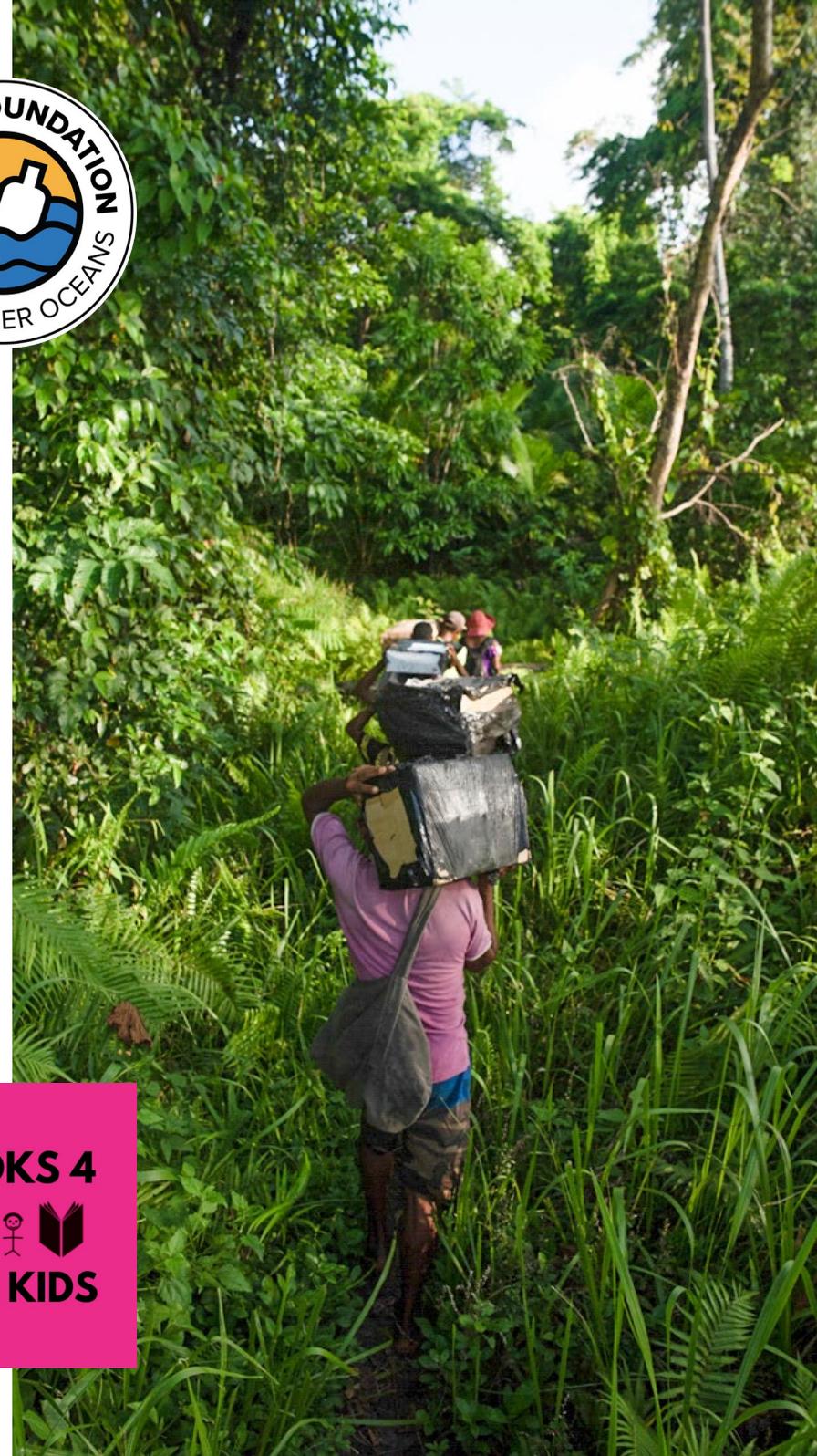


## We work with charities.

Access to books is the best way to develop a life-long love of reading to bring down barriers of inequity.

Enlighten Press has had the privilege of working with organisations such as **Seabins** for sustainability and **Books 4 PNG Kids** to provide books for children who have none.

We continue to donate books to early childhood and primary education services in need. The more books that are purchased, **the more we give away!**



**BOOKS 4**  
  
**PNG KIDS**