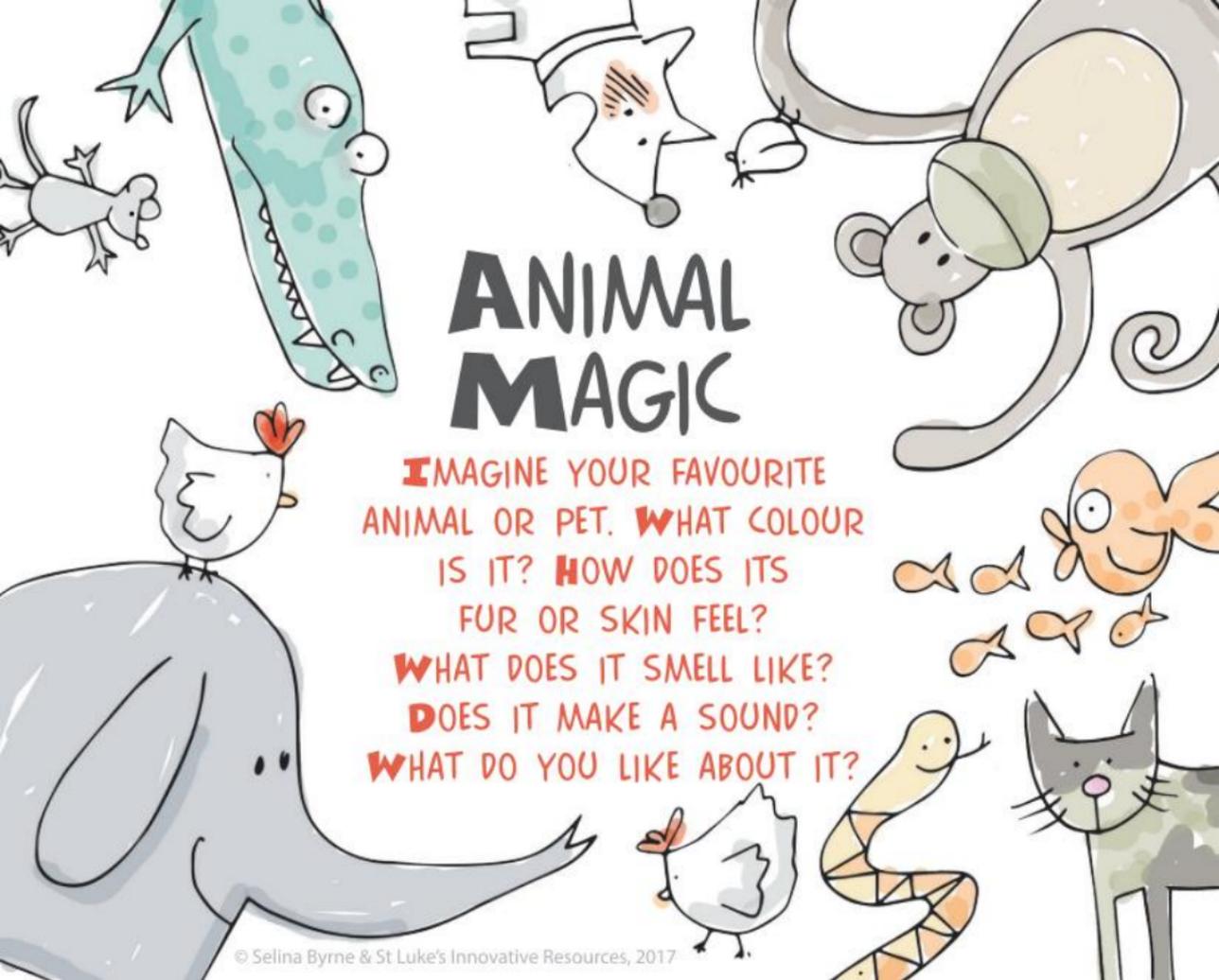


ALPHABET VEGGIES

GO THROUGH THE ALPHABET
AND NAME A VEGETABLE,
FRUIT OR FOOD THAT STARTS
WITH EACH LETTER.





ANIMAL MAGIC

IMAGINE YOUR FAVOURITE
ANIMAL OR PET. **W**HAT COLOUR
IS IT? **H**OW DOES ITS
FUR OR SKIN FEEL?
WHAT DOES IT SMELL LIKE?
DOES IT MAKE A SOUND?
WHAT DO YOU LIKE ABOUT IT?

APPLE CHEEKS

IMAGINE THAT YOU HAVE
AN APPLE ON EACH OF YOUR
CHEEKBONES. **Y**OUR GOAL IS
TO LIFT THE APPLES.

