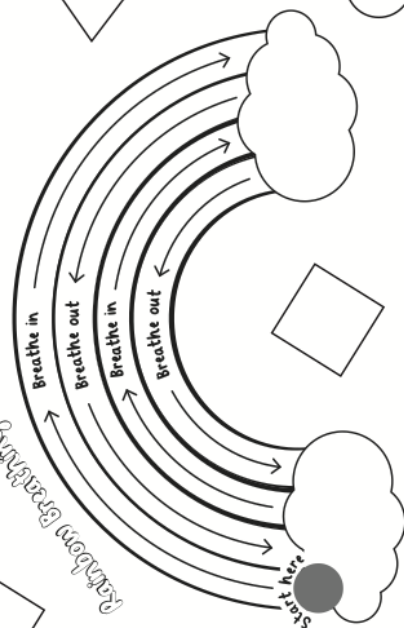


Unwind the Mind

Rainbow Breathing



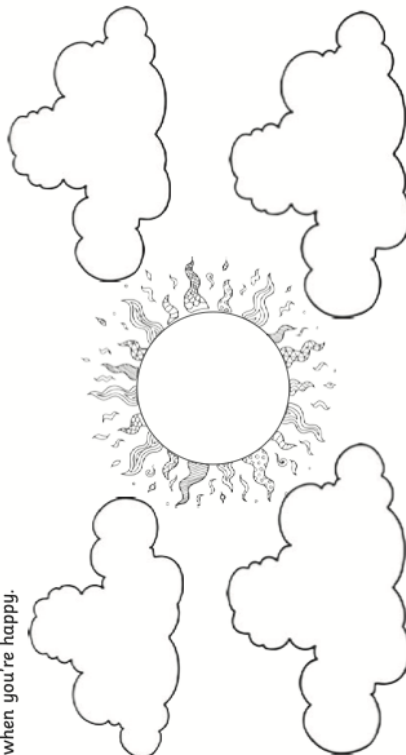
Shape Art

Get creative and turn each circle, triangle and square on the page into a different design. An example has been done for you.



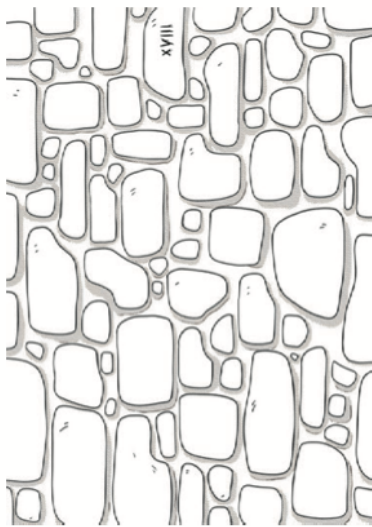
I Am Happy When...

Draw a picture of something that makes you happy in each cloud. As you draw, feel yourself floating with the clouds, happy and relaxed. In the sun, draw a picture of you when you're happy.



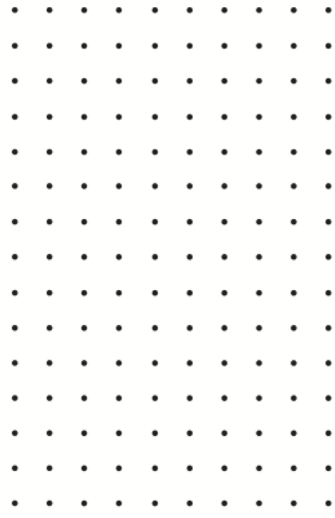
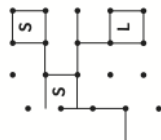
Build Me Up

Think about the things you are proud of, your strengths or things that are going well in your life. Add each to a different brick on the brick wall.



Boxes Game

This is a fun game to play with a friend! Take it in turns at joining two dots together (vertically or horizontally) to make the side of a square (a box). When you make a box with a line, write your initials in it and take another turn. The person with the most boxes at the end of the game is the winner.



"Promise me you'll remember, you are BRAVER than you believe, STRONGER than you seem, SMARTER than you think"

-Christopher Robin