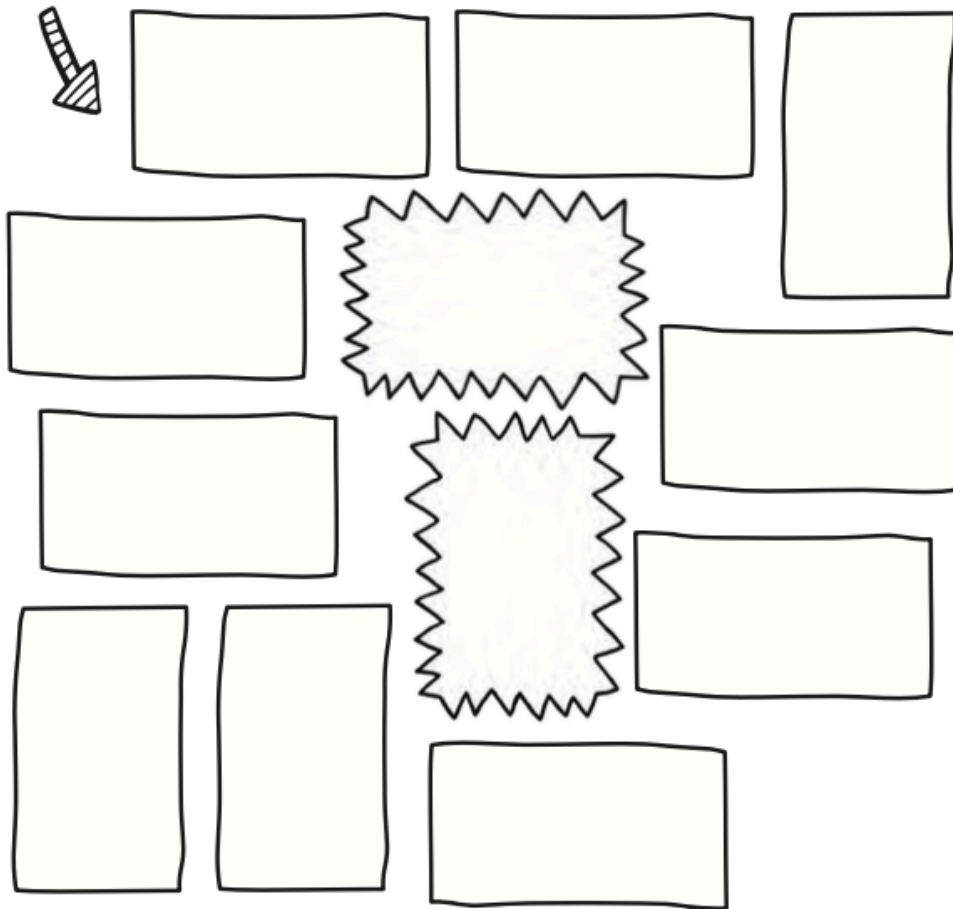


ALL OF ME

Even if it doesn't always feel like it,
your fears are just a small part of you.
You are SO much bigger than your fears.

Put one or two of your biggest fears in the middle, then fill the rest of the shapes with all the things you enjoy doing, the people you love and who love you, the things you're good at, great memories you have, things you've achieved, nice things people have said about you and anything else you can think of.



I AM BIGGER THAN MY FEARS

Colour this in and
make all three parts
of your brain
super calm.



