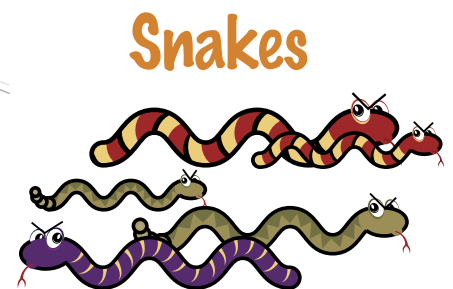
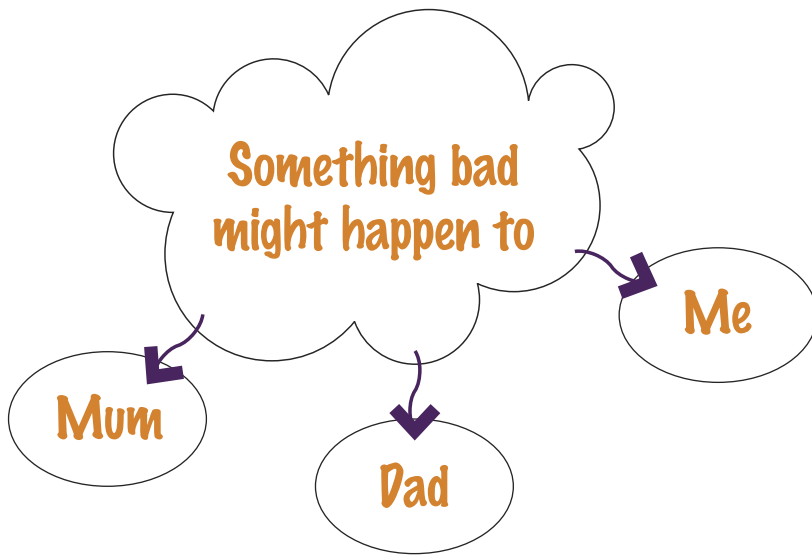


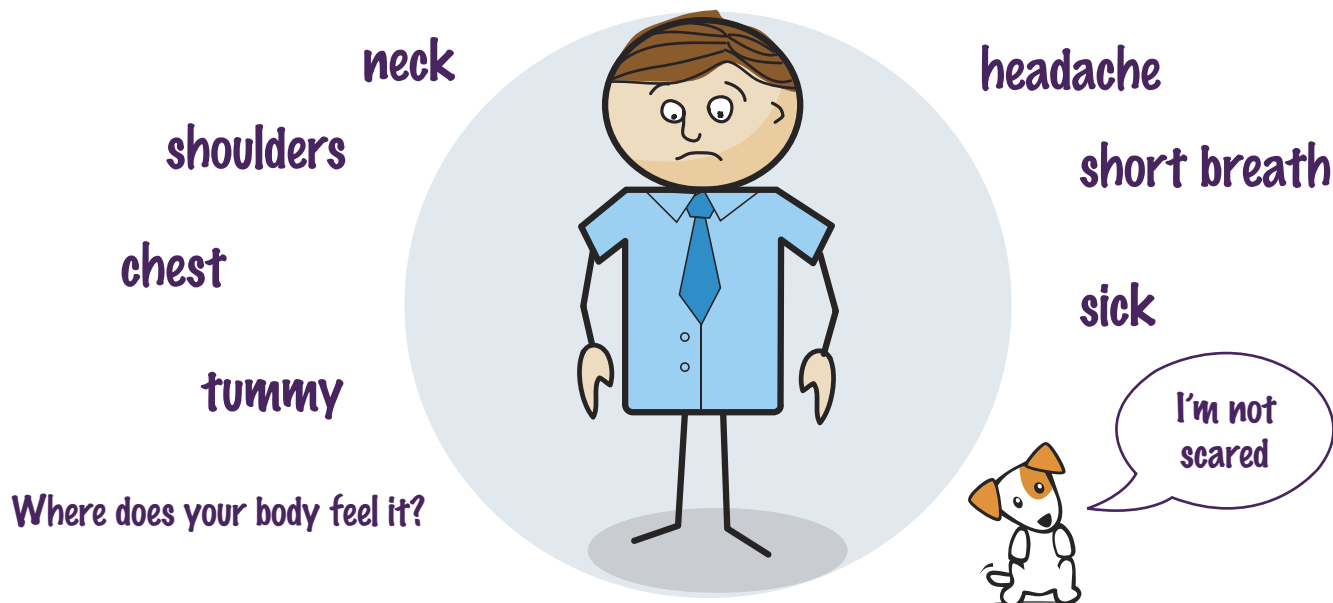
The Scariest Thing



or something else?????

Early warning signs

When we get upset or scared, we feel it in our bodies...



Hold out your hands to show how big your sore tummy/headache is
Use a ruler to measure it cms

Well that's lucky because...

...when our bodies remind us about **The Scary Things** we can remember to use our tricks on the scary thoughts and feelings! So, we should thank our bodies for telling us we are upset...

...then take a deep breath and tell our bodies to



WE are on the job!

Close your eyes and imagine a safe place... while tapping your early warning spot.

Count your breath and make it equal in and equal out

...create the feeling of relaxation...

How do you like to relax?

.....

.....



Helpful thoughts

Our thoughts can help us feel good but they can also make us feel bad and then we don't do as well...

