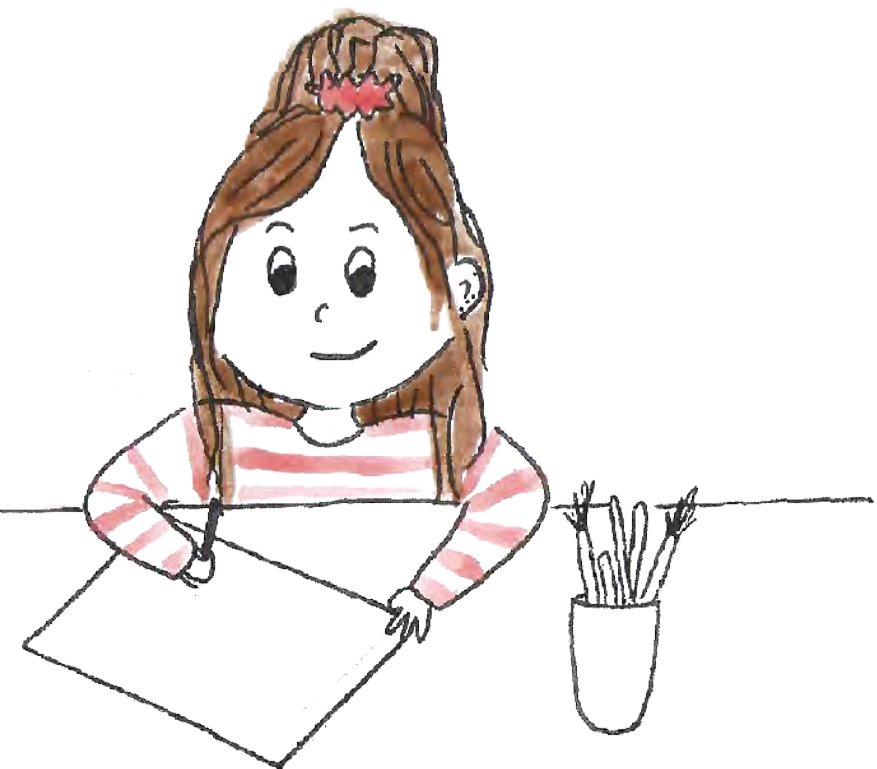


Hannah Leabon

Graphic Design & Illustration

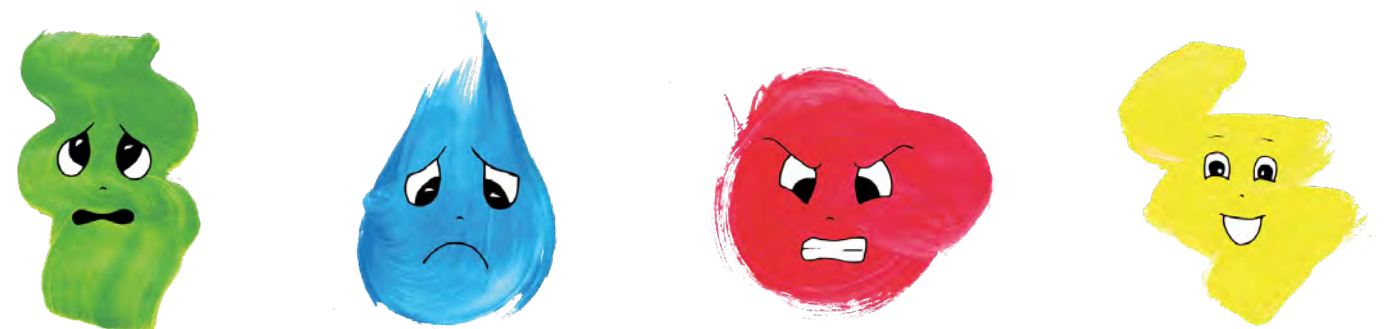
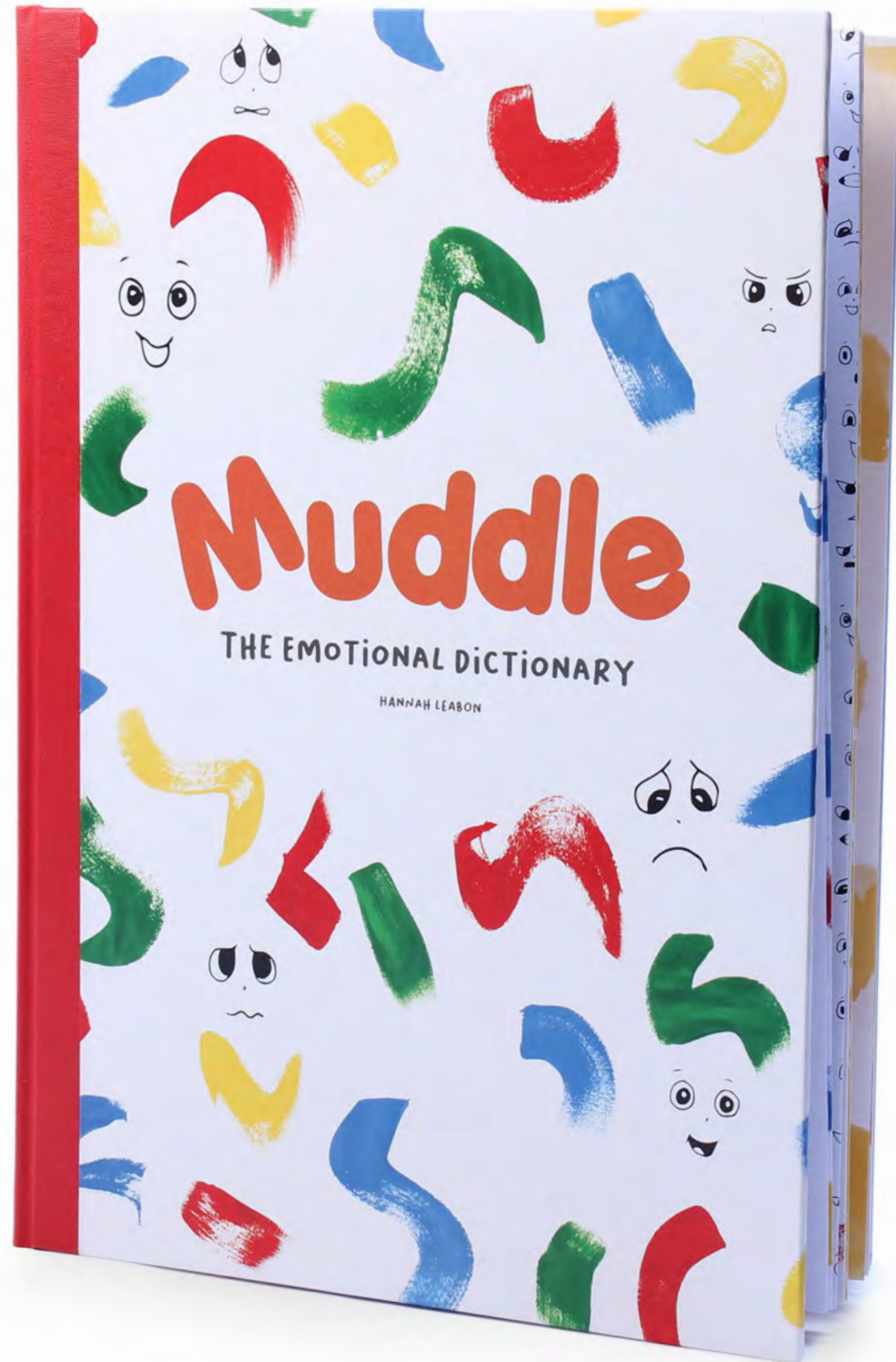
www.hannahleabon.com
hannahleabondesign@gmail.com
07743459019
Northamptonshire, UK.



Muddle: The Emotional Dictionary

www.hannahleabon.com | hannahleabondesign@gmail.com

Muddle is a book focusing on aiding emotional development of young children, and raising their emotional intelligence and mental health. It is filled with in and out of book activities, discussion prompts and crafts inside.



Sadness won't last forever

Remember to be kind to yourself when you have, sometimes, feelings that get in the way of remembering yourself as your powerful, strong and happy person.

My favourite...

Box for drawing or writing.

Box for drawing or writing.

My favourite memories...

on holiday

Box for drawing or writing.