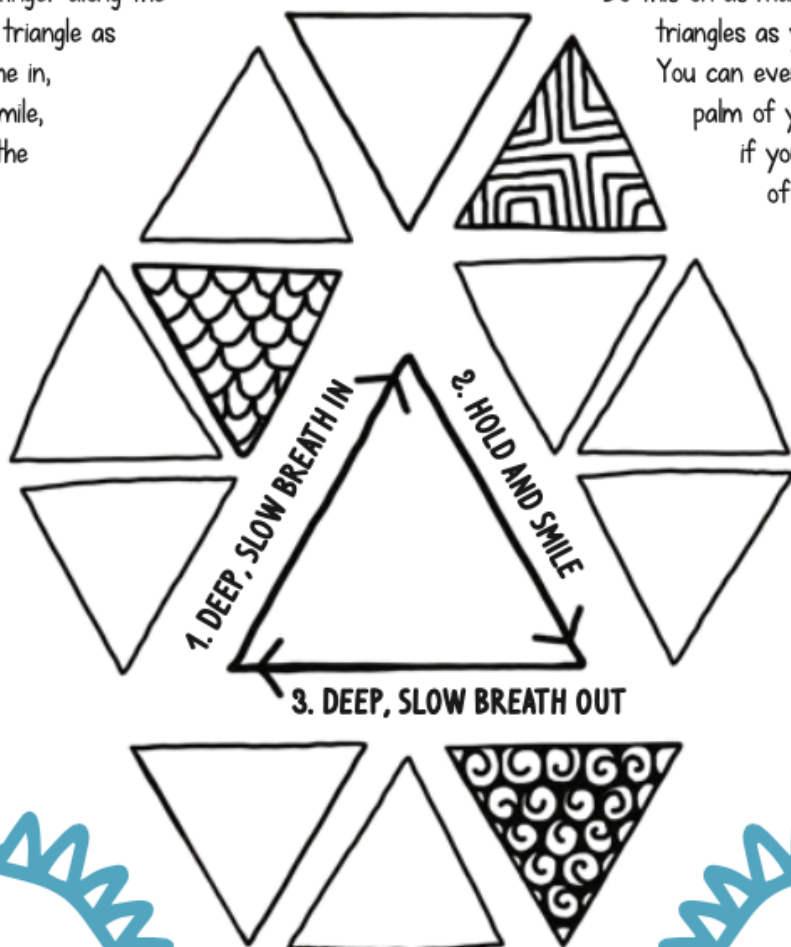
Whenever you feel afraid, come back to this picture to help yourself feel braver.

ZEN TRIANGLES

Triangle breathing is a great way to calm your whole brain and put you back in control.

Run your finger along the sides of a triangle as you breathe in, hold and smile, then breathe out.

Do this on as many of the triangles as you want. You can even use the palm of your hand if you run out of triangles!



Why not colour in or decorate some triangles with zentangle patterns?

Try breathing out for longer than you breathe in.

AWESOME ME-BRAIN

Your me-brain is awesome!
Your skills, interests and talents come from your me-brain.

Add the things your me-brain can do or knows to this page.
Ask others for ideas if you get stuck.



Dear me-brain,

Thank you for everything.
You're awesome!