 Is this a helpful thought? Circle Yes or No










Thought	Feeling	Helpful?
"Something bad might happen"	scared	yes / no
"Even if I make a mistake I will try"	brave	yes / no
"I want to stop trying"	tired	yes / no
"I don't want to do it"	stubborn/scared	yes / no
"I can try to do this"	strong/confident	yes / no
"It's too hard"	hopeless	yes / no
"I'll do my best"	brave	yes / no
"I will try again"	confident	yes / no

 **Your turn**

Catch your unhelpful thoughts and make them helpful

Unhelpful

Helpful

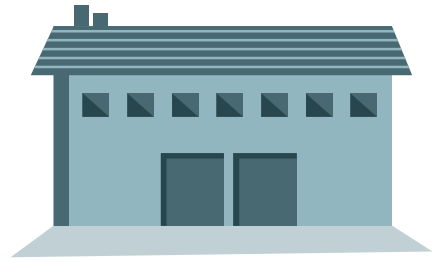
Bag of Tricks and Spells



Me	The Scary Thing
<p>Tricks</p> <ul style="list-style-type: none"> • take a deep breath - think relax • drink water • imagine my safe place • imagine thoughts floating away • tap my warning spot • count my breaths • find my friends • talk to mum/dad/ teacher/counsellor • boss the worries • count the good things • solve the problem, how?... • don't give in • • 	<p>Tricks</p> <ul style="list-style-type: none"> • sore tummy • tight chest • fast heart • headache • feel sick • nervous • cling to mum/dad • panic • forget to breathe • stay at home • worry about things • •
<p>Good Spells/helpful thoughts</p> <ul style="list-style-type: none"> • "I will do my best" • "I have won this battle before" • "I believe in myself" • "Am I really in danger?" • • • • • • 	<p>Bad Spells/unhelpful thoughts</p> <ul style="list-style-type: none"> • "Bad things will happen" • "You are not safe" • "Forget the good things" • "Forget your friends" • "You can't do it" • • • • •

My plan for going to school

1. Go to school every day
– even when I don't want to go



2. Get dressed quickly – beat the scary feelings

3. Remember my BAG OF TRICKS AND SPELLS

4. Find my friends when I get to school

5. Play with my friends



Who?

.....

.....

6. Catch any scary thoughts – make them helpful



7. Relax – remember my safe place
– breath evenly



8. Fill in my chart for a reward

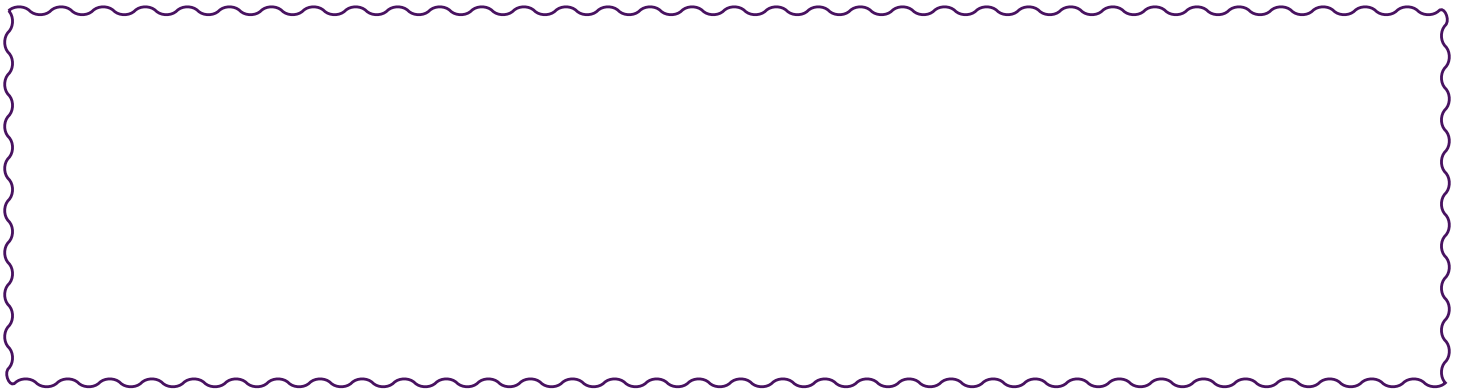




My plan

Draw you and The Scary Things

or draw your rewards if you like...



Tick each day you trick 'The Scary Things'. Measure your feeling and write it in each day.

Monday	Tuesday	Wednesday	Thursday	Friday
CMS	CMS	CMS	CMS	CMS
CMS	CMS	CMS	CMS	CMS
CMS	CMS	CMS	CMS	CMS

Rewards

For tricking 'The Scary Things' and for being brave

(Talk to Mum/Dad/Teacher about Rewards)

2 ticks

5 ticks

8 ticks

10 ticks

13 ticks

15 ticks



Problem solving page

Step 1 – Define the problem

What is the problem?

.....

.....

How do you feel?

.....

.....

What are you afraid of / worried about?

.....

.....

What do you need?

.....

.....

Step 2 – Brainstorm

Think of all the ideas that might solve this problem without saying if it is a good idea or not.

	Step 3
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no

Step 3 – Evaluate

Look at each brainstorm idea and ask: 'Is this a fair idea?', 'Can this be done?', 'Does this idea meet everyone's needs?'. Circle yes / no

Step 4 – Make a plan

Use these ideas as a plan. Write down who you need to help you. Try your plan for 3 weeks. See if it works. If it does, celebrate - if not, work out a new plan.