

Activity 1

Calming Carrie



Activity 2

Self Aware Sienna



Activity 2

See yourself with Sienna

Take a moment to close your eyes and think about three things you noticed today that gave you a happy feeling.

It may have been a warm smile someone gave you, or did you smile at one of your friends?

Did you make someone laugh, or did someone make you laugh?

Did you see something beautiful? Was it a bird, or a tree, or a flower? How did it make you feel?

Draw three of the moments you could see in your mind, and take a moment to see how special you really are!



Activity 1

Calm Breaths with Carrie

It's amazing how a few calm breaths can change how we feel.

Start by finding a comfortable place to sit. Your legs might be crossed, or you could be kneeling. Take a big breath in through your nose for a count of 4.

Hold it for 1 second, and then breathe out slowly through your mouth for a count of 4.

Do ten calm breaths and write down how you feel!
And, if you're still feeling worried, make sure you tell a trusted adult.

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Activity 3

Present Paul



Activity 4

Calming Carrie



Activity 4

Carrie's Self Cuddle

When Carrie feels a bit down, she knows it's time to be super kind—to herself!

Carrie's self-cuddle is a special way she can give herself a big, comforting hug, whenever and wherever she needs it.

So, imagine the person you love the most—it could even be a special pet—then wrap your arms around yourself and give yourself a big hug, squeezing just as you'd squeeze them.

Count to three, and say 'I love me!'

Ahh, doesn't that feel better?

Write down the thing you love most about yourself below:

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Activity 3

Snap back into the moment, with Present Paul

When your mind wanders off, it's easy to lose focus. And that can be super stressful. So, here's a little exercise to help you snap back into the present.

Sit quietly and pay attention to what is going on right now using your five senses.

Right now, I can see...

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Right now, I can hear...

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Right now, I can smell...

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Right now, I can feel...

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Right now, I can taste...

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There you are... right back in the present.



Activity 5

Self Aware Sienna



Activity 6

Present Paul



Activity 6

Paul's Special Pause

When Paul feels overwhelmed, rather than panic, he likes to take a special pause. He sits as still as he can sit.

He listens closely to the sound of his breath.

And then he counts as slow as he can up to ten, then back down again.

How does that feel?

You might need to do it again.

Your pause can take as long as you need... until you feel better.

Why don't you give it one more try?

Ahh, that's better.



Activity 5

Sienna Says Sorry

If we've made someone feel bad or sad, it can feel unbearable!

We all make mistakes, and just by saying sorry, everyone starts to feel better.

If you're feeling bad about something you said, or are worried that you might have upset somebody, write a simple 'I'm sorry' in the space below, and make sure the next time you see them, you tell them.

I'm sorry because...

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