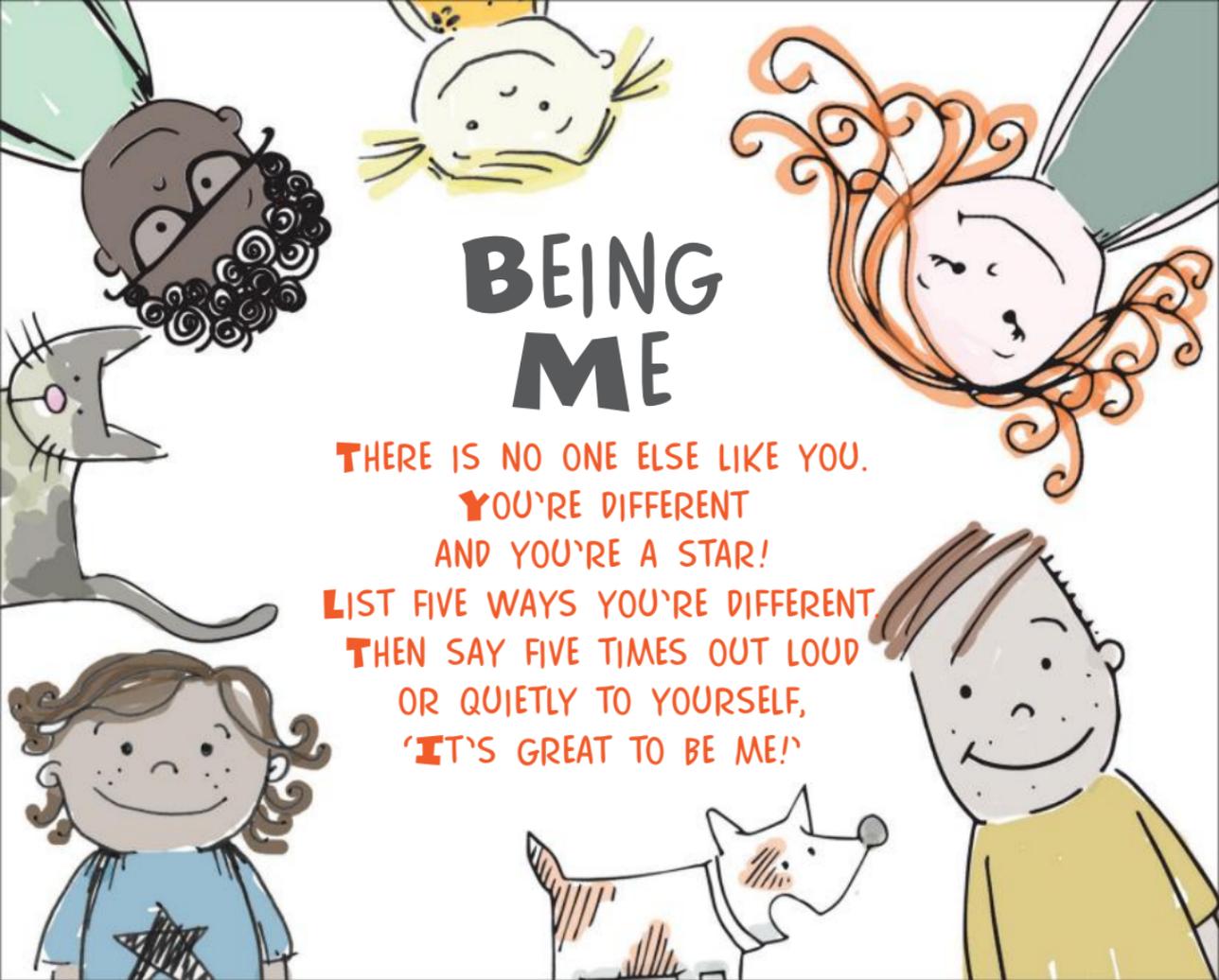
SMILE USING BOTH YOUR
EYES AND MOUTH AND —
LIFT THOSE APPLES!



BAREFOOT BLITZ

TAKE OFF YOUR SHOES
AND WALK IN BARE FEET.
FEEL THE FLOOR OR GROUND
UNDER YOUR TOES AND FEET
— SOFT CARPET, SMOOTH
FLOORBOARDS, COOL TILES,
TICKLY GRASS, GRAINY
CONCRETE PATH.





BEING ME

THERE IS NO ONE ELSE LIKE YOU.

YOU'RE DIFFERENT

AND YOU'RE A STAR!

LIST FIVE WAYS YOU'RE DIFFERENT

THEN SAY FIVE TIMES OUT LOUD

OR QUIETLY TO YOURSELF,

'IT'S GREAT TO BE ME!'

BEING NOSEY

CLOSE YOUR RIGHT NOSTRIL WITH YOUR FINGER ON THE SIDE. **B**REATHE IN AND OUT THROUGH THE LEFT NOSTRIL. **T**HEN SWAP SIDES — AND BREATHE IN AND OUT THROUGH THE RIGHT NOSTRIL. **D**O THREE ROUNDS.



BEAD BAND

THREAD SOME BEADS
ON ELASTIC THREAD.

TIE THE ENDS AND WEAR
IT ON YOUR WRIST.

IF YOU START TO WORRY,
TOUCH EACH BEAD AND SAY
SILENTLY, 'I AM CALM'
WITH EACH BEAD.



BETTER THAN BEFORE

WRITE DOWN TEN THINGS
YOU'RE BETTER AT NOW
THAN YOU USED TO BE.

READ YOUR LIST TO
SOMEBODY YOU THINK
WOULD LIKE TO HEAR IT.



BIG NOTE IT

THINK OF SOMEONE WHO
HAS HELPED YOU. **C**HOOSE
THREE THINGS YOU'D LIKE
TO THANK THEM FOR.
WRITE A THANK YOU
NOTE OR MAKE A CARD.
WOULD YOU LIKE TO GIVE
IT TO THEM?



BODY OF CALM

WHAT'S YOUR BODY LIKE WHEN YOU'RE CALM?

TALLER OR SMALLER, FIRMER OR LOOSER?

WHAT ABOUT YOUR SHOULDERS AND FACE?

HOW DO YOU SIT AND MOVE WHEN YOU'RE CALM?

LET YOUR WHOLE BODY DO THAT NOW.

ASK YOUR BODY TO REMEMBER.



BRAIN BEATS

LISTEN TO SOME FAST MUSIC WITH STRONG BEATS AND REMIND YOUR BRAIN TO BE HAPPY AND EXCITED. DANCING IS OPTIONAL — BUT HIGHLY RECOMMENDED!



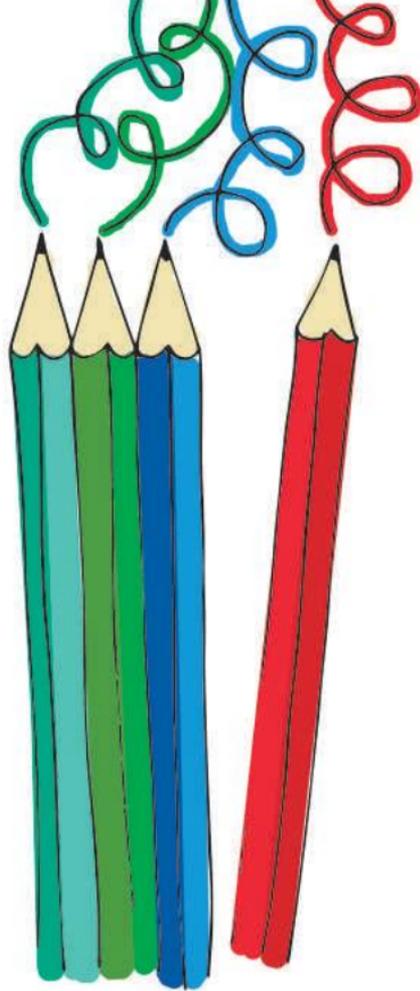
CIRCLE AND TAP

RUB YOUR TUMMY IN
A CIRCLE WITH ONE HAND.
AFTER TEN CIRCLES,
START TAPPING YOUR
FOREHEAD GENTLY WITH
YOUR OTHER HAND AT THE
SAME TIME. SWAP HANDS
AND DO ANOTHER TEN
CIRCLES AND TAPS.