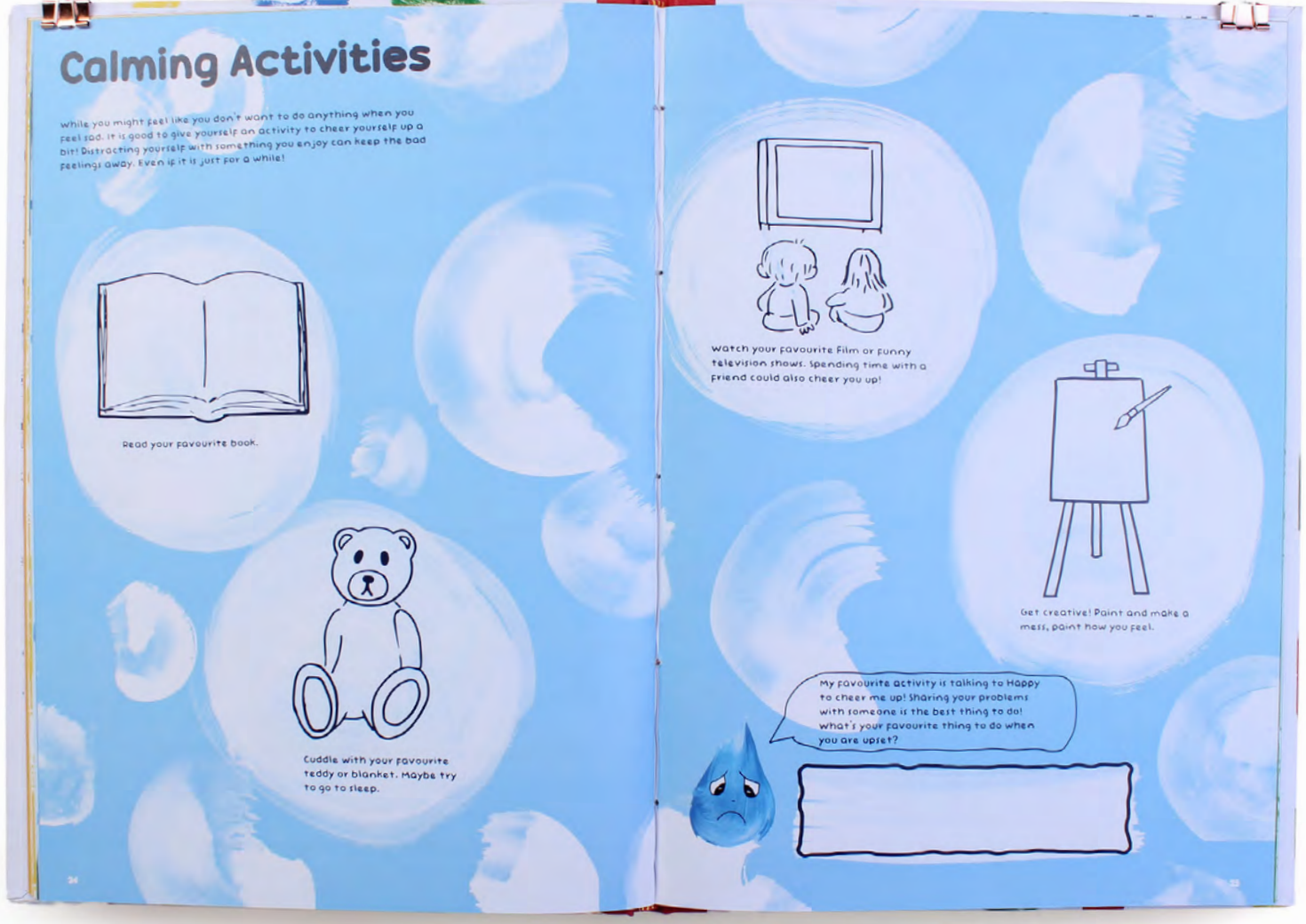
with a friend

Box for drawing or writing.

with my family

Box for drawing or writing.

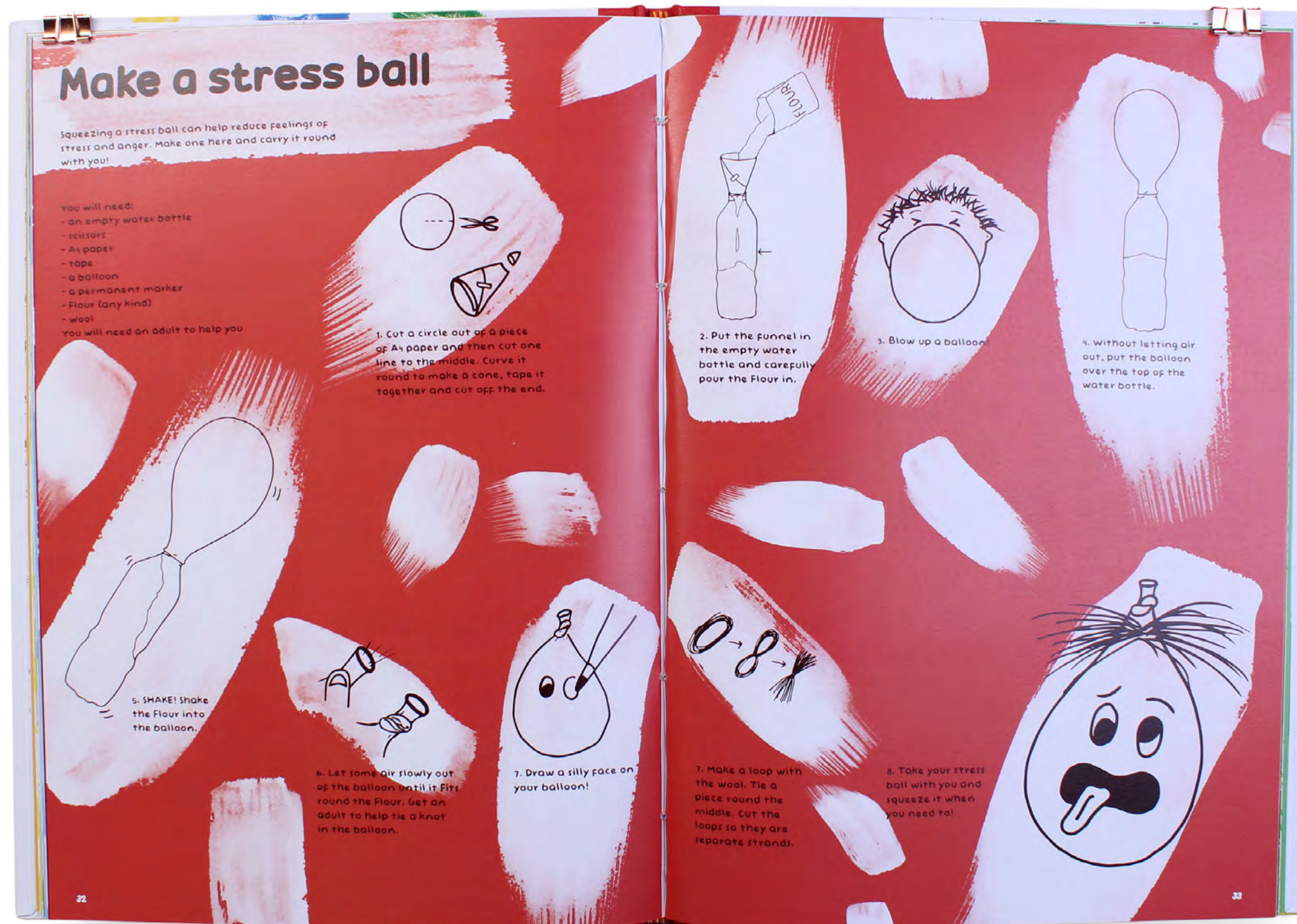
To keep a child-like feel I wanted to play with mark making, especially the random brush strokes that a young child is likely to make. I then edited these to the colour of the emotion I felt they represented best.



"This is a great idea, and a way of not just explaining but enabling through direct action to address a really tricky issue."

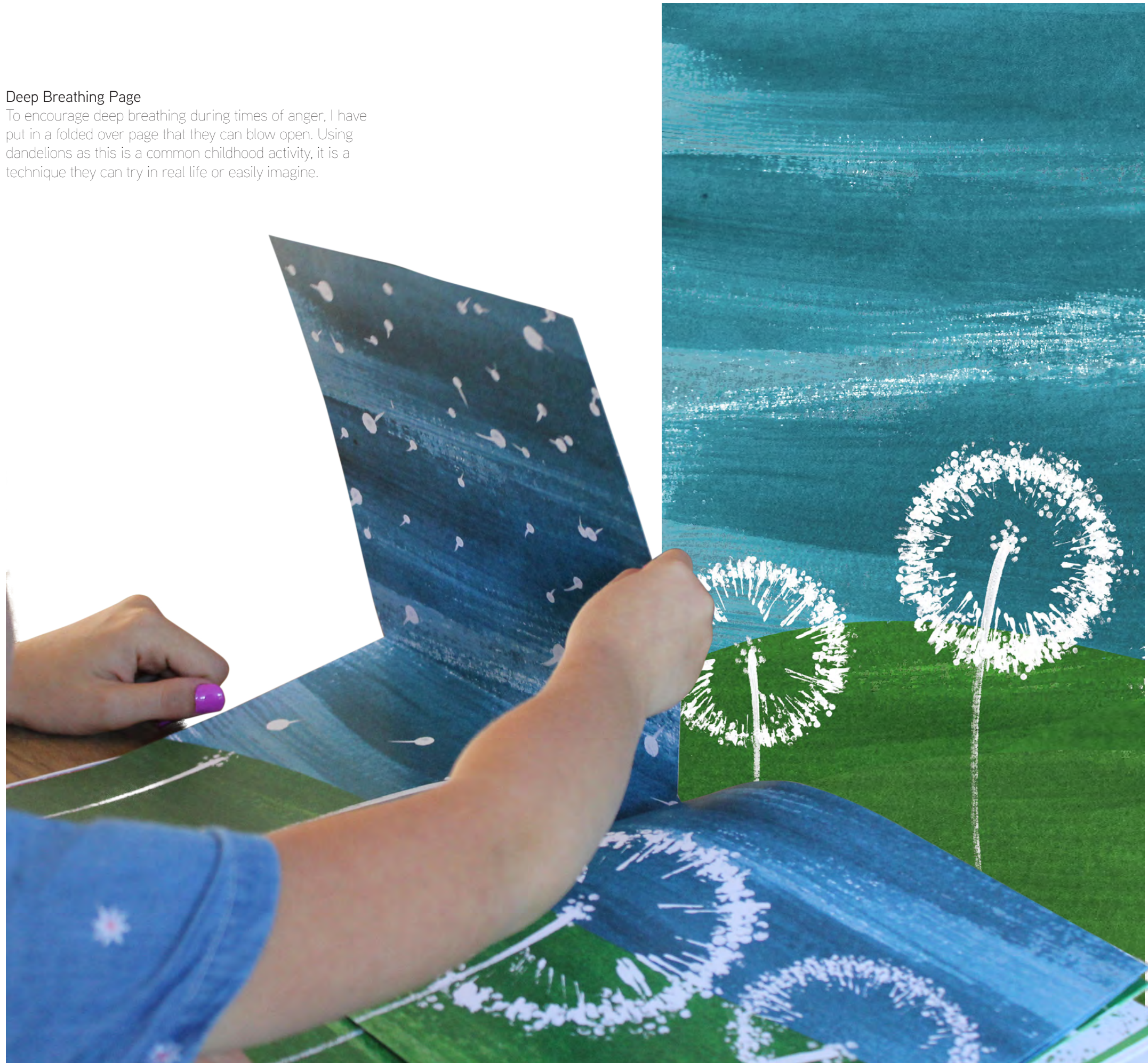
- Philippa Simpson, Head of Design and Construction, V&A Museum.

