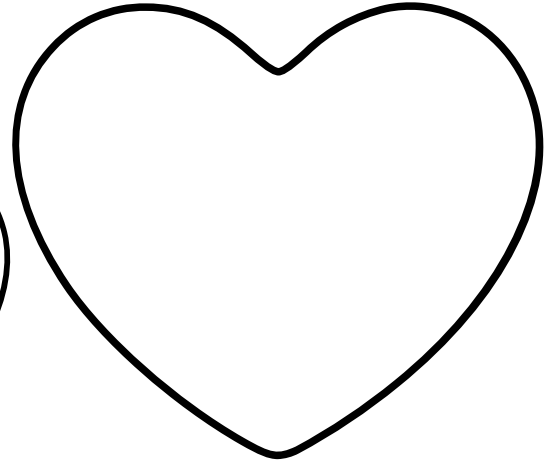
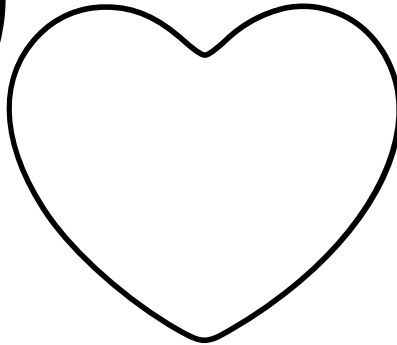
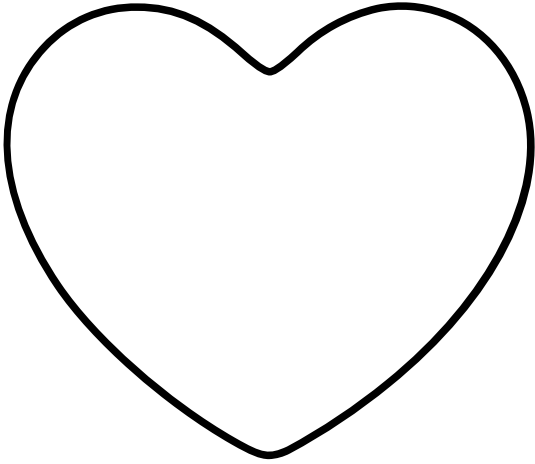


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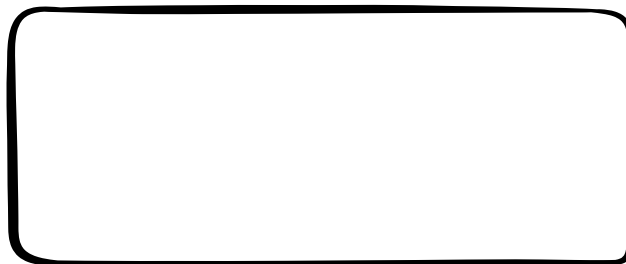
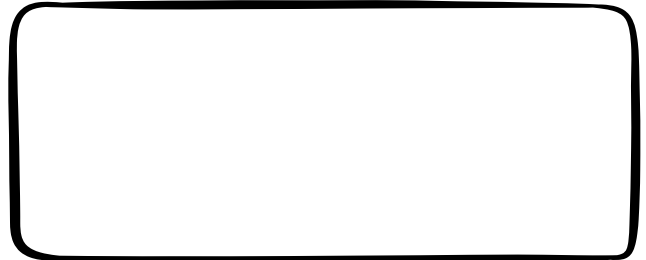
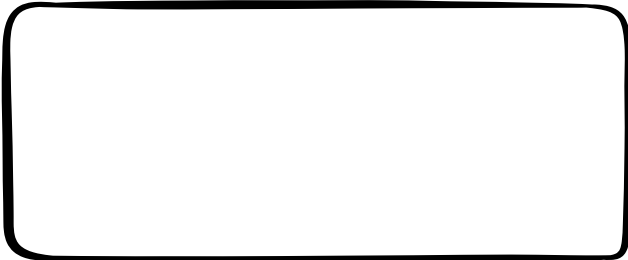
by Sophie Edgar