COLOURING IN

FIND SOMETHING TO COLOUR
IN USING WHATEVER PENCILS,
PENS, PAINTS OR CRAYONS
YOU HAVE. GO SLOW. RELAX.
ENJOY THE COLOURS.



COOL BREATH WARM BREATH

BREATHE IN THROUGH YOUR NOSE. **F**EEL THE COOL AIR FLOWING IN.

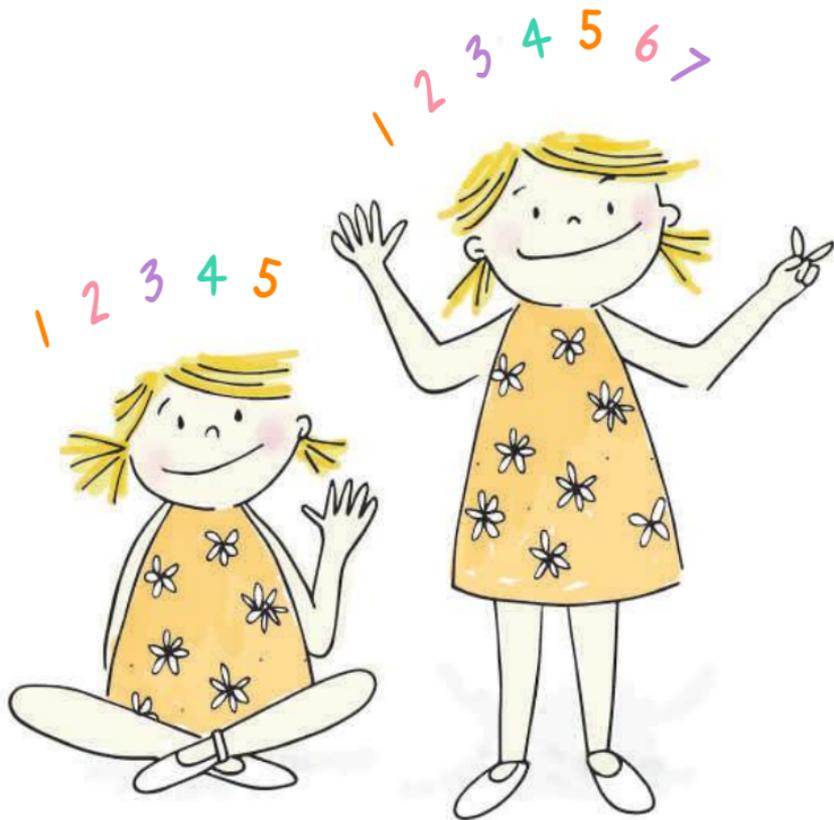
THEN BREATHE OUT. **F**EEL THE WARM AIR FLOWING OUT.

DO IT A FEW TIMES. **K**EEP NOTICING THE TEMPERATURE!



COUNT UP AND DOWN

SIT ON THE FLOOR
AND COUNT TO FIVE.
THEN STAND UP AND
COUNT TO SEVEN.
DO THIS ANOTHER
FOUR TIMES.



COUNTING COLOURS

LOOK AROUND YOU.

**HOW MANY BLUE THINGS
CAN YOU SEE?**

HOW MANY RED THINGS?

HOW MANY GREEN THINGS?



FAVOURITE TREE

DO YOU HAVE A FAVOURITE TREE? CAN YOU SIT UNDER IT NOW, OR IMAGINE SITTING UNDER IT? LEAN AGAINST ITS SOLID TRUNK, CLIMB UP AND FIND A SECRET SITTING SPOT. CAN YOU DRAW IT?



FUNNIEST THING

LOOK AROUND YOU. WHAT'S
THE FUNNIEST THING YOU CAN
IMAGINE HAPPENING RIGHT
NOW? TELL SOMEONE, IF YOU
LIKE — OR MAYBE YOU WANT
TO KEEP IT PRIVATE!



HEART SAYS YES

TAP YOUR FINGERS
RHYTHMICALLY ON YOUR
CHEST OVER YOUR HEART
WHILE SAYING, 'YES, YES,
YES, YES, YES!' **K**EEP
TAPPING AND SAYING 'YES'
AT LEAST THIRTY TIMES.



HELPING HAND

WHAT COULD YOU DO
TO HELP SOMEONE TODAY?
IS THERE SOMETHING KIND
YOU COULD DO OR SAY?
HOW COULD YOU HELP
MAKE SOMEONE'S DAY?



I'M READY

SAY THREE TIMES OUT LOUD,
'**I**'M READY TO FEEL CALM
NOW.' **N**OW SAY FOUR
TIMES, '**I**'M ALREADY FEELING
A BIT BETTER.' **A**ND NOW
SAY THREE TIMES, '**T**HIS
IS REALLY GOOD!'



INFINITY

TRACE A BIG NUMBER EIGHT IN THE AIR WITH YOUR FINGER OVER AND OVER. NOW TURN THE EIGHT ON ITS SIDE AND TRACE IT SIDWAYS IN THE AIR. NOW TRACE IT ON YOUR ARM OR LEG.



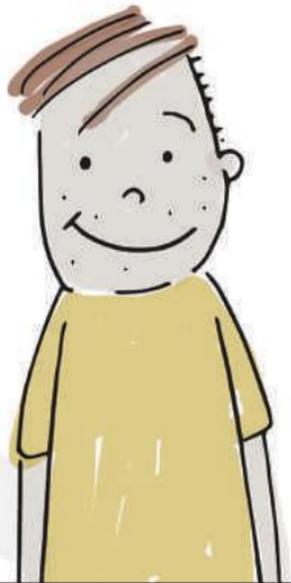
INVISIBLE INK

GO TO A WALL. **D**RAW
A BIG LETTER **A** ON IT
WITH THE TIP OF YOUR
FINGER. **N**OW GO THROUGH
THE WHOLE ALPHABET,
DRAWING BIG, SLOW LETTERS
WITH YOUR FINGER.



