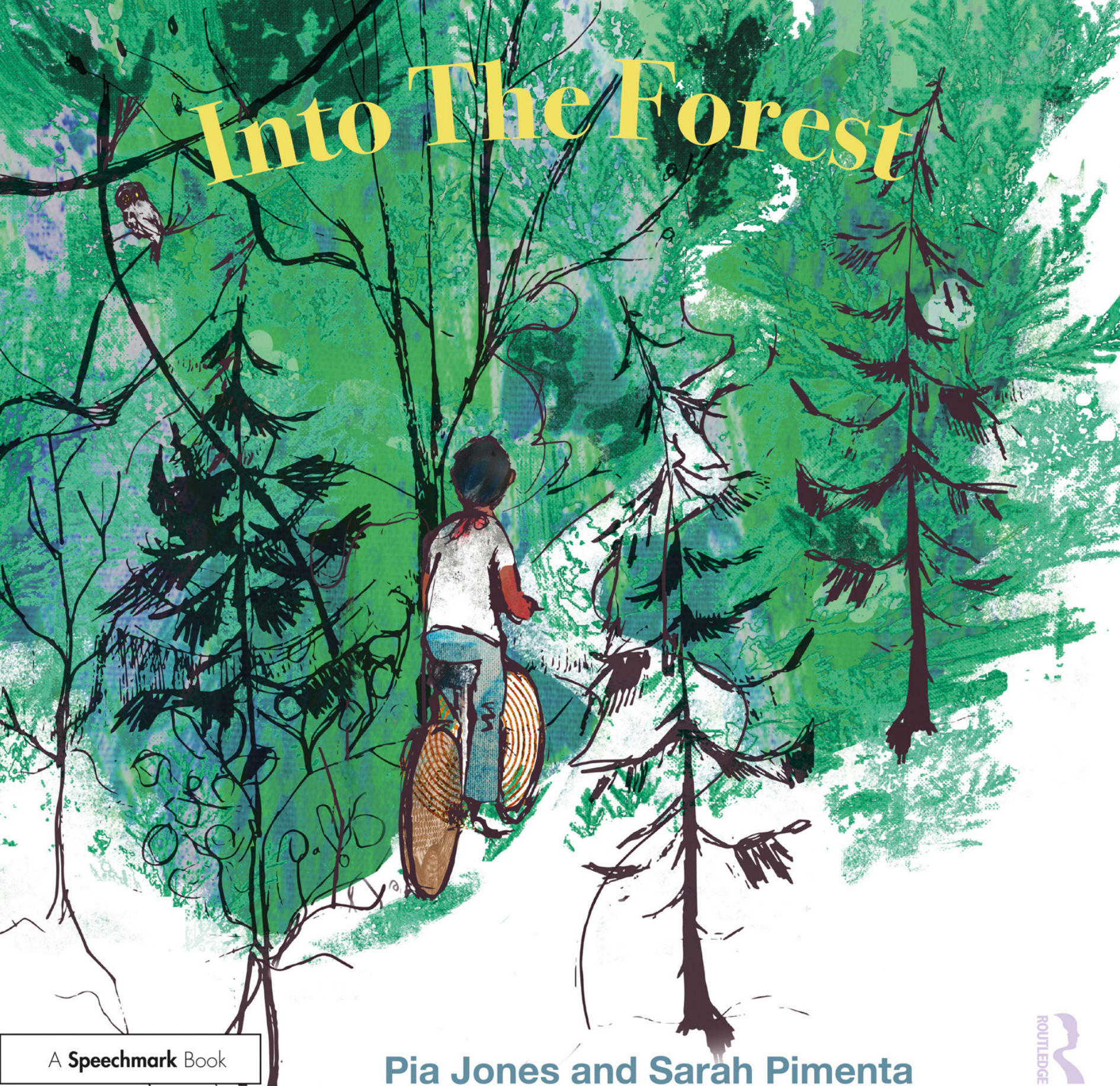


Into The Forest



A **Speechmark** Book

Pia Jones and Sarah Pimenta

“Into The Forest is a charming way to spark important discussions with children about anxiety and an engaging way to share creative, nature-focused strategies to support wellbeing.”

– Marina Lewis-King, Programme Manager, A New Direction (award-winning not-for-profit organisation generating opportunities for children and young people to develop their creativity)

“Into The Forest is a precious story, therapeutic gold, as it weaves in the means of becoming more fully embodied through instinctual and sensory connection. The illustrations are fabulous, as we witness the transformation of the forest through the main character.”