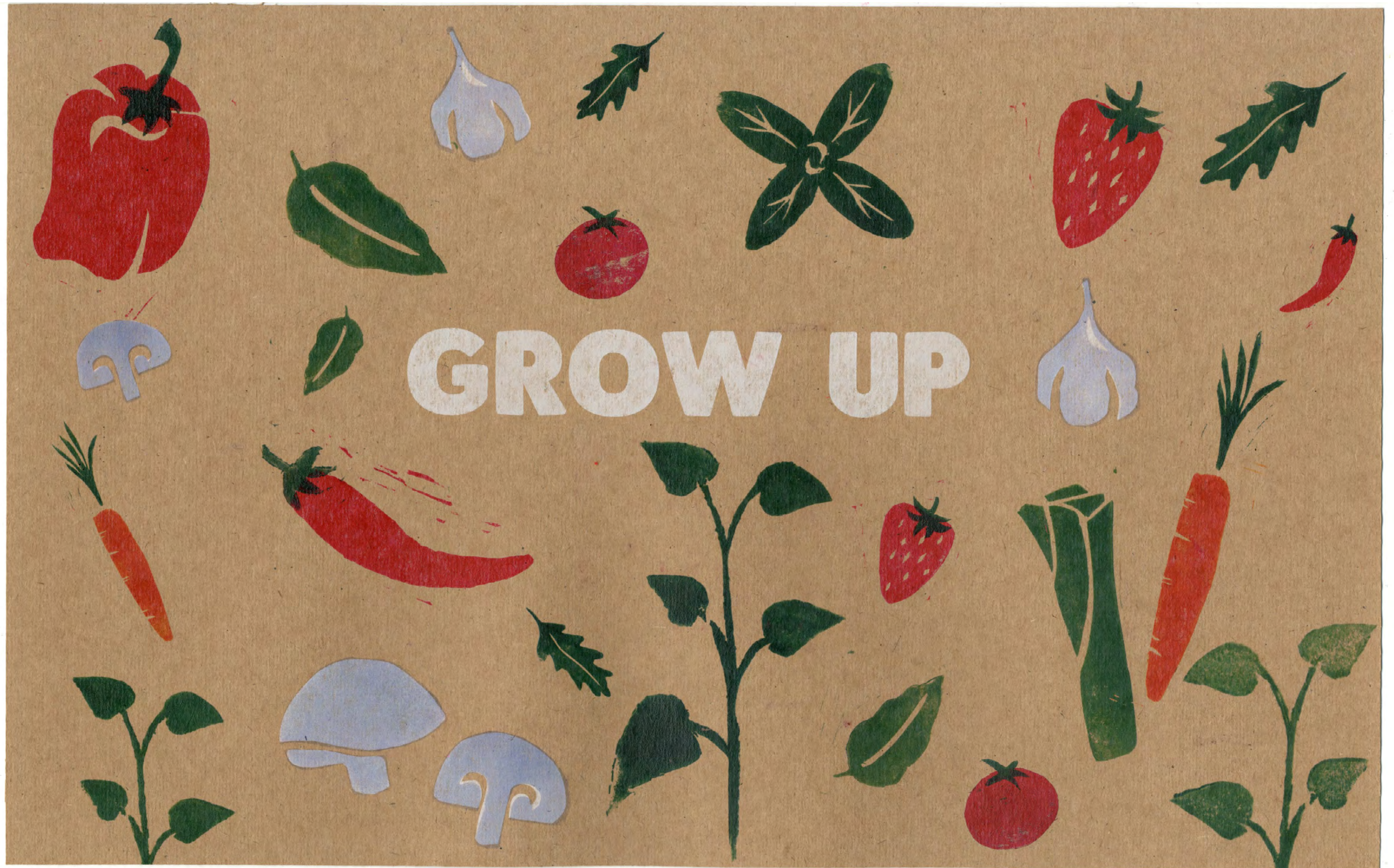
Muddle was chosen by Philippa as part of the V&A Curation in @_freshmeet 's Nationwide Degree Show.




Deep Breathing Page

To encourage deep breathing during times of anger, I have put in a folded over page that they can blow open. Using dandelions as this is a common childhood activity, it is a technique they can try in real life or easily imagine.





GROW UP



Website: www.growup.co.uk

Share your tips and tricks on our Instagram: [growup_uk](https://www.instagram.com/growup_uk)

Post your greenthumb tips and recipe ideas to Instagram with the hashtag #ohgrowing to be featured.

Thank you for starting your subscription to Grow Up, you'll now receive quarterly subscription boxes to help you get started growing your produce, you'll receive an email before your next box gets sent to you with some options to fill out. We're here to help you get on your way to becoming a green-fingered genius. This starter pack contains everything you need: compost, seeds, labels, a trowel, stake, twine and the all important trough. We've chosen these plants

to grow your gardening confidence with fruits, vegetables and herbs that go together to create a tasty meal. Your box contains: basil, rocket and tomatoes: an amazing Italian selection. Don't forget to label your plants so you know what's growing!

By signing up to Grow Up you are learning to eat in the most sustainable way! Too many of our delicious fruits and veggies have to travel thousands of miles to get to our plates, meaning more damaging emissions for the world and less fresh food for us. By growing your own you help to save our planet, one crunchy carrot at a time. Growing fresh herbs and spices also encourages you to cook from scratch, meaning tastier and healthier meals for you.

Basil

Despite originating from India, Basil is mostly used in Italian and Mediterranean cooking. You can use it in salads, sauces or make some tasty pesto.

1. Basil needs warmth but not direct sunlight, to save space in your trough you could start it off in it's own pot (perhaps a recycled jam jar?)
2. Place on a window sill with some shade. Keep your basil healthy by watering it daily - be careful not to overwater. Rotate the pot often to stop it from leaning towards the light.
2. Once your plant has matured, chop leaves as you need them, making sure you leave shoots for new leaves to grow. Don't let your basil flower, chop off any buds as they appear to keep continuous growth. You could dry your leaves too!

Rocket

Rocket is a Mediterranean leaf, commonly used as a garnish or in salads. Mature rocket leaves tend to have a peppery taste.

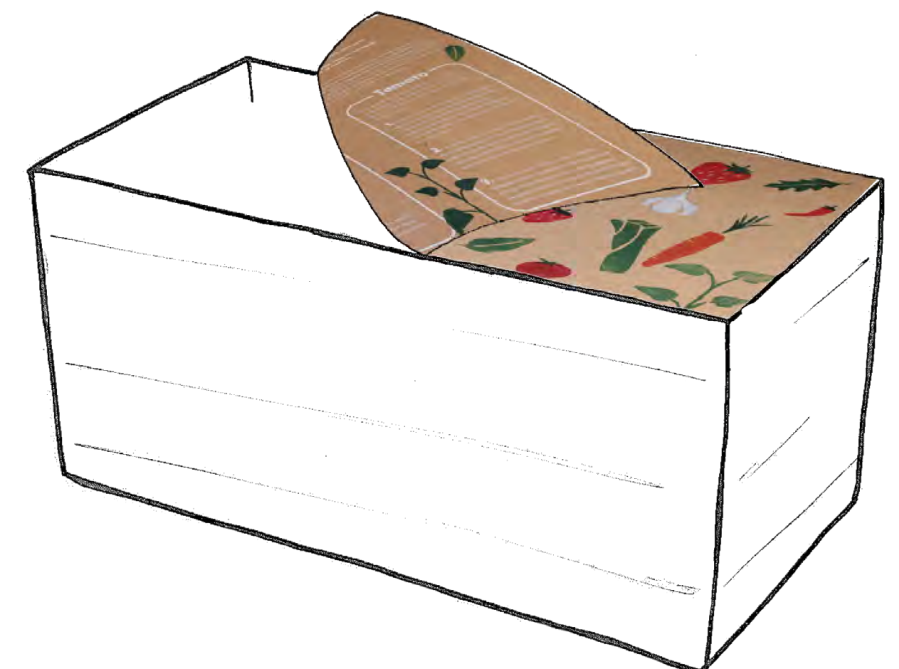
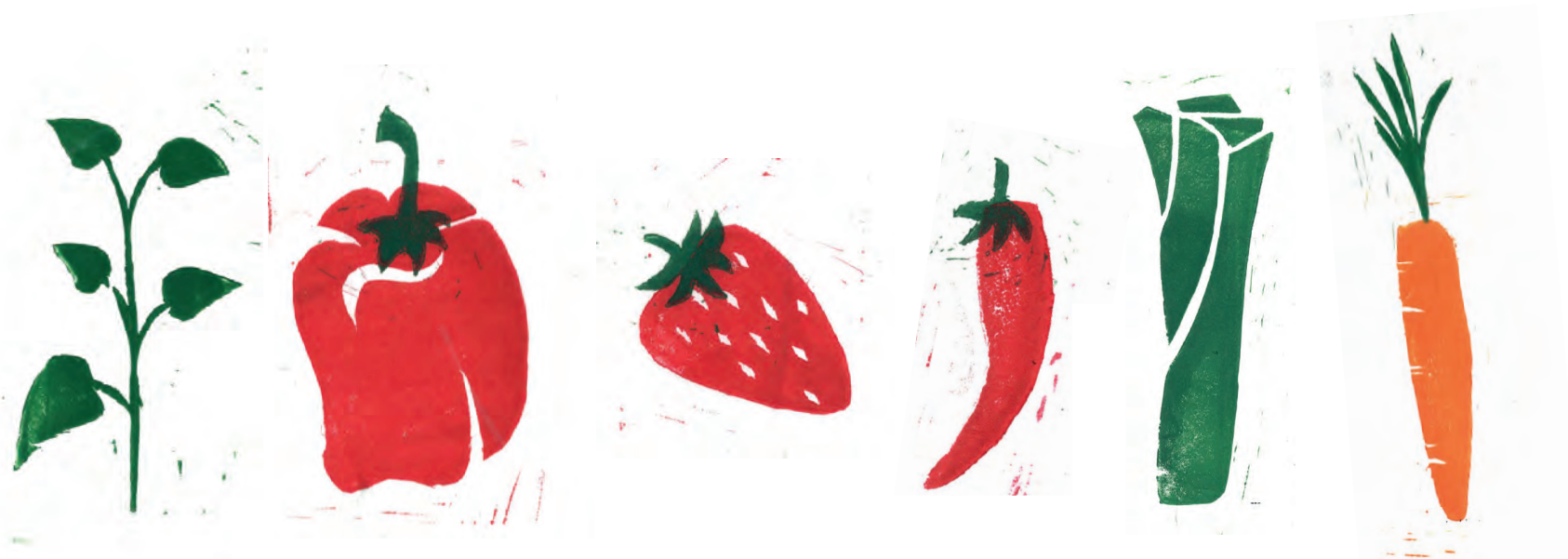
1. Plant your rocket seeds in the trough, but don't use all of them. If you plant rocket every 2-3 weeks you can get a continuous and steady harvest.
2. Keep the soil moist, but be careful not to overwater as this can make them lose flavour!
3. Harvest from four weeks after sowing, regular picking helps give you the tastiest yield. Pick a few leaves from each plant rather than all on one, pinch out any flower buds as they appear.

