



A special book for you to keep & enjoy

This book belongs to

.....

This book was developed for you by
The Statewide Children's Resource Program Coordinators.

We hope you enjoy it.

Illustration by Toby De Lorenzo

“Today you are you,
that is truer than true.
There is no one alive who is
Youer than You.”

— Dr. Seuss

Remember – You are special. Your feelings are yours. It is ok to talk about them to someone.

A Child's Rights

1. Be treated fairly
no matter what

2. Have a say
about decisions
affecting you

3. Live and grow
up healthy

4. Have people
that do what is
best for you

5. Know who you
are and where
you come from

6. Believe what
you want

7. Privacy

8. Find out
information &
express yourself

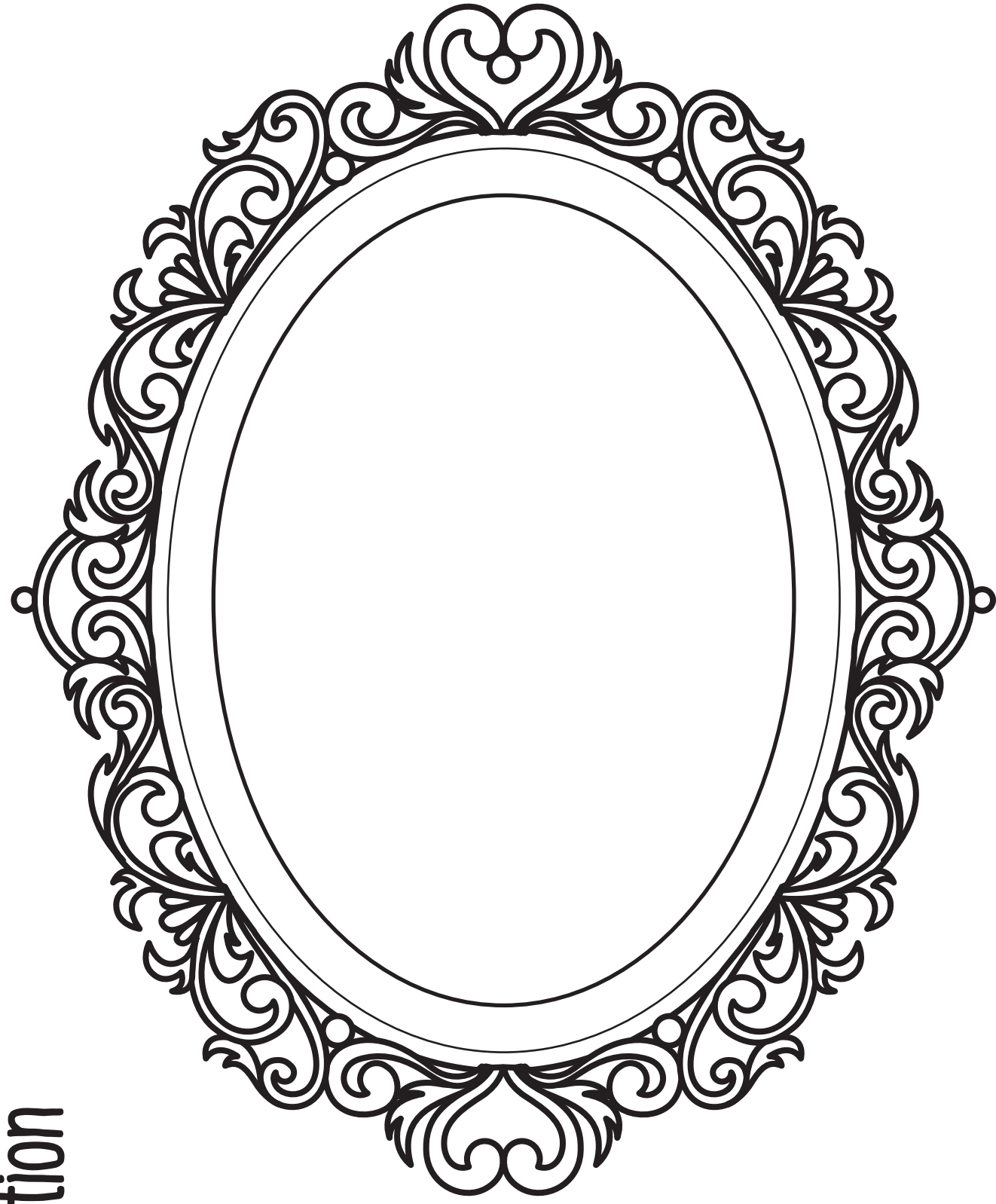