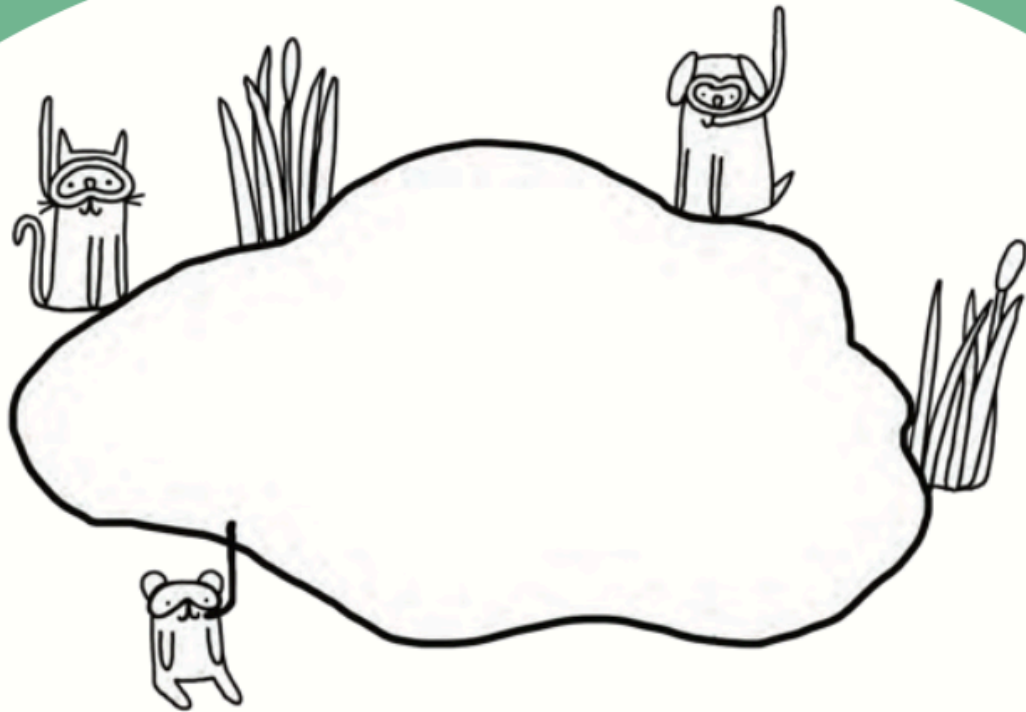
Love,
the rest of me X

CAN YOUR ME-BRAIN DO ANY OF THESE THINGS?

Read, write, dance, sing, remember, play sport, challenge yourself, knit, perform times tables, speak French, play chess, skip.

BIG POND, LITTLE FISH

Who belongs in your safe and sunny pond?
Turn your loved ones into underwater creatures and get splashing about together.



Make sure you include everyone who supports you and helps you, even pets and favourite soft toys.

COLOUR THIS IN HOWEVER YOU WANT TO.



I AM

NOT

ALONE

IN THE NEWS

News stories about things that happen in the world often make people feel sad, anxious or confused. It's OK to have these feelings - you won't be the only one. Here's what to remember:

It's called NEWS because it's rare. These terrible things are on the news because they do not happen very often.



YOU ARE SAFE
Look around you right now. You're safe. Ask for a hug or a chat.

SHARE YOUR WORRIES
Talk about it with an adult you trust at home or school and share what's troubling you.

IT'S OK
Being sad, worried or angry about it is OK and normal. Adults get sad and confused about these things, too.

IT'S NOT THE WHOLE STORY
THE WORLD IS A GREAT PLACE AND SO MANY WONDERFUL THINGS HAPPEN EVERY DAY. LOOK FOR THE KIND PEOPLE WHO DO GENEROUS AND THOUGHTFUL ACTS TO HELP OTHERS.

DO SOMETHING FUN
Watch your favourite film, take a dog for a walk, play football with your friends, read some of your favourite books or do some pages of this book!

COLOUR IN THE NOTES AS YOU READ THEM.

LOTTO

Thinking about other people gives you less time to think about your own fears. Cross each act of kindness off this lotto game as you complete them. When you've filled in the whole page, do something nice for yourself.

WRITE A NOTE TO SOMEONE YOU CARE ABOUT	THANK AN ADULT FOR SOMETHING AT HOME	HELP SOMEONE BEFORE THEY ASK	CLEAR UP AFTER YOURSELF
LET SOMEONE GO BEFORE YOU	PUSH SOMEONE'S CHAIR IN IF THEY FORGET	THANK AN ADULT FOR SOMETHING AT SCHOOL	HOLD A DOOR OPEN FOR SOMEONE
INVITE SOMEONE NEW TO PLAY AT BREAK	GIVE A COMPLIMENT	SAY HELLO TO SOMEONE NEW	THANK A FRIEND FOR SOMETHING
MAKE A CARD FOR YOUR FAVOURITE PERSON	GIVE ANOTHER COMPLIMENT	HELP SOMEONE WHO HAS DROPPED SOMETHING	CLEAR UP AFTER SOMEONE ELSE, EVEN THOUGH IT'S NOT YOUR MESS