IT'S OK

THINK OF A TIME WHEN YOU WERE WORRIED AND SOMEBODY SAID, 'IT'S OK'. AND IT REALLY WAS. SAY OUT LOUD, 'I'M TELLING MYSELF IT'S OK'. REPEAT TO YOURSELF OVER AND OVER, 'IT'S OK'.



LAUGH LIKE A LION

IF YOU WERE A LION,
HOW WOULD YOU LAUGH?
HOW WOULD YOU SOUND?
LAUGH LIKE A LION!



MELLOW SOUNDS

MAKE A PLAYLIST OF CALMING
MUSIC OR NATURE SOUNDS;
WATER, BIRDS, RAIN.

PLACE A SEASHELL AGAINST
YOUR EAR. **C**AN YOU HEAR THE
SEA? **O**R PLACE YOUR FINGERS
IN YOUR EARS AND LISTEN TO
YOUR BREATH. **I**T SOUNDS LIKE
THE WAVES TOO.





MISSION POSITIVE

GO ON A MISSION TO
FIND THE POSITIVES! RIGHT
NOW, FIND TEN THINGS
YOU CAN FEEL POSITIVE OR
GOOD ABOUT. THEY CAN BE
OBJECTS, PEOPLE, IDEAS,
SOUNDS, NATURE —
ANYTHING!



MY SPECIAL PLACE

DO YOU HAVE A SPECIAL PLACE? A TREE HOUSE, A GARDEN, A BEACH, YOUR ROOM, SOMEWHERE IN NATURE? DESCRIBE OR WRITE ABOUT IT NOW. MAKE SURE YOU INCLUDE ALL THE IMPORTANT DETAILS.



OPEN SKY

LOOK AT THE SKY. ARE
THERE CLOUDS? WHAT
SHAPES CAN YOU SEE?
NOTICE THE CLEAR SKY
BEYOND THE CLOUDS.
JUST LIKE THE CLEAR SKY
BEYOND YOUR THOUGHTS.



PLAY CATCH

THROW ANY SOFT OBJECT —
SOFT TOY, BALL OF WOOL,
SOCKS — UP IN THE AIR
TEN TIMES WITH ONE HAND
AND CATCH IT WITH THE
OTHER. SWAP HANDS AND DO
IT TEN MORE TIMES. CAN YOU
CATCH IT WITH YOUR FOOT?



REMOTE CONTROL

IMAGINE YOU HAVE A REMOTE CONTROL FOR YOUR BRAIN AND BODY. TURN UP THE COMFORT LEVEL USING YOUR PERSONAL REMOTE CONTROL.



ROCK IT

IMAGINE PICKING UP A SMALL ROCK. **A**LL YOUR WORRIES ARE INSIDE THIS ROCK. **I**MAGINE STANDING AT THE EDGE OF THE OCEAN. **N**OW, THROW THE ROCK OUT AS FAR AS YOU CAN! **S**EE IT GO OUT FOR MILES, TAKING ALL YOUR WORRIES WITH IT.



SING IT UP

THINK OF A SONG. SING IT
LOUDLY OR QUIETLY, HUM IT
OR JUST SAY THE WORDS.

CAN YOU SING IT IN A
FUNNY VOICE OR MAKE UP
YOUR OWN FUNNY WORDS?



**SIP IT
SAY IT**

GET A GLASS OF WATER.
DRINK IT ONE SIP AT
A TIME. **I**N BETWEEN
EVERY SIP, SAY OUT LOUD,
'**D**RINKING WATER IS
GREAT FOR MY BODY
AND BRAIN!'



DRINKING
WATER IS
GRAT FOR
MY **B**ODY
AND
BRAIN!

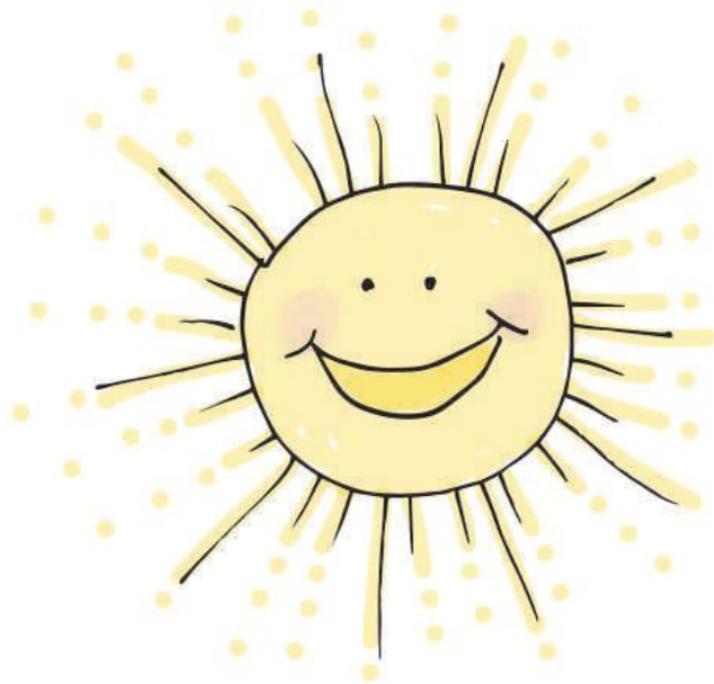
SLO-MO

SAY THE SENTENCE ON THE CLIPS VERY, VE ... RY SLOW ... LY:
KEEP SAYING IT, GOING EVEN MORE SL ... OW ... LY EACH TIME.



STRETCH LIST

LIST TEN THINGS THAT
WENT WELL FOR YOU
TODAY OR YESTERDAY.
ANYTHING AT ALL. **B**IG
OR SMALL. **B**E CREATIVE.
NOW LIST TEN MORE
THINGS. **D**ID THE SUN
RISE? **T**HAT WENT WELL!



SUPERHERO

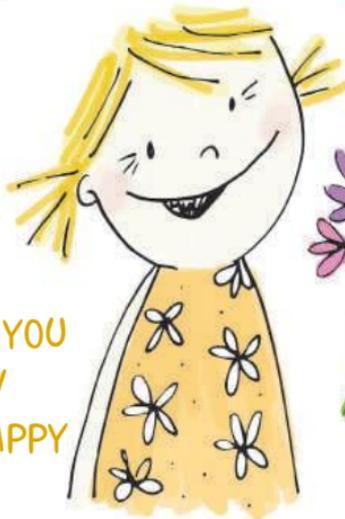
YOUR MIND HAS SUPERPOWERS!
IT CAN CHANGE IN AN INSTANT,
CREATE BRIGHT IDEAS, LEARN
AMAZING SKILLS.