– Molly Wolfe, Art Psychotherapist, Sandplay Specialist

“Learning to be calm and ‘in the moment’ when experiencing difficult feelings such as loneliness, sadness, worry or fear is a really important core life skill that helps us cope with everyday ups and downs as well as with more stressful situations. This set of three therapeutic fairy stories cleverly explains how we can learn to do this through connecting with nature. A truly wonderful set of resources – of value to us all and in particular to those with emotional or mental health difficulties.”

– Sarah Temple, GP and author, www.allemotionsareok.co.uk



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<http://taylorandfrancis.com>

Into The Forest

This beautifully illustrated and sensitive fairy tale has been created for children experiencing feelings of anxiety. With engaging and gentle illustrations to help prompt conversation, it tells the story of a boy who is taught by an animal-guide how to live in the present rather than fear the future. This book is also available to buy as part of the *Therapeutic Fairy Tales, Volume 2* set, which includes *The Waves* and *The Sky Fox*.

Therapeutic Fairy Tales Volume 1 (2021) and *Volume 2* are both a series of short, modern tales dedicated to exploring challenging feelings and life situations that might be faced by young children. Each fairy tale is designed to be used by parents, caregivers and professionals as they use stories therapeutically to support children's mental and emotional health.

Other books in the series include:

- *The Waves: For Children Living With OCD*
- *The Sky Fox: For Children With Feelings Of Loneliness*
- *The Night Crossing: A Lullaby For Children On Life's Last Journey*
- *The Storm: For Children Growing Through Parents' Separation*
- *The Island: For Children With A Parent Living With Depression*
- *Storybook Manual: An Introduction To Working With Storybooks Therapeutically And Creatively*

Into The Forest – part of the *Therapeutic Fairy Tales* series – is born out of a creative collaboration between Pia Jones and Sarah Pimenta.

Pia Jones is an author, workshop facilitator and UKCP integrative arts psychotherapist, who trained at The Institute for Arts in Therapy & Education. Pia has worked with children and adults in a variety of school, health and community settings. Core to her practice is using arts and story as support during times of loss, transition and change, giving a TEDx talk on the subject. She was Story Director on artgym's award-winning film documentary, 'The Moving Theatre,' where puppetry brought to life real stories of people's migrations. Pia also designed the 'Sometimes I Feel' story cards, a Speechmark therapeutic resource to support children with their feelings. www.silverowlartstherapy.com.

Sarah Pimenta is an experienced artist, workshop facilitator and lecturer in creativity. Her specialist art form is print-making, and her creative practice has brought texture, colour and emotion into a variety of environments, both in the UK and abroad. Sarah has over 20 years' experience of designing and delivering creative, high-quality art workshops in over 250 schools, diverse communities and public venues, including the British Library, V&A, NESTA, Oval House and many charities. Her work is often described as art with therapeutic intent, and she is skilled in working with adults and children who have access issues and complex needs. Sarah is known as Social Fabric: www.social-fabric.co.uk.

Both Pia and Sarah hope these *Therapeutic Fairy Tales* open up conversations that enable children and families' own stories and feelings to be seen and heard.

Therapeutic Fairy Tales

Pia Jones and Sarah Pimenta

This unique therapeutic book series includes a range of beautifully illustrated and sensitively written fairy tales to support children experiencing challenging feelings and life situations, as well as a manual designed to support the therapeutic use of story.

Titles in the series include:

Storybook Manual: Working With Storybooks Therapeutically And Creatively

pb: 978-0-367-49117-8 / 2021

The Night Crossing: A Lullaby For Children On Life's Last Journey

pb: 978-0-367-49120-8 / 2021

The Island: For Children With A Parent Living With Depression

pb: 978-0-367-49198-7 / 2021

The Storm: For Children Growing Through Parents' Separation

pb: 978-0-367-49196-3 / 2021

Into The Forest: For Children With Feelings Of Anxiety

pb: 978-1-032-44927-2 / 2023

The Waves: For Children Living With OCD

pb: 978-1-032-44925-8 / 2023

The Sky Fox: For Children With Feelings Of Loneliness

pb: 978-1-032-44922-7 / 2023

These books are also available to purchase in sets:

Therapeutic Fairy Tales

pb: 978-0-367-25108-6 / 2021

Therapeutic Fairy Tales, Volume 2

pb: 978-1-032-11955-7 / 2023