Tomato

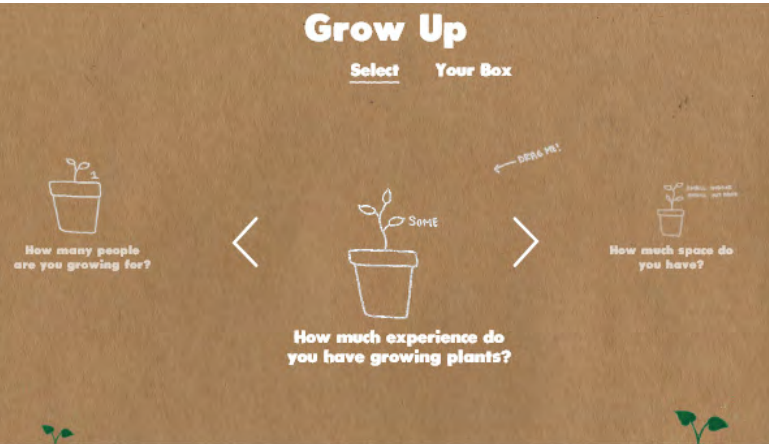
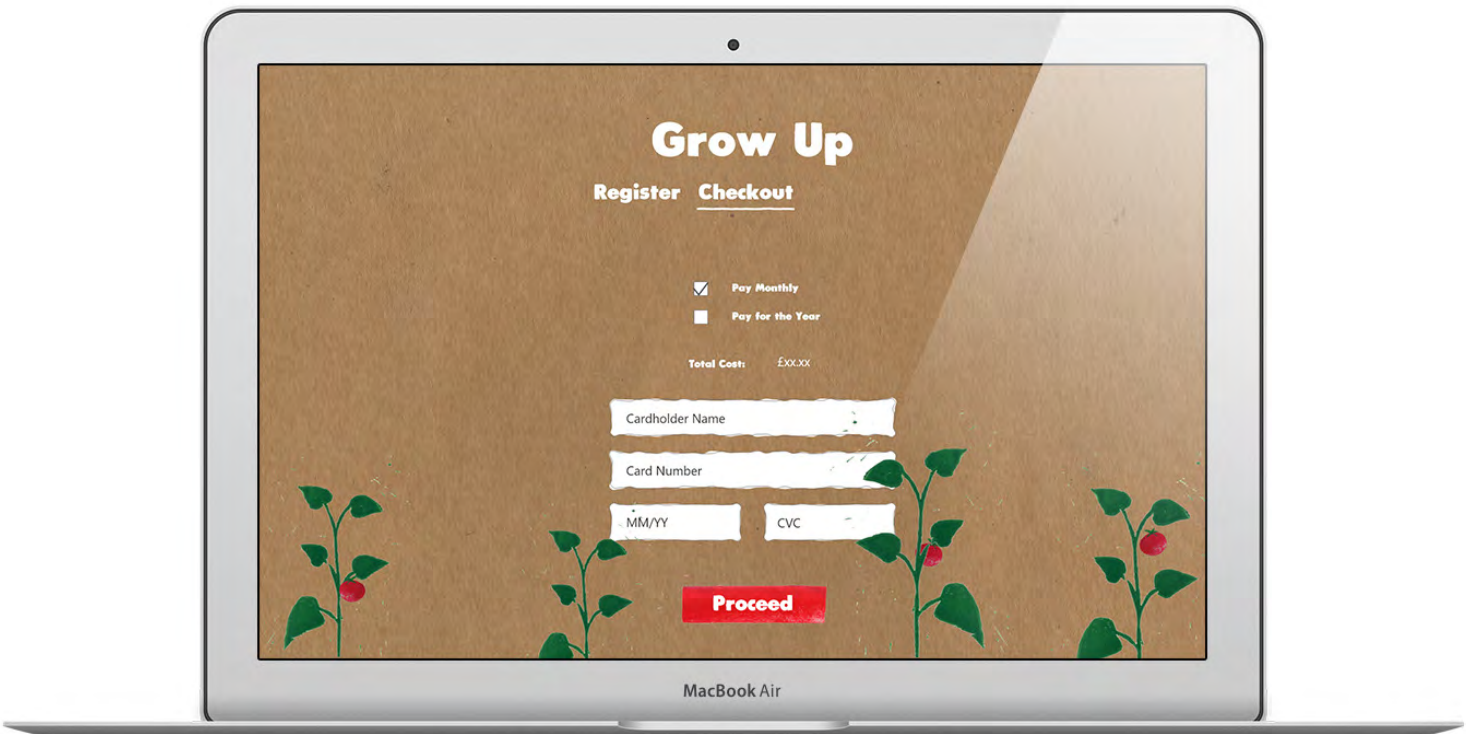
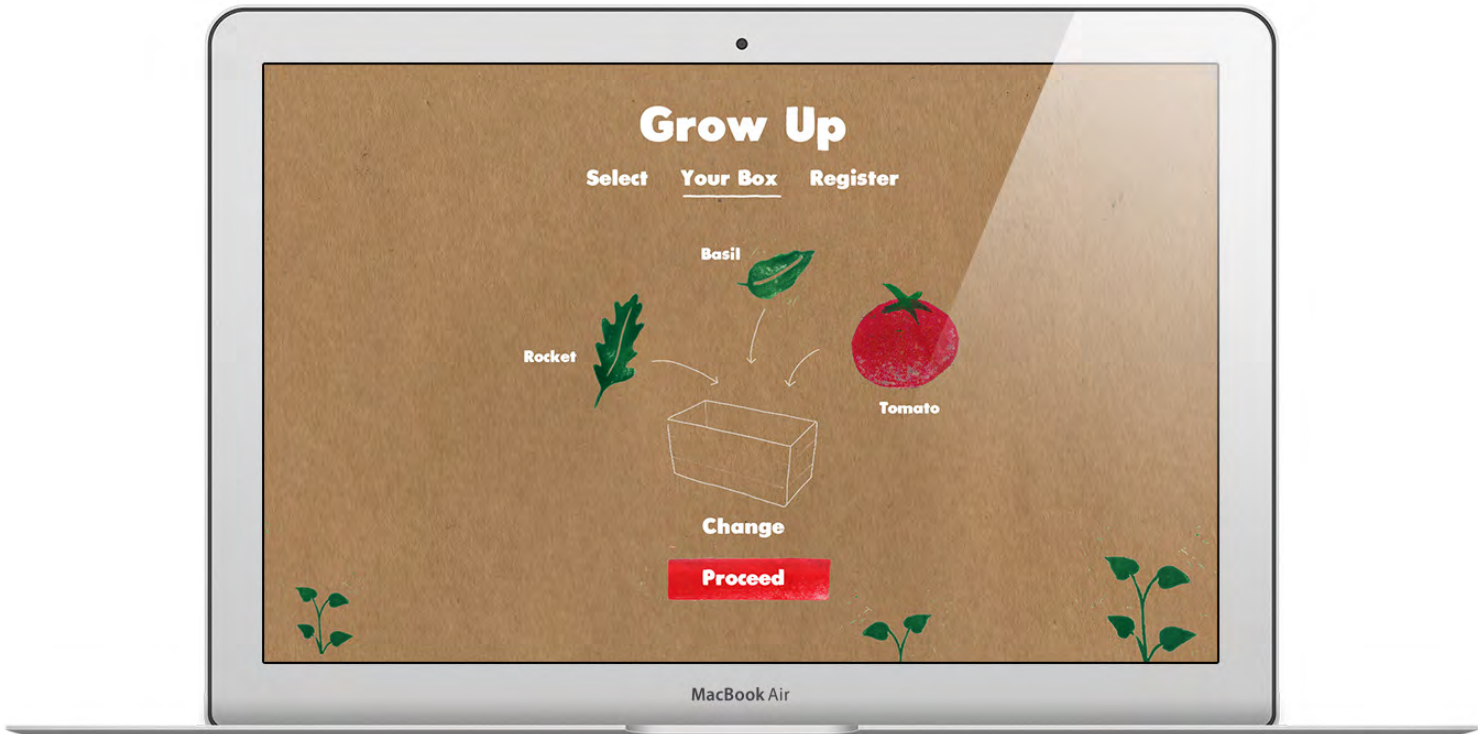
Grow yourself the tastiest tomatoes, ready for you to make salads, sauces, soups and more. Grow up to 2 plants per person, each tomato plant can grow up to 40 tomatoes!

1. Tomatoes can be challenging, but keeping them indoors means you can get tomatoes all year round! Sow your seeds thinly in the trough placing the seedling compost discs down first before covering with regular compost. Sow seeds every 2-3 weeks for an endless harvest.
2. Keep them moist and warm. The first seedling should appear within 7-14 days. When they reach 3 inches tall, tap the stems to transfer pollen, tomatoes need to be pollinated! You may want to transfer your tomato plant to another pot as it gets larger.
3. Turn your plant regularly so all the sides get adequate sunlight. Use the stake and twine provided to help hold up the plant and prevent snapping from the weight of the fruit. Tomatoes will take 60-80 days from sow to harvest, but the wait is definitely worth it!