YOUR MIND'S SUPERPOWERS
ARE STRONGER THAN ANY FEAR
OR OTHER EMOTION. WHAT COULD
YOU CALL THIS SUPERHERO?



TAKE TWO

WRITE DOWN OR DRAW
A PICTURE OF THREE OF
YOUR WORRIES. WHEN YOU
FINISH, WRITE OR DRAW
THEM AGAIN, WITH A HAPPY
ENDING THIS TIME.



THANK YOU BOMB

SAY 'THANK YOU' OUT LOUD
THIRTY TIMES RIGHT NOW.

IF OTHERS ARE AROUND,
SAY IT IN YOUR MIND.

SMILE WHILE YOU'RE SAYING
IT. **S**AY IT TEN MORE TIMES.



THAT SAFETY FEELING

THINK OF THE PERSON
YOU FEEL SAFEST WITH
— MOST COMFORTABLE,
MOST RELAXED.

IMAGINE THEY ARE RIGHT
NEXT TO YOU AND THERE
IS A CIRCLE OF SAFETY
AROUND YOU BOTH.

FEEL THAT SAFETY FEELING.



THE COLOUR OF CALM

WHAT IS A CALM, HAPPY
COLOUR FOR YOU?

CAN YOU SEE ANYTHING
THAT COLOUR NOW?

IMAGINE YOUR MIND
FILLING UP WITH THAT
COLOUR. ASK YOUR
BRAIN TO REMEMBER IT.



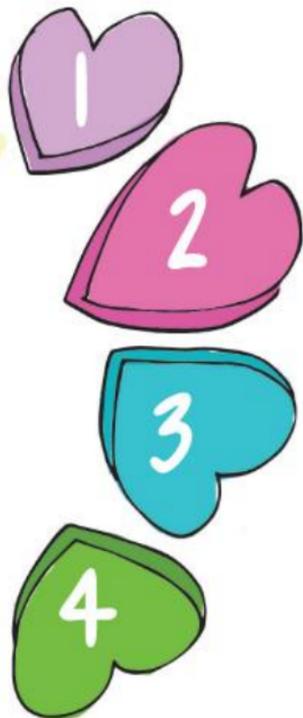
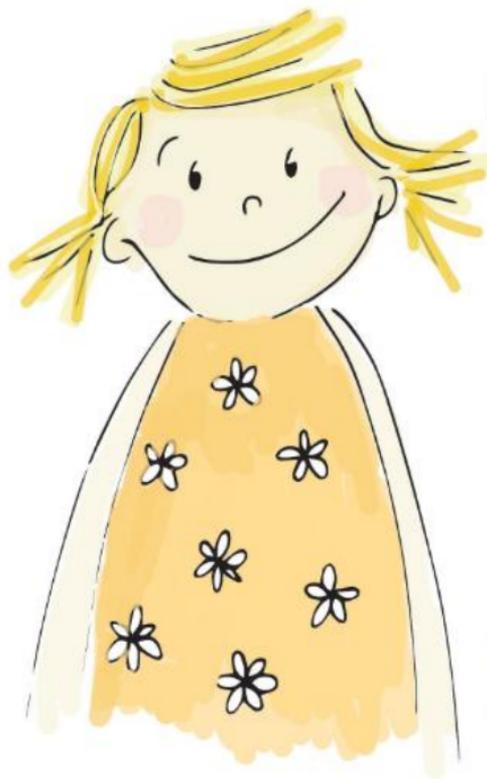
THE FEEL OF FABRIC

FEEL YOUR CLOTHES WITH
YOUR FINGERS. **F**EEL THE
TEXTURE AND WEIGHT OF
THE FABRIC. **H**OW DOES IT
FEEL AGAINST YOUR SKIN?
IS IT SOFT OR ROUGH, HEAVY
OR LIGHT, SNUG OR LOOSE?

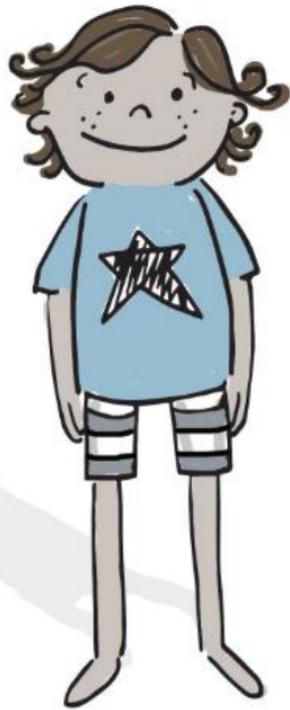


THE 'L' WORD

HOW OLD ARE YOU?
SAY THE WORD 'LOVE'
OUT LOUD THAT MANY
TIMES. NOW DO IT
AGAIN THE SAME
NUMBER OF TIMES.



1 2 3 4 5



THERE AND BACK

RUN TO THE OTHER SIDE OF THE ROOM AND BACK. **S**TAND STILL AND COUNT TO FIVE.

NOW RUN ACROSS THE ROOM AND BACK THREE MORE TIMES, COUNTING TO FIVE AT THE END OF EACH RETURN TRIP.



THINGS ARE LOOKING UP

GENTLY, PUT YOUR HEAD
BACK, ROLL YOUR EYES UP
AND LOOK AT THE CEILING.

REPPEAT OUT LOUD,

'THIS IS GOOD!'

DO IT SEVERAL TIMES.



THREE BIG TICKS

WRITE THE NAMES OF THREE PEOPLE YOU LIKE. **B**ESIDE THEIR NAME, WRITE THREE THINGS YOU LIKE ABOUT THEM AND PUT A BIG TICK BESIDE EACH ONE.

NOW WRITE YOUR NAME AND THREE THINGS YOU LIKE ABOUT YOURSELF. **P**UT A BIG TICK BESIDE EACH ONE!



YOU ARE GREAT



HAVE YOU REMINDED YOURSELF TODAY THAT YOU ARE GREAT AND YOU CAN DO MANY THINGS? **I**T'S TRUE. **W**RITE DOWN TEN TIMES: '**I** AM GREAT AND I CAN DO MANY THINGS!'
NOW WRITE DOWN FIVE THINGS YOU CAN DO.