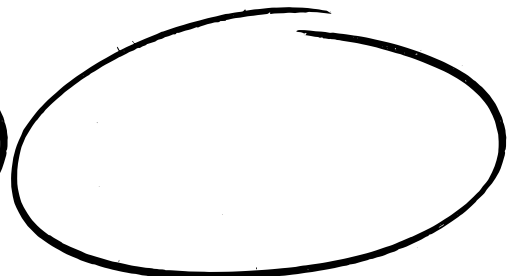
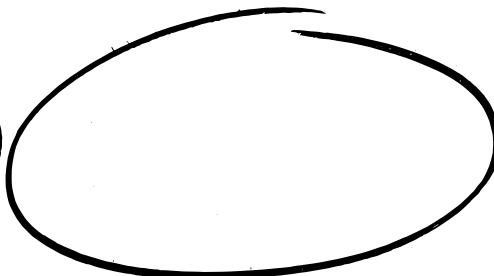
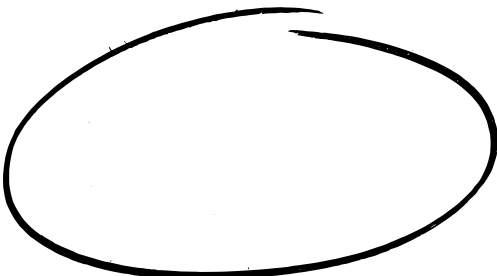
Write or draw 3 things that you like about your life:

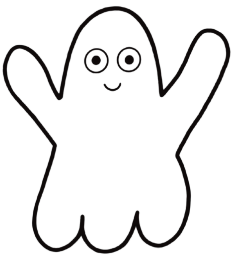


Write down or draw 3 things
that help you to feel calm and relaxed.
Try to do one or more of them every day.



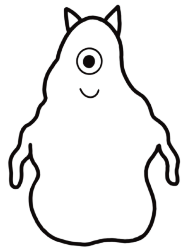
Write down or draw 3 ways you can use Mindfulness to help you
stay calm and feel more confident:



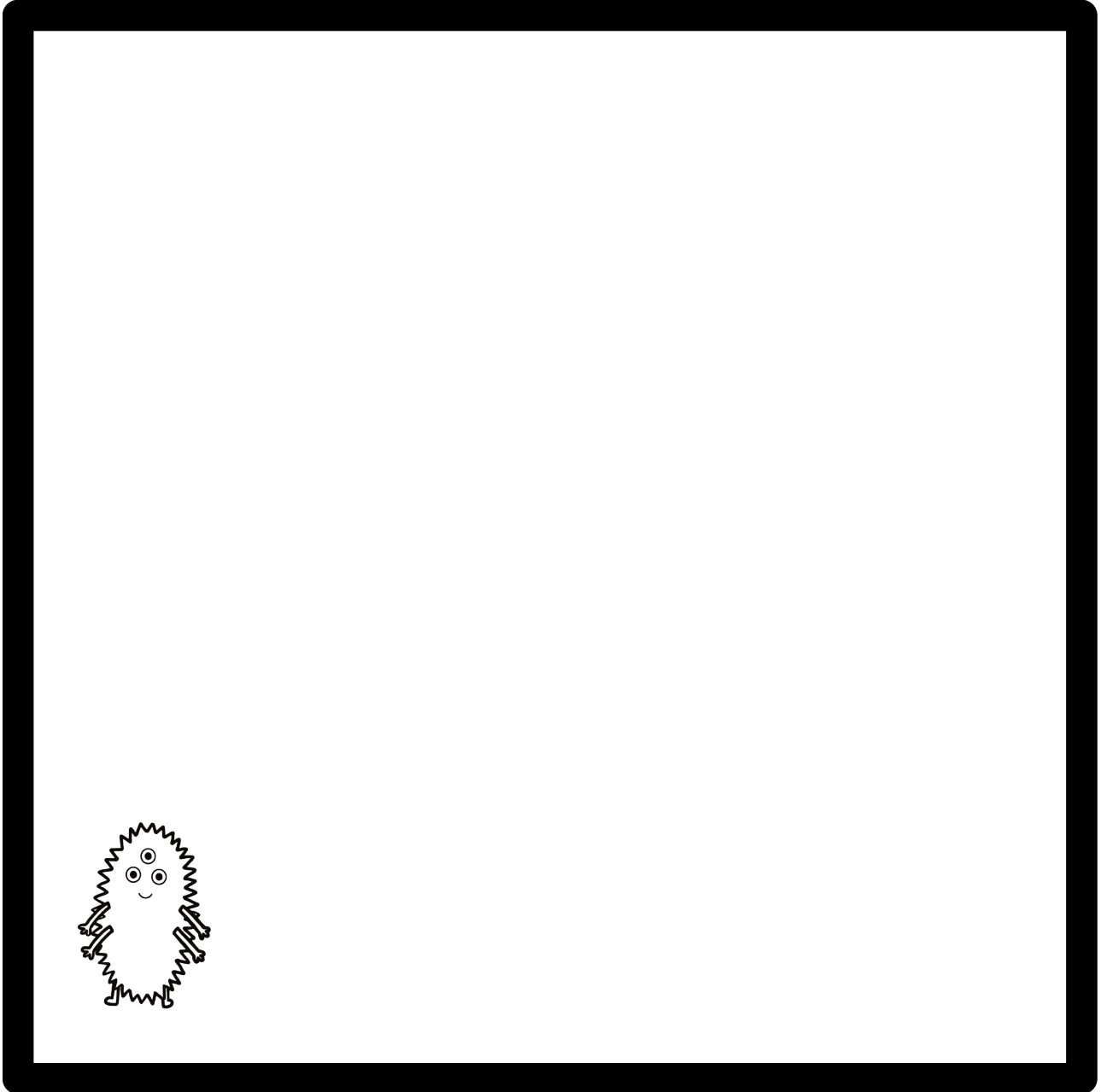


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You could draw your own WORRY MONSTERS here...



**How does your body feel when you are worried?
Drawing, writing or talking about our worries can help us to
stop them from feeling like scary monsters that might make
our tummies or heads hurt.**

**Mindfulness can help us to stay in the present and focus on the
things that we can control instead of the things we can't.**

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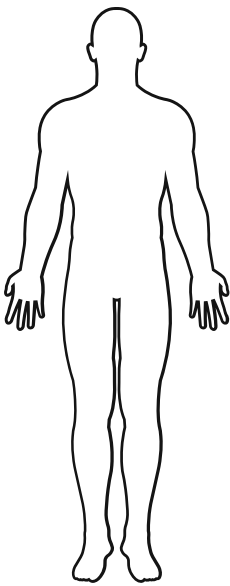
Interception is how we understand and feel what is going on inside our body.

The messages that go from inside our body to our brain.

It is how we know if we are anxious or excited, tired or hungry.

We can improve our interoception by paying attention to changes in our body.

When I am: Calm and Comfortable



My heartbeat is

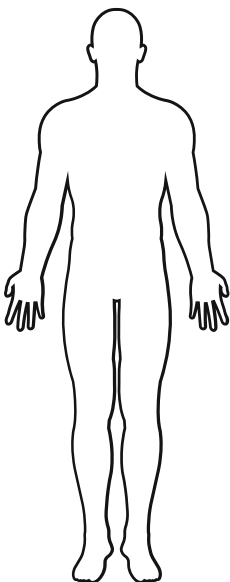
My hands feel

My stomach feels

My legs feel

My feet feel

Excited



My heartbeat is

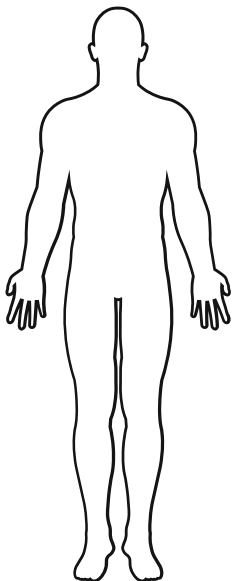
My hands feel

My stomach feels

My legs feel

My feet feel

When I am: Worried



My heartbeat is

My hands feel

My stomach feels

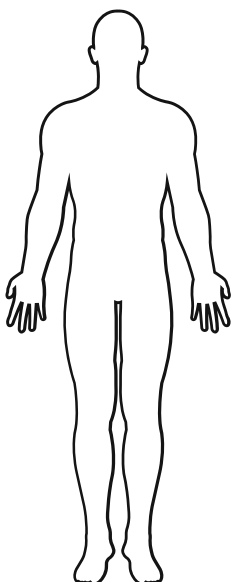
My legs feel

My feet feel

I need to

.....to feel more comfortable.