Grow Up is a seasonal subscription box to help adults begin their journey to a more sustainable lifestyle. It focuses on eating seasonally and growing your own fruits, vegetables and herbs to eat more sustainably. Grow Up understand that not everyone can grow everything immediately, so encourages you by starting small and working your way up to make the change more sustainable to the consumer's life as well as the planet.

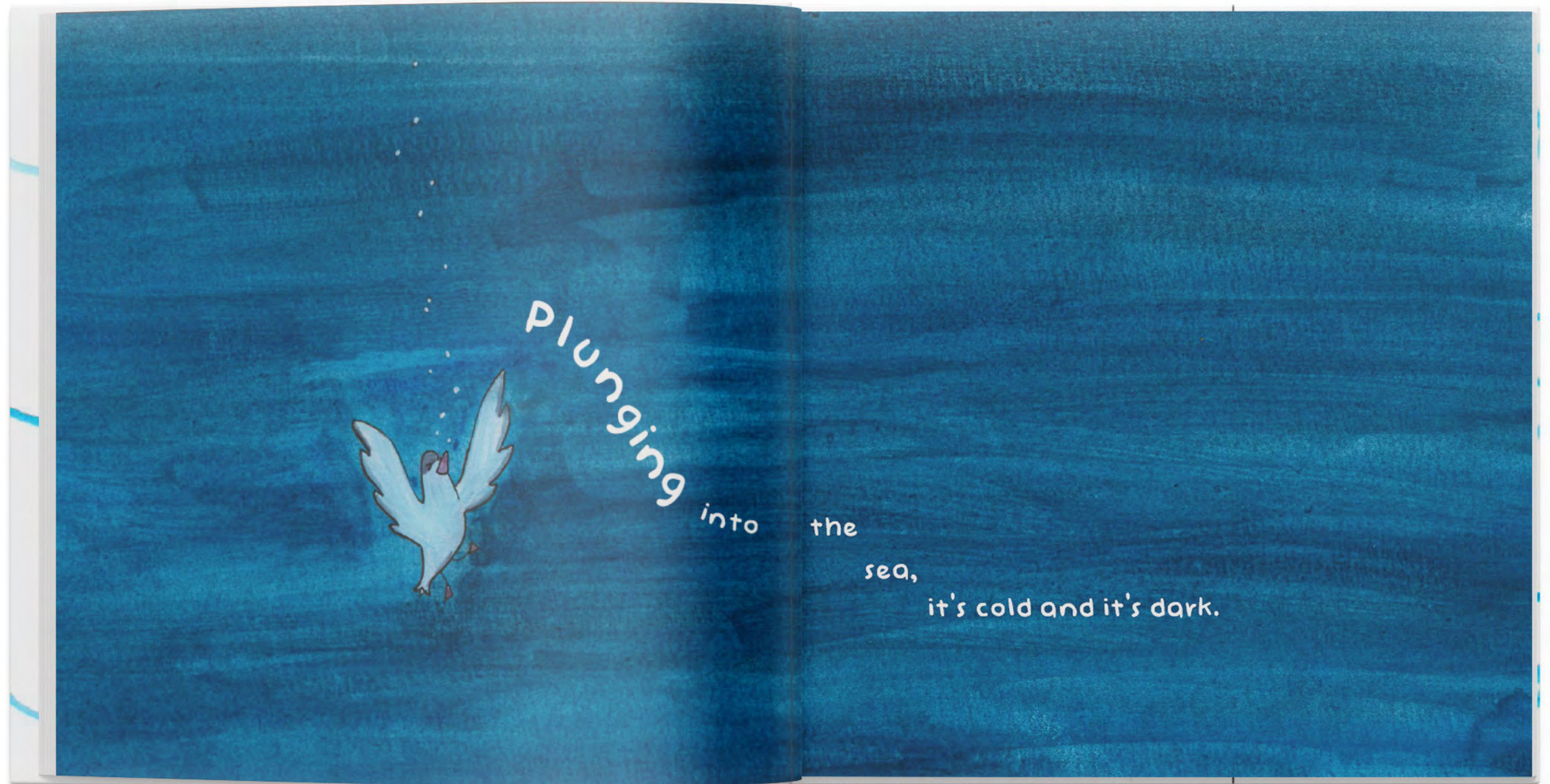


Sign up online lets you input your experience, space and other factors to help determine what seeds to send you to start you off. You can report back on how you got on to ensure the next box is also to your abilities.



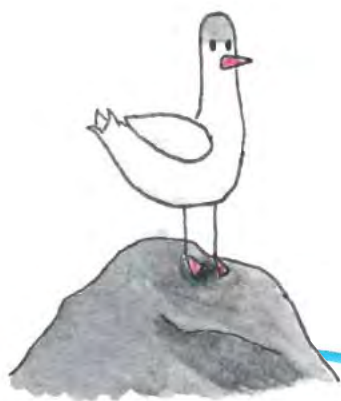
Send out sample seedlings, posters and an Instagram account to share recipes to advertise Grow Up.





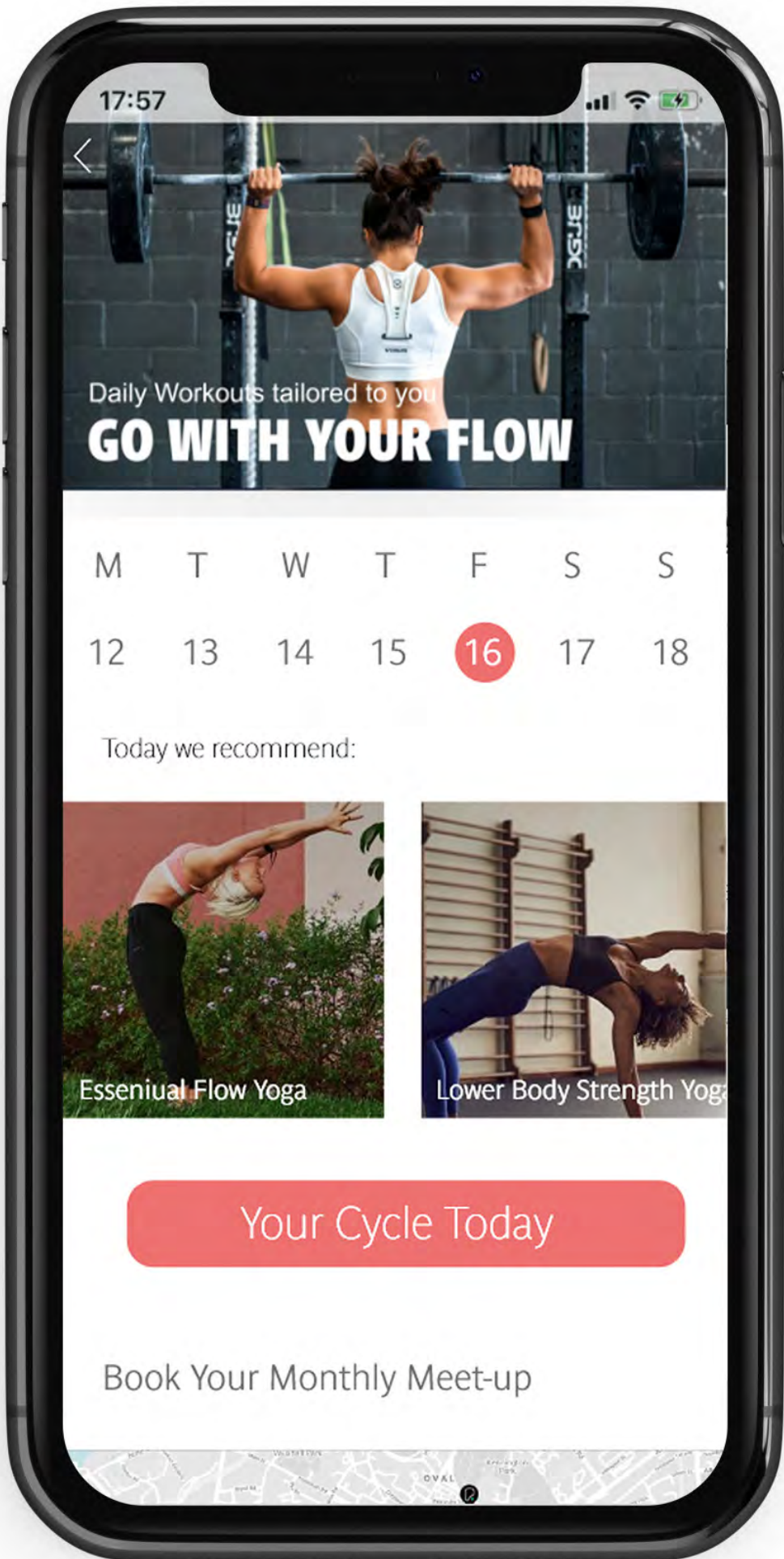
Arthur's Big Flight is a children's storybook on animal migration with the idea that animals are great explorers with the journeys they take. Arthur is an Arctic Tern, the animal that currently holds the longest recorded animal migration.