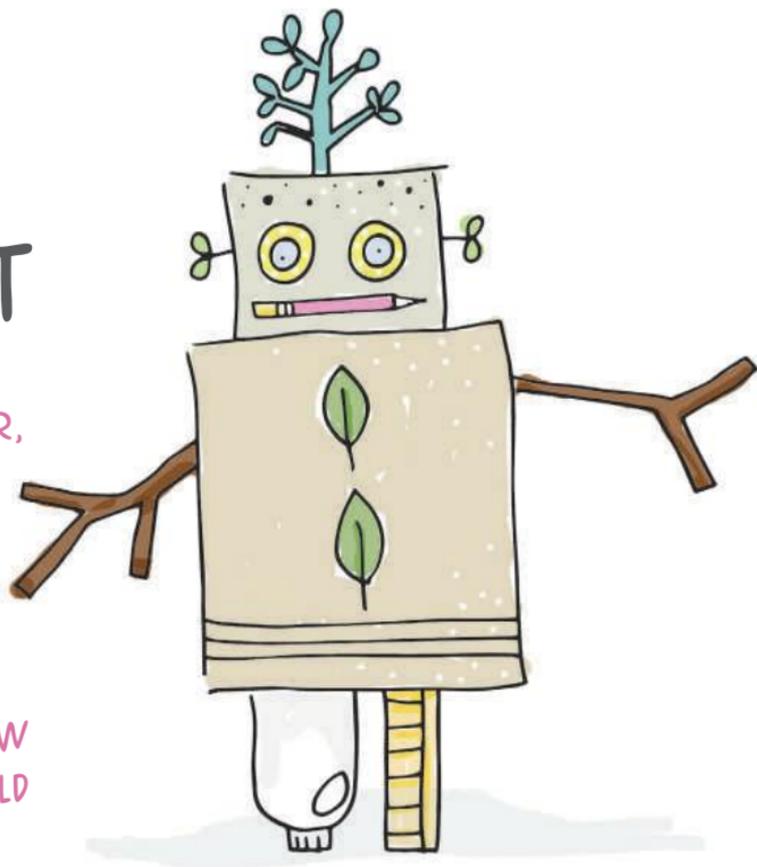


YOU CAN MAKE IT

MAKE SOMETHING USING
PAPER, GLUE, CLAY, GLITTER,
STICKS — ANYTHING!

YOU COULD MAKE A CARD,
COLLAGE, POSTER OR
ILLUSTRATE A FAVOURITE
QUOTE OR SONG.

WHEN YOU'RE READY, SHOW
SOMEONE YOU THINK WOULD
LIKE TO SEE IT.



YOU'VE GOT CHARACTER

THINK OF A FAVOURITE
CHARACTER FROM A MOVIE,
BOOK OR GAME.

WHAT WOULD THEY SAY TO
YOU RIGHT NOW ABOUT
GETTING RELAXED AND HAPPY?

CAN YOU SAY IT LIKE THEM?

HEAR THE THEME MUSIC
AS YOU HIGH-FIVE THEM
IN YOUR MIND!



WORD FLASH

WRITE THE WORDS
RELAXED AND **CALM**
ON YOUR PALMS WITH A PEN.
FLASH THE WORDS AT
YOURSELF TEN TIMES BY
OPENING AND CLOSING
YOUR HANDS.
FLASH YOURSELF RANDOMLY
THROUGHOUT THE DAY.
PRETEND YOU'RE SURPRISED!



2

ALPHABET VEGGIES

GO THROUGH THE ALPHABET AND NAME A VEGETABLE, FRUIT OR FOOD THAT STARTS WITH EACH LETTER.

3

ANIMAL MAGIC

IMAGINE YOUR FAVOURITE ANIMAL OR PET. WHAT COLOUR IS IT? HOW DOES ITS FUR OR SKIN FEEL? WHAT DOES IT SMELL LIKE? DOES IT MAKE A SOUND? WHAT DO YOU LIKE ABOUT IT?

4

APPLE CHEEKS

IMAGINE THAT YOU HAVE AN APPLE ON EACH OF YOUR CHEEKBONES. YOUR GOAL IS TO LIFT THE APPLES. SMILE USING BOTH YOUR EYES AND MOUTH AND — LIFT THOSE APPLES!

5

BAREFOOT BLITZ

TAKE OFF YOUR SHOES AND WALK IN BARE FEET. FEEL THE FLOOR OR GROUND UNDER YOUR TOES AND FEET — SOFT CARPET, SMOOTH FLOORBOARDS, COOL TILES, TICKLY GRASS, GRAINY CONCRETE PATH.

6

BEING ME

THERE IS NO ONE ELSE LIKE YOU. YOU'RE DIFFERENT AND YOU'RE A STAR! LIST FIVE WAYS YOU'RE DIFFERENT THEN SAY FIVE TIMES OUT LOUD OR QUIETLY TO YOURSELF. 'IT'S GREAT TO BE ME!'

7

BEING NOSEY

CLOSE YOUR RIGHT NOSTRIL WITH YOUR FINGER ON THE SIDE. BREATHE IN AND OUT THROUGH THE LEFT NOSTRIL. THEN SWAP SIDES — AND BREATHE IN AND OUT THROUGH THE RIGHT NOSTRIL. DO THREE ROUNDS.

8

BEAD BAND

THREAD SOME BEADS ON ELASTIC THREAD. TIE THE ENDS AND WEAR IT ON YOUR WRIST. IF YOU START TO WORRY, TOUCH EACH BEAD AND SAY SILENTLY, 'I AM CALM' WITH EACH BEAD.

9

BETTER THAN BEFORE

WRITE DOWN TEN THINGS YOU'RE BETTER AT NOW THAN YOU USED TO BE. READ YOUR LIST TO SOMEBODY YOU THINK WOULD LIKE TO HEAR IT.

10

BIG NOTE IT

THINK OF SOMEONE WHO HAS HELPED YOU. CHOOSE THREE THINGS YOU'D LIKE TO THANK THEM FOR. WRITE A THANK YOU NOTE OR MAKE A CARD. WOULD YOU LIKE TO GIVE IT TO THEM?