Scared



My heartbeat is

My hands feel

My stomach feels

My legs feel

My feet feel

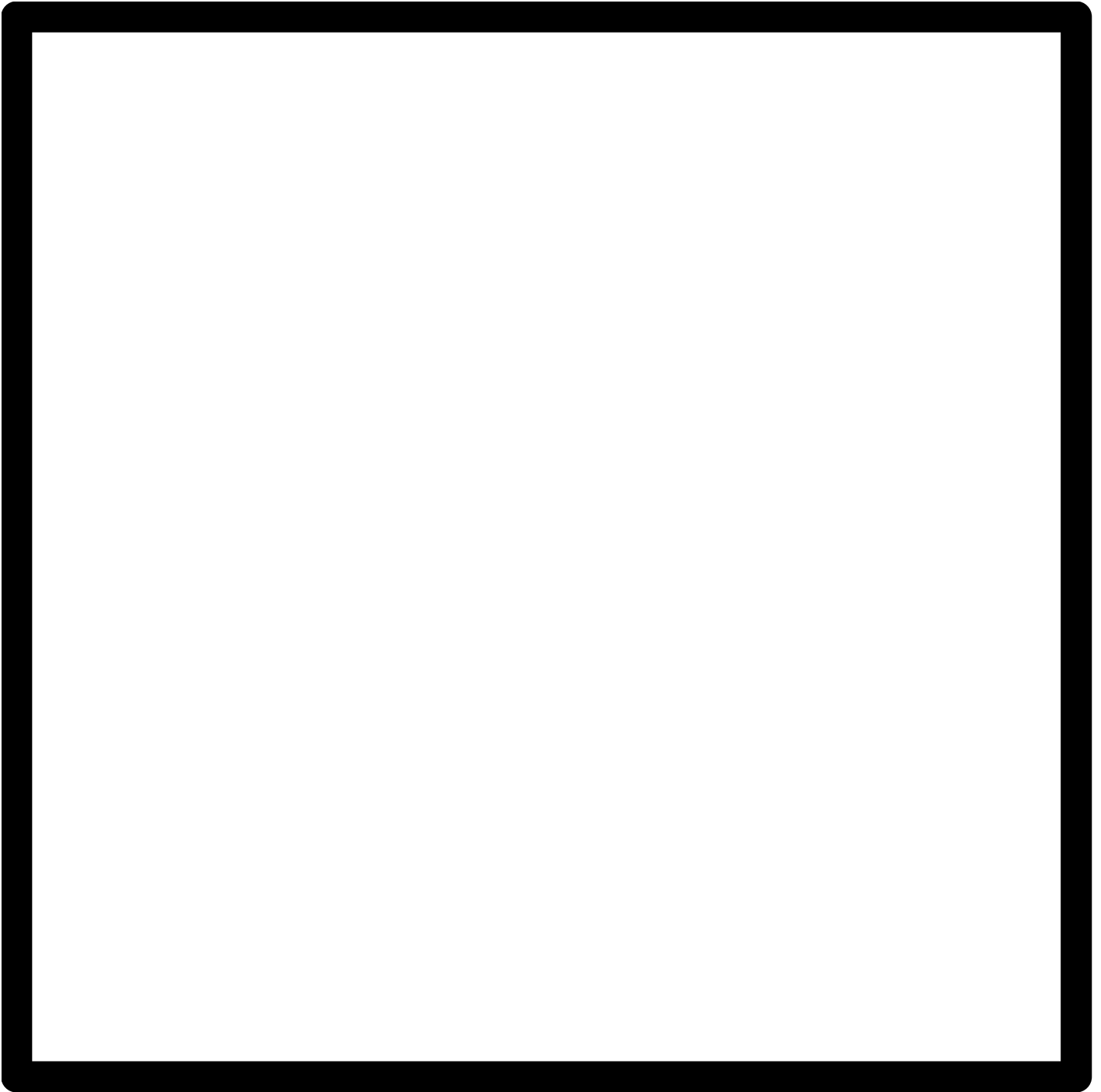
I need to

.....to feel more comfortable.