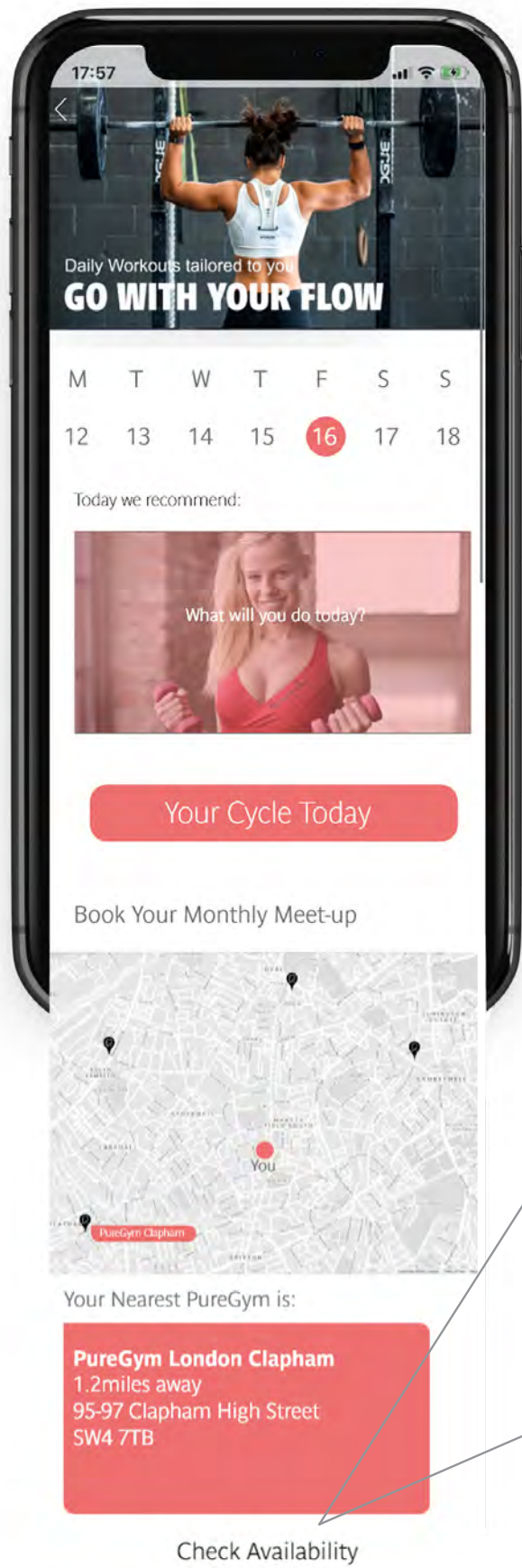
Go With Your Flow is a campaign for Nike to encourage 14-19 year old girls to stay in sport through their teenage years and educate them on their bodies to help achieve their personal lifestyle and fitness goals.

48% of teenage girls stop exercising because of their period even though there are health benefits to your cycle through regular exercise. Together with THINX, Nike is offering education and a sustainable sanitary option to prevent girls from stopping exercise for this reason.



By incorporating a menstrual cycle tracker into Nike's existing Training Club app, girls can input their symptoms and the app will suggest workouts, an exercise or rest day that is completely tailored to your cycle.

There is also the option to book a gym class with other girls in your area. This meet up is suggested to be scheduled in with the 'follicular phase' of your cycle, this is when you are most social and motivated.