11

BODY OF CALM

WHAT'S YOUR BODY LIKE WHEN YOU'RE CALM? TALLER OR SMALLER, FIRMER OR LOOSER? WHAT ABOUT YOUR SHOULDERS AND FACE? HOW DO YOU SIT AND MOVE WHEN YOU'RE CALM? LET YOUR WHOLE BODY DO THAT NOW. ASK YOUR BODY TO REMEMBER.

12

BRAIN BEATS

LISTEN TO SOME FAST MUSIC WITH STRONG BEATS AND REMIND YOUR BRAIN TO BE HAPPY AND EXCITED. DANCING IS OPTIONAL — BUT HIGHLY RECOMMENDED!

13

CIRCLE AND TAP

ROB YOUR TUMMY IN A CIRCLE WITH ONE HAND. AFTER TEN CIRCLES, START TAPPING YOUR FOREHEAD GENTLY WITH YOUR OTHER HAND AT THE SAME TIME. SWAP HANDS AND DO ANOTHER TEN CIRCLES AND TAPS.

14

COLOURING IN

FIND SOMETHING TO COLOUR IN USING WHATEVER PENCILS, PENS, PAINTS OR CRAYONS YOU HAVE. GO SLOW. RELAX. ENJOY THE COLOURS.

15

COOL BREATH WARM BREATH

BREATHE IN THROUGH YOUR NOSE. FEEL THE COOL AIR FLOWING IN. THEN BREATHE OUT. FEEL THE WARM AIR FLOWING OUT. DO IT A FEW TIMES. KEEP NOTICING THE TEMPERATURE!

16

COUNT UP AND DOWN

SIT ON THE FLOOR AND COUNT TO FIVE. THEN STAND UP AND COUNT TO SEVEN. DO THIS ANOTHER FOUR TIMES.

17

COUNTING COLOURS

LOOK AROUND YOU. HOW MANY BLUE THINGS CAN YOU SEE? HOW MANY RED THINGS? HOW MANY GREEN THINGS?

18

FAVOURITE TREE

DO YOU HAVE A FAVOURITE TREE? CAN YOU SIT UNDER IT NOW, OR IMAGINE SITTING UNDER IT? LEAN AGAINST ITS SOLID TRUNK, CLIMB UP AND FIND A SECRET SITTING SPOT. CAN YOU DRAW IT?

19

FUNNIEST THING

LOOK AROUND YOU. WHAT'S THE FUNNIEST THING YOU CAN IMAGINE HAPPENING RIGHT NOW? TELL SOMEONE, IF YOU LIKE — OR MAYBE YOU WANT TO KEEP IT PRIVATE!

20

HEART SAYS YES

TAP YOUR FINGERS RHYTHMICALLY ON YOUR CHEST OVER YOUR HEART WHILE SAYING, 'YES, YES, YES, YES, YES!' KEEP TAPPING AND SAYING 'YES' AT LEAST THIRTY TIMES.

21

HELPING HAND

WHAT COULD YOU DO TO HELP SOMEONE TODAY? IS THERE SOMETHING KIND YOU COULD DO OR SAY? HOW COULD YOU HELP MAKE SOMEONE'S DAY?

22

I'M READY

SAY THREE TIMES OUT LOUD, 'I'M READY TO FEEL CALM NOW.' NOW SAY FOUR TIMES, 'I'M ALREADY FEELING A BIT BETTER.' AND NOW SAY THREE TIMES, 'THIS IS REALLY GOOD!'

23

INFINITY

TRACE A BIG NUMBER EIGHT IN THE AIR WITH YOUR FINGER OVER AND OVER. NOW TURN THE EIGHT ON ITS SIDE AND TRACE IT SIDEWAYS IN THE AIR. NOW TRACE IT ON YOUR ARM OR LEG.

24

INVISIBLE INK

GO TO A WALL. DRAW A BIG LETTER 'A' ON IT WITH THE TIP OF YOUR FINGER. NOW GO THROUGH THE WHOLE ALPHABET, DRAWING BIG, SLOW LETTERS WITH YOUR FINGER.

25

IT'S OK

THINK OF A TIME WHEN YOU WERE WORRIED AND SOMEBODY SAID, 'IT'S OK'. AND IT REALLY WAS. SAY OUT LOUD, 'I'M TELLING MYSELF IT'S OK'. REPEAT TO YOURSELF OVER AND OVER, 'IT'S OK'.

26

LAUGH LIKE A LION

IF YOU WERE A LION, HOW WOULD YOU LAUGH? HOW WOULD YOU SOUND? LAUGH LIKE A LION!

27

MELLOW SOUNDS

MAKE A PLAYLIST OF CALMING MUSIC OR NATURE SOUNDS. WATER, BIRDS, RAIN.

PLACE A SEASHELL AGAINST YOUR EAR. CAN YOU HEAR THE SEA? OR PLACE YOUR FINGERS IN YOUR EARS AND LISTEN TO YOUR BREATH. IT SOUNDS LIKE THE WAVES TOO.

28

MISSION POSITIVE

GO ON A MISSION TO FIND THE POSITIVES! RIGHT NOW, FIND TEN THINGS YOU CAN FEEL POSITIVE OR GOOD ABOUT. THEY CAN BE OBJECTS, PEOPLE, IDEAS, SOUNDS, NATURE — ANYTHING!

29

MY SPECIAL PLACE

DO YOU HAVE A SPECIAL PLACE? A TREE HOUSE, A GARDEN, A BEACH, YOUR ROOM, SOMEWHERE IN NATURE? DESCRIBE OR WRITE ABOUT IT NOW. MAKE SURE YOU INCLUDE ALL THE IMPORTANT DETAILS.

30

OPEN SKY

LOOK AT THE SKY. ARE THERE CLOUDS? WHAT SHAPES CAN YOU SEE? NOTICE THE CLEAR SKY BEYOND THE CLOUDS. JUST LIKE THE CLEAR SKY BEYOND YOUR THOUGHTS.

31

PLAY CATCH

THROW ANY SOFT OBJECT — SOFT TOY, BALL OF WOOL, SOCKS — UP IN THE AIR TEN TIMES WITH ONE HAND AND CATCH IT WITH THE OTHER. SWAP HANDS AND DO IT TEN MORE TIMES. CAN YOU CATCH IT WITH YOUR FOOT?

32

REMOTE CONTROL

IMAGINE YOU HAVE A REMOTE CONTROL FOR YOUR BRAIN AND BODY. TURN UP THE COMFORT LEVEL USING YOUR PERSONAL REMOTE CONTROL.

