

It's good to feel GOOD!



Are you ready for 2 weeks of fun?



WEEK 1 :

DAY 1 Breathe in until your tummy feels nice and full. Now blow the air out slowly like a whale.



DAY 2 Say something nice to a person in your class today.



DAY 3 Think of someone you like. Imagine sending them a kind wish.



DAY 4 Brush your teeth slowly and carefully tonight.



DAY 5 Be silent on your way to school this morning. Look at what's around you.



DAY 6 Say "thank you" for 3 things that you are grateful for tonight before bed.



DAY 7 Remember what you did today. Think of what you liked about the day.



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WEEK 2 :

DAY 8 Look in a mirror and say something kind to yourself.



DAY 9 Choose your favourite colour. Which things around you are this colour?



DAY 10 Play with someone at school who is on his or her own.



DAY 11 Eat a piece of fresh fruit slowly. What can you taste and smell?



DAY 12 Thank your teacher at the end of class today.



DAY 13 Picture where you feel safe and calm. Imagine yourself being there and smile.



DAY 14 Close your eyes and listen to your breathing for a minute.



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