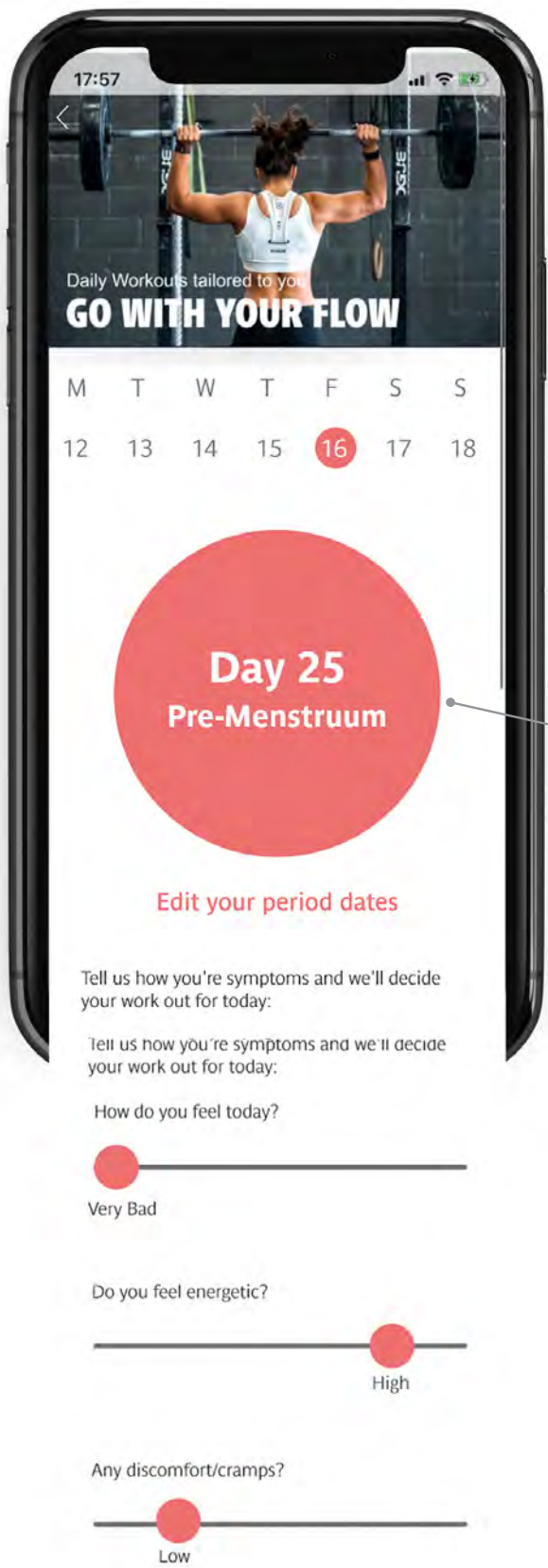
Sat Sun Mon Tues Wed Thurs Fri

17 18 19 20 21 22 17

PureGym London Clapham
4-5pm

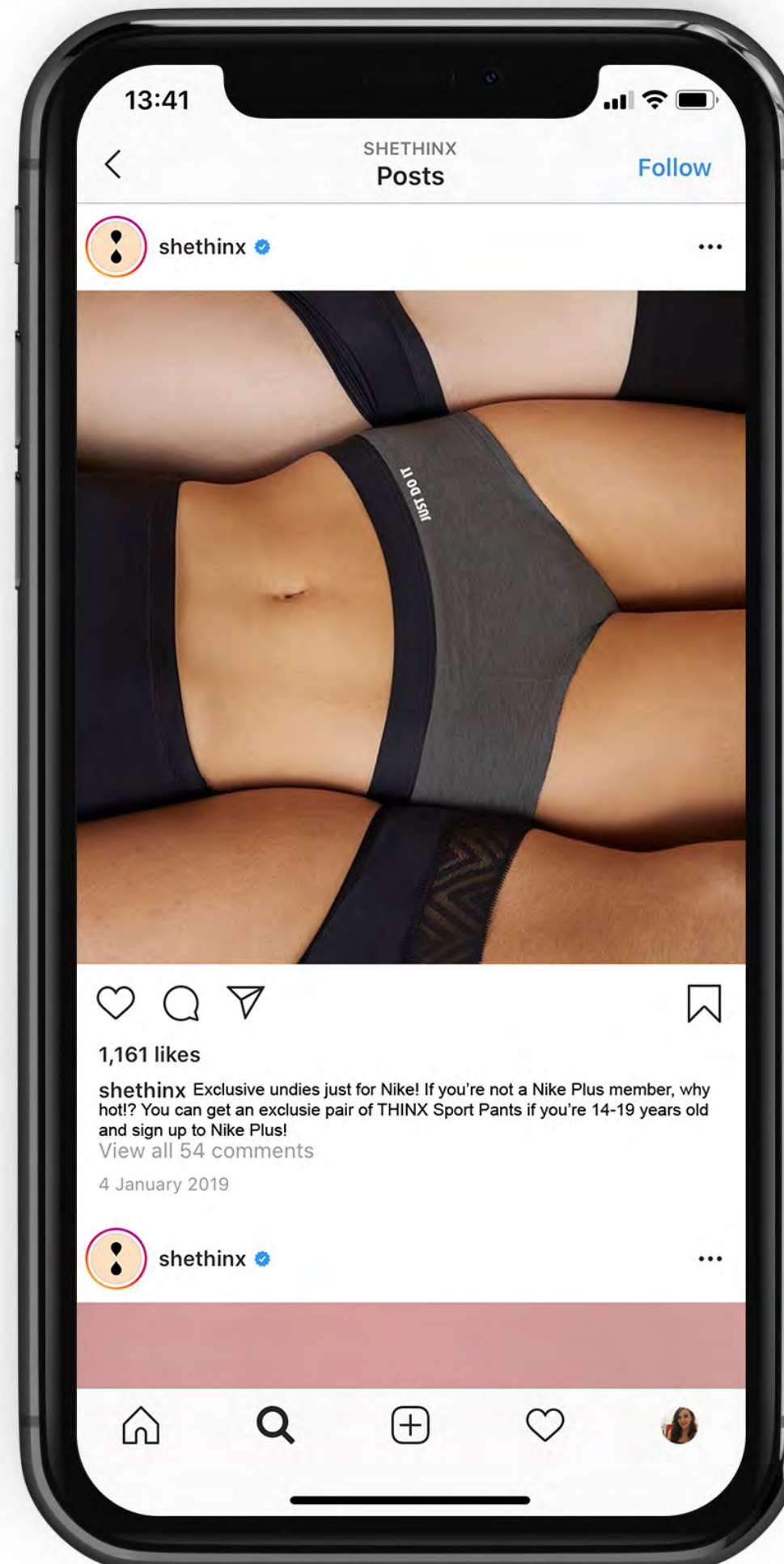
Booked

PureGym London Clapham



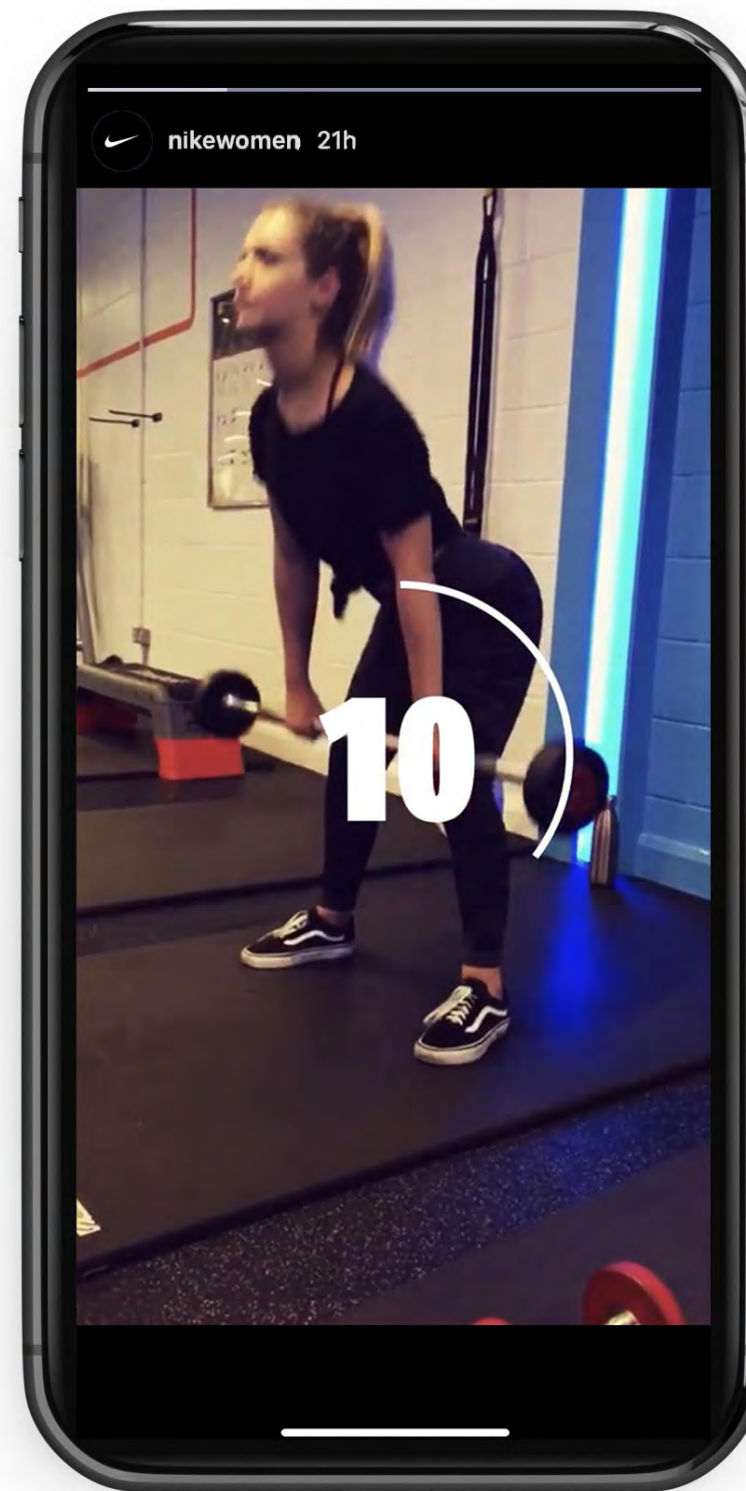
Day 25 - Pre-Menstruum Stage

Progesterone is the dominant hormone during the pre-menstruum stage, this is the soothing hormone. Making you feel less motivated so less strenuous exercise will suit you better as you may tire quickly. These hormones may affect your heart and breathing rates. We recommend some bodyweight exercises such as Yoga or Pilates, these will give you an endorphin hit without tiring you out too much!

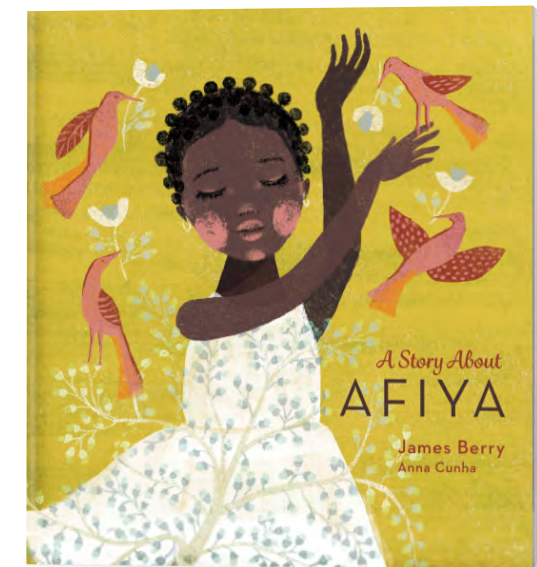


Touchpoints

I have suggested for Nike to collaborate with Thinx Period Pants, offering young girls a more sustainable sanitary product option that is more comfortable for exercise. When signing up to a Nike app, they receive a code for discounted period pants and exclusively designed pants made with Nike.

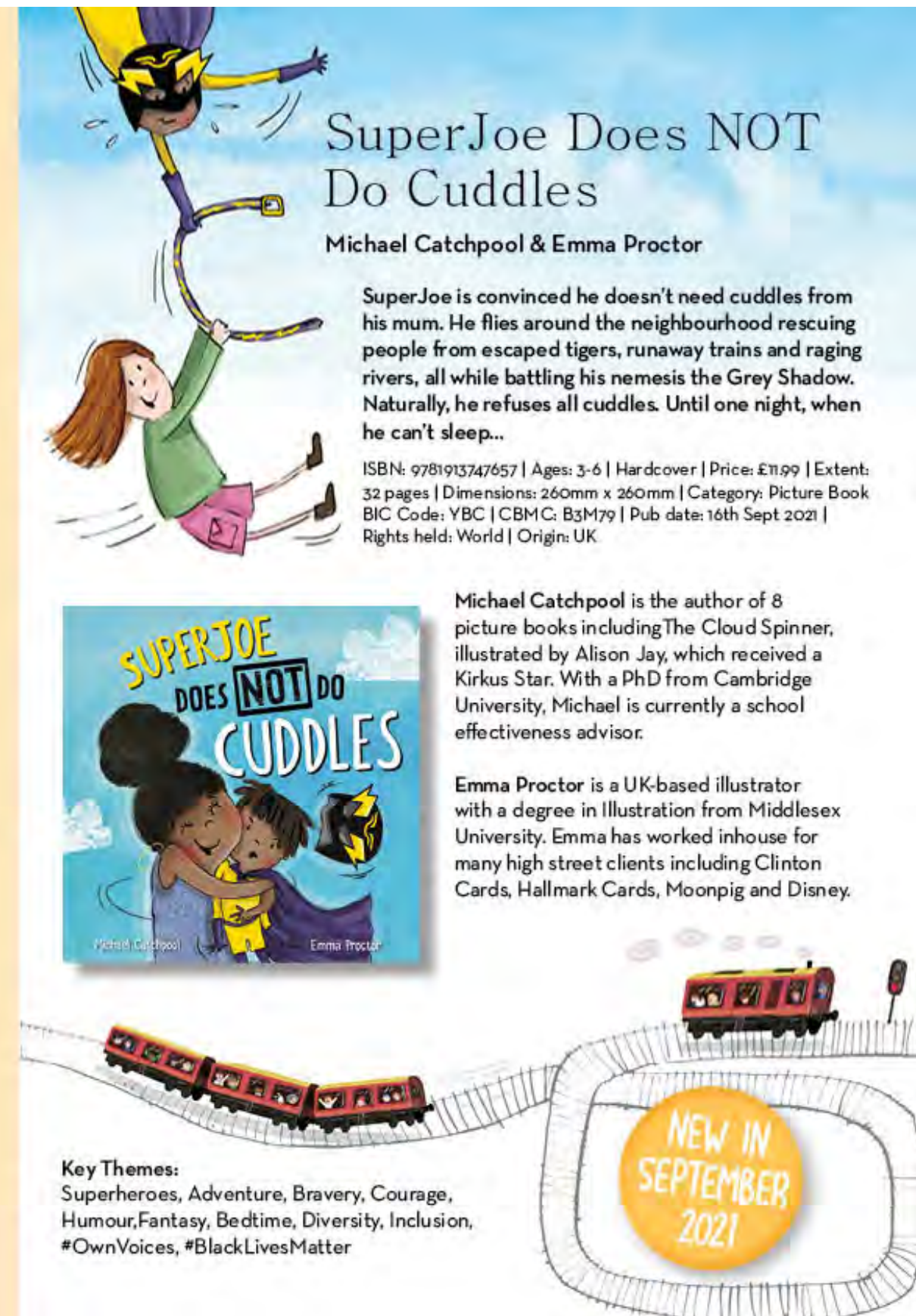
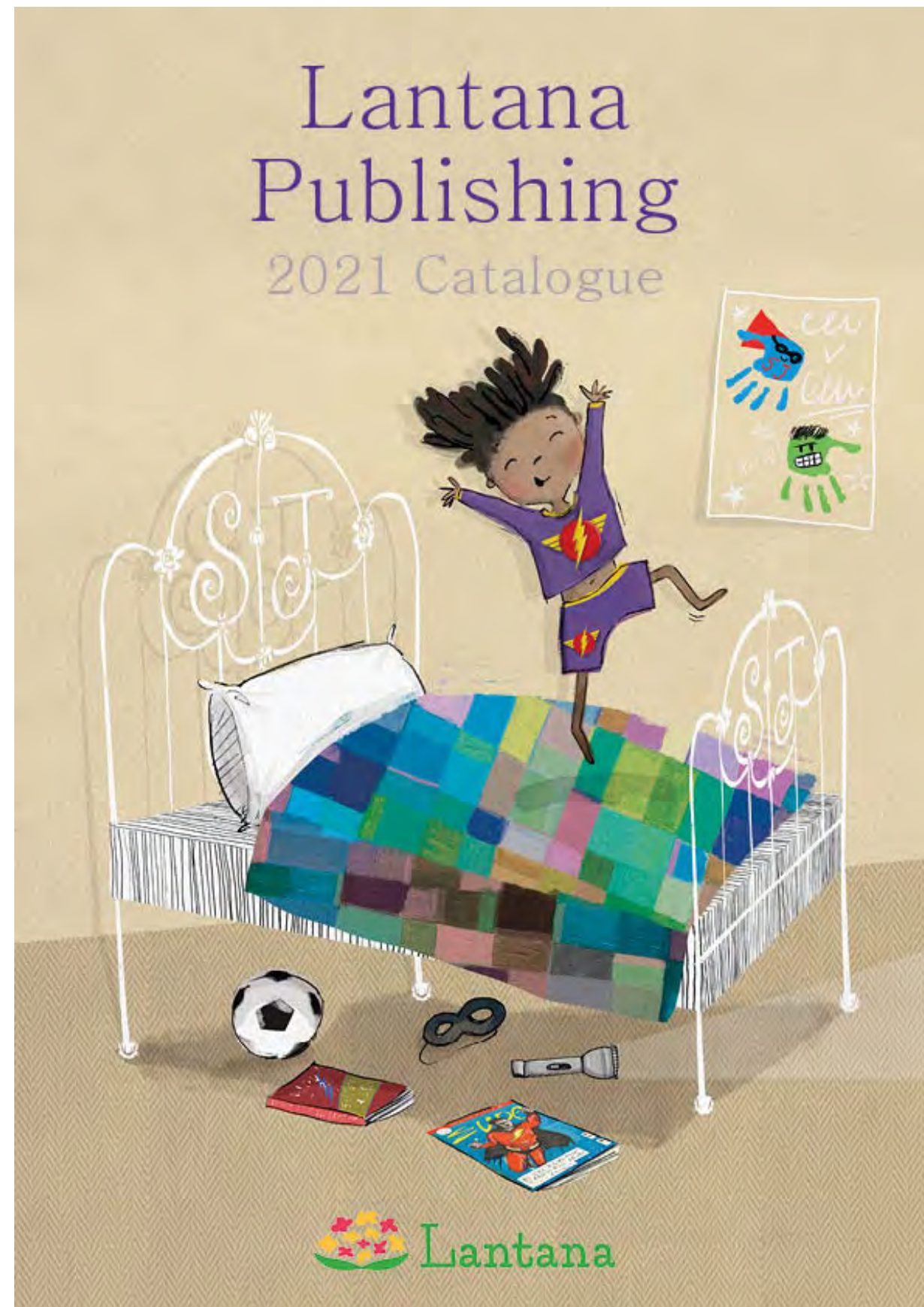