33

ROCK IT

IMAGINE PICKING UP A SMALL ROCK. ALL YOUR WORRIES ARE INSIDE THIS ROCK. IMAGINE STANDING AT THE EDGE OF THE OCEAN. NOW, THROW THE ROCK OUT AS FAR AS YOU CAN! SEE IT GO OUT FOR MILES, TAKING ALL YOUR WORRIES WITH IT.

34

SING IT UP

THINK OF A SONG. SING IT LOUDLY OR QUIETLY, HUM IT OR JUST SAY THE WORDS. CAN YOU SING IT IN A FUNNY VOICE OR MAKE UP YOUR OWN FUNNY WORDS?

35

SIP IT SAY IT

GET A GLASS OF WATER. DRINK IT ONE SIP AT A TIME. IN BETWEEN EVERY SIP, SAY OUT LOUD, 'DRINKING WATER IS GREAT FOR MY BODY AND BRAIN!'

36

SLO-MO

SAY THE SENTENCE ON THE CLIPS VERY, VE _ _RY SLOW _ _LY. KEEP SAYING IT, GOING EVEN MORE SLOW _ _LY EACH TIME.

THIS IS THE MOST CALM RELAXING THING I COULD EVER SAY OUT LOUD!

37

STRETCH LIST

LIST TEN THINGS THAT WENT WELL FOR YOU TODAY OR YESTERDAY. ANYTHING AT ALL. BIG OR SMALL. BE CREATIVE. NOW LIST TEN MORE THINGS. DID THE SUN RISE? THAT WENT WELL!

38

SUPERHERO

YOUR MIND HAS SUPERPOWERS! IT CAN CHANGE IN AN INSTANT, CREATE BRIGHT IDEAS, LEARN AMAZING SKILLS. YOUR MIND'S SUPERPOWERS ARE STRONGER THAN ANY FEAR OR OTHER EMOTION. WHAT COULD YOU CALL THIS SUPERHERO?

39

TAKE TWO

WRITE DOWN OR DRAW A PICTURE OF THREE OF YOUR WORRIES. WHEN YOU FINISH, WRITE OR DRAW THEM AGAIN, WITH A HAPPY ENDING THIS TIME.

40

THANK YOU BOMB

SAY 'THANK YOU' OUT LOUD THIRTY TIMES RIGHT NOW. IF OTHERS ARE AROUND, SAY IT IN YOUR MIND. SMILE WHILE YOU'RE SAYING IT. SAY IT TEN MORE TIMES.

41

THAT SAFETY FEELING

THINK OF THE PERSON YOU FEEL SAFEST WITH — MOST COMFORTABLE, MOST RELAXED. IMAGINE THEY ARE RIGHT NEXT TO YOU AND THERE IS A CIRCLE OF SAFETY AROUND YOU BOTH. FEEL THAT SAFETY FEELING.

42

THE COLOUR OF CALM

WHAT IS A CALM, HAPPY COLOUR FOR YOU? CAN YOU SEE ANYTHING THAT COLOUR NOW? IMAGINE YOUR MIND FILLING UP WITH THAT COLOUR. ASK YOUR BRAIN TO REMEMBER IT.

43

THE FEEL OF FABRIC

FEEL YOUR CLOTHES WITH YOUR FINGERS. FEEL THE TEXTURE AND WEIGHT OF THE FABRIC. HOW DOES IT FEEL AGAINST YOUR SKIN? IS IT SOFT OR ROUGH, HEAVY OR LIGHT, SNUG OR LOOSE?

44

THE 'L' WORD

HOW OLD ARE YOU? SAY THE WORD 'LOVE' OUT LOUD THAT MANY TIMES. NOW DO IT AGAIN THE SAME NUMBER OF TIMES.

45

THERE AND BACK

RUN TO THE OTHER SIDE OF THE ROOM AND BACK. STAND STILL AND COUNT TO FIVE. NOW RUN ACROSS THE ROOM AND BACK THREE MORE TIMES, COUNTING TO FIVE AT THE END OF EACH RETURN TRIP.

46

THINGS ARE LOOKING UP

GENTLY, PUT YOUR HEAD BACK. ROLL YOUR EYES UP AND LOOK AT THE CEILING. REPEAT OUT LOUD, 'THIS IS GOOD!' DO IT SEVERAL TIMES.

47

THREE BIG TICKS

WRITE THE NAMES OF THREE PEOPLE YOU LIKE. BESIDE THEIR NAME, WRITE THREE THINGS YOU LIKE ABOUT THEM AND PUT A BIG TICK BESIDE EACH ONE. NOW WRITE YOUR NAME AND THREE THINGS YOU LIKE ABOUT YOURSELF. PUT A BIG TICK BESIDE EACH ONE!

48

YOU ARE GREAT

HAVE YOU REMINDED YOURSELF TODAY THAT YOU ARE GREAT AND YOU CAN DO MANY THINGS? IT'S TRUE. WRITE DOWN TEN THINGS: 'I AM GREAT AND I CAN DO MANY THINGS!' NOW WRITE DOWN FIVE THINGS YOU CAN DO.

49

YOU CAN MAKE IT

MAKE SOMETHING USING PAPER, GLUE, CLAY, GLITTER, STICKS — ANYTHING! YOU COULD MAKE A CARD, COLLAGE, POSTER OR ILLUSTRATE A FAVOURITE QUOTE OR SONG. WHEN YOU'RE READY, SHOW SOMEONE YOU THINK WOULD LIKE TO SEE IT.

50

YOU'VE GOT CHARACTER

THINK OF A FAVOURITE CHARACTER FROM A MOVIE, BOOK OR GAME. WHAT WOULD THEY SAY TO YOU RIGHT NOW ABOUT GETTING RELAXED AND HAPPY? CAN YOU SAY IT LIKE THEM? HEAR THE THEME MUSIC AS YOU HIGH-FIVE THEM IN YOUR MIND!

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WORD FLASH

WRITE THE WORDS RELAXED AND CALM ON YOUR PALMS WITH A PEN. FLASH THE WORDS AT YOURSELF TEN TIMES BY OPENING AND CLOSING YOUR HANDS. FLASH YOURSELF RANDOMLY THROUGHOUT THE DAY. RETEND YOU'RE SURPRISED!