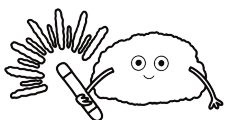
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My Magic Place



**Can you draw your Magic Place?
Think of what you would be able to do there.
What magical things might happen?**



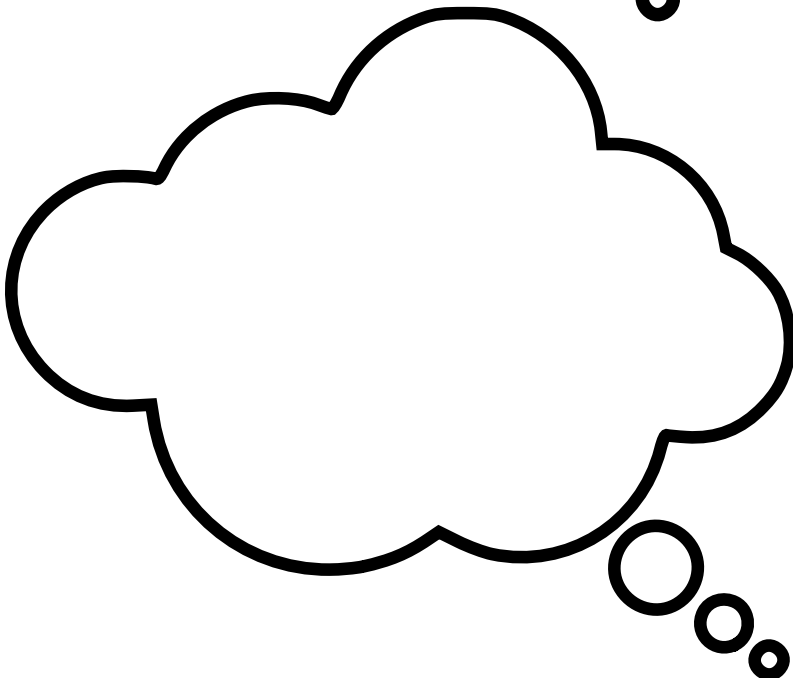
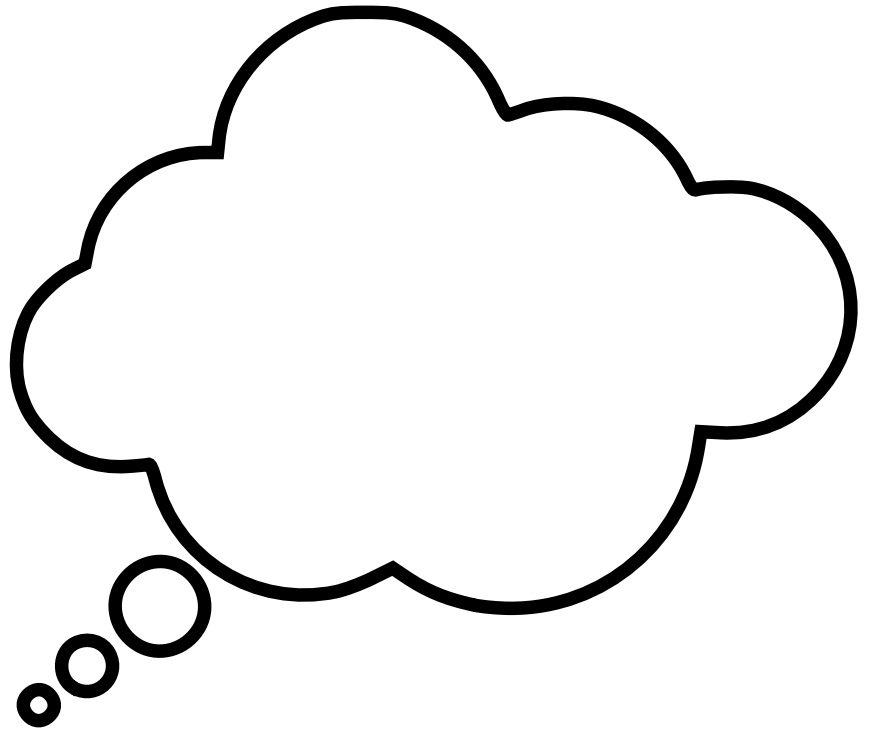
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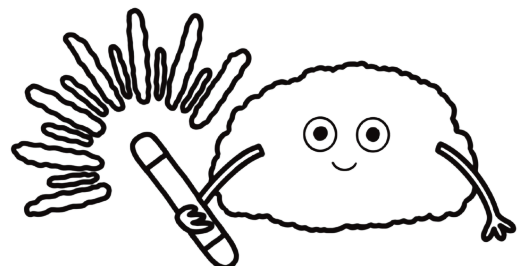


Magic Kindness

Use this page to write down your thoughts and feelings.
What has made you smile today?



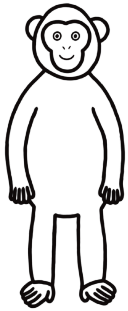
What did you do to make
someone else smile?