Advertisements for the campaign through Instagram.
Full videos can be seen on
<https://www.hannahleabon.com/go-with-your-flow>



Social media content for Lantana Publishing made for Twitter and Instagram, showing books published over 2020. 3D book mock-ups made on Photoshop.

Cover design and page designs for new releases for the 2021 catalogue.



Cover design and page designs for new releases for the 2021 catalogue.

Violet's Tempest

Ian Eagleton & Clara Anganuzzi

Violet's world has changed. Her voice has gone from agiggle to a whisper. So when her teacher casts her in the school play, she is filled with worry. How will she ever stand in front of a crowd and overcome her shyness? With the love and support of her family, Violet must find her inner confidence and turn that whisper into a roar!

ISBN: 9781911373520 | Ages: 3-7 | Hardcover | Price: £11.99 | Extent: 32 pages | Dimensions: 260mm x 260mm | Category: Picture Book | BIC Code: YBC | CBMC: B3M79 | Pub date: 2nd Sept 2021 | Rights held: World | Origin: UK



Ian Eagleton is an education consultant and primary school teacher. He is also the founder of The Reading Realm, a popular educational app for teachers. Violet's Tempest is his debut picture book.

Originally from the Seychelles, Clara Anganuzzi studied Illustration at Falmouth University before completing an MA in Children's Illustration at the prestigious Cambridge School of Art.

Key Themes: Self-confidence; stage fright; anxiety; school play; acting; alternative family; Shakespeare for kids; The Tempest

My Mindful A to Zen:

26 Wellbeing Haiku for Happy Little Minds

Krina Patel-Sage

These haiku poems for the soul gently introduce children to mindfulness concepts like Om, Yoga and Zen, as well as goals for mindful living like Gratitude and Positivity. With its delightful cast of inclusive characters, this inspirational poetry collection promotes wellbeing with every letter.

ISBN: 9781911373803 | Ages: 3-6 | Hardcover | Price: £11.99 | Extent: 32 pages | Dimensions: 260mm x 260mm | Category: Picture Book | BIC Code: YBC | CBMC: B3M79 | Pub date: 14th Oct 2021 | Rights held: World | Origin: UK

NEW IN
OCTOBER
2021



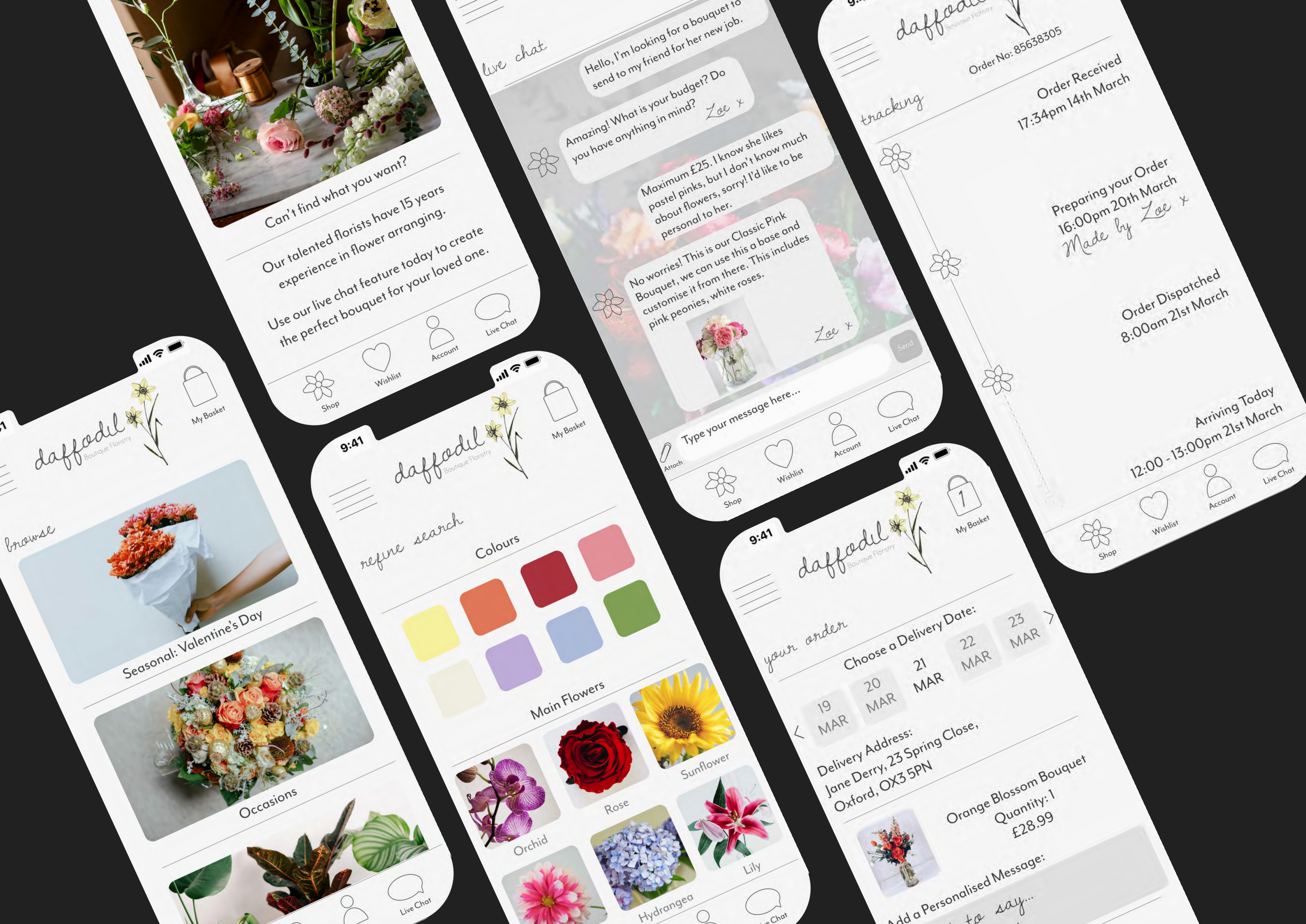
Krina Patel-Sage is an illustrator, author, and designer. Beginning her design career at a children's publishing house in 2012, she developed a passion for illustrated non-fiction. In 2018, she was shortlisted for Penguin's WriteNow illustration prize. You'll find her in the local woods most days, spotting birds and fungi with her two young sons.

Key Themes: Mindfulness; wellbeing; poetry; haiku; zen; gifts; NHS 5 ways to wellbeing; inclusion; diversity



Branding and a mobile application for a trendy new florist, Daffodil.
The identity shows a hand drawn typeface and illustration to match the hands-on nature of flower arranging. Mobile application features a chat to find the right bouquet for you and search by colour and flower.





Can't find what you want?

Our talented florists have 15 years experience in flower arranging.

Use our live chat feature today to create the perfect bouquet for your loved one.

- Shop
- Wishlist
- Account
- Live Chat

live chat

Hello, I'm looking for a bouquet to send to my friend for her new job.

Amazing! What is your budget? Do you have anything in mind? *Zoe x*

Maximum £25. I know she likes pastel pinks, but I don't know much about flowers, sorry! I'd like to be personal to her.

No worries! This is our Classic Pink Bouquet, we can use this a base and customise it from there. This includes pink peonies, white roses.



Zoe x

Type your message here...

- Attach
- Shop
- Wishlist
- Account
- Live Chat

tracking

Order No: 85638305

Order Received
17:34pm 14th March

Preparing your Order
16:00pm 20th March
Made by Zoe x

Order Dispatched
8:00am 21st March

Arriving Today
12:00 - 13:00pm 21st March

- Shop
- Wishlist
- Account
- Live Chat

9:41

refine search

Colours



Main Flowers



9:41

your order

Choose a Delivery Date:

- 19 MAR
- 20 MAR
- 21 MAR
- 22 MAR
- 23 MAR

Delivery Address:
Jane Derry, 23 Spring Close,
Oxford, OX3 5PN



Orange Blossom Bouquet
Quantity: 1
£28.99

Add a Personalised Message:
to say...

- Live Chat



From Christmas 2020 I started selling Christmas cards online, following with an Etsy shop to sell greetings cards and illustrated prints throughout the year. This has got me to keep up my illustration practice and learn new skills so that I can create more designs in different styles.





Different styles for occasions throughout the year.