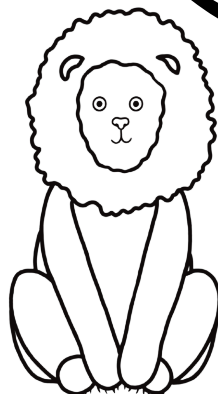
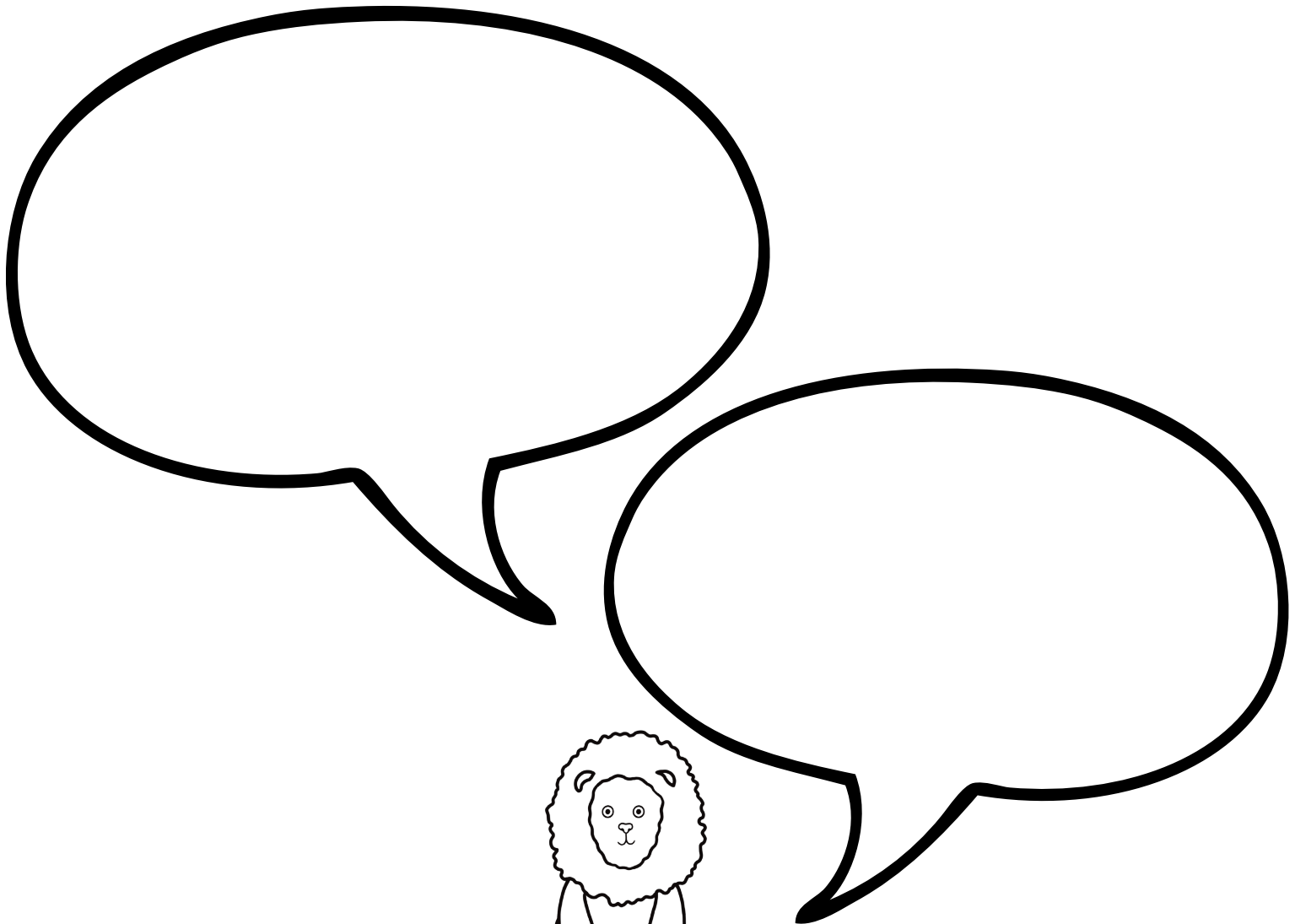
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Magic Kindness



If your monkey voice said "I can't do this!"
What could your lion voice say instead?



Which voice will you listen to?