9. Be safe no
matter where
you are

10. Be cared for
and have a
home

11. Education, play
and cultural
activities

12. Help and
protection if
you need it

Reflection



Calm Down Ideas

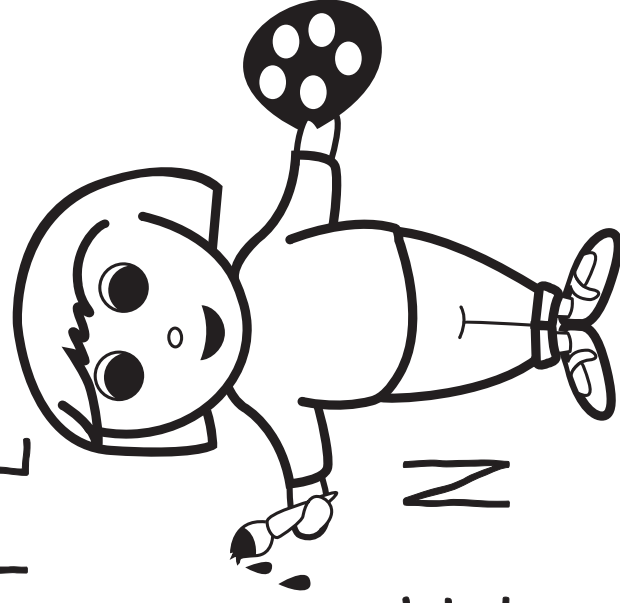
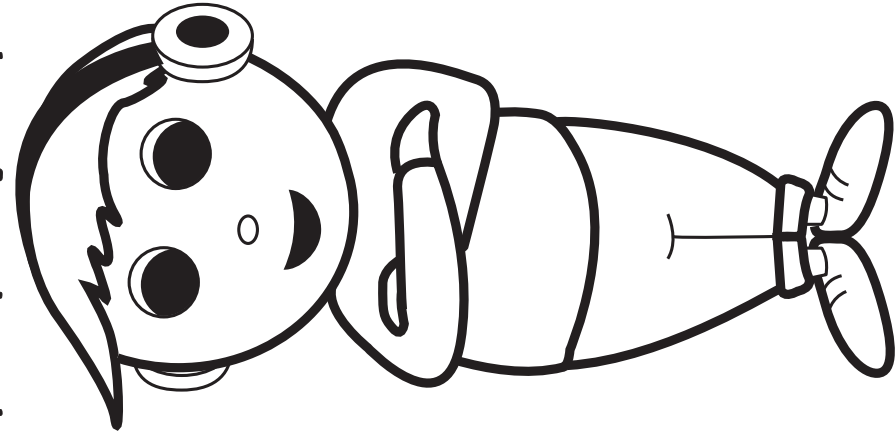
B R E A T H E

A C T I V I T I E S

L I S T E N

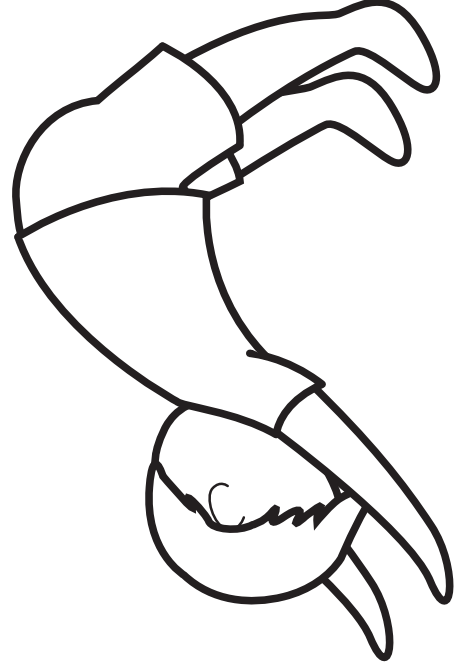
P R A C T I S E

E X E R C I S E



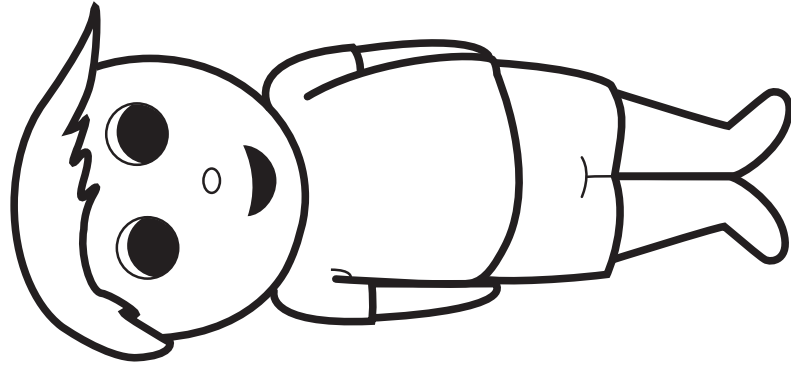
Yoga

Yoga has been practiced for many years to help people calm down, and concentrate. Follow these simple exercises to help you feel calm.



Downward Dog

1. Kneel on all fours
2. Breathe deeply. Push up on your hand and toes so you form an upside down 'V'.
3. Hold for as long as you can or 2-4 mins
4. Return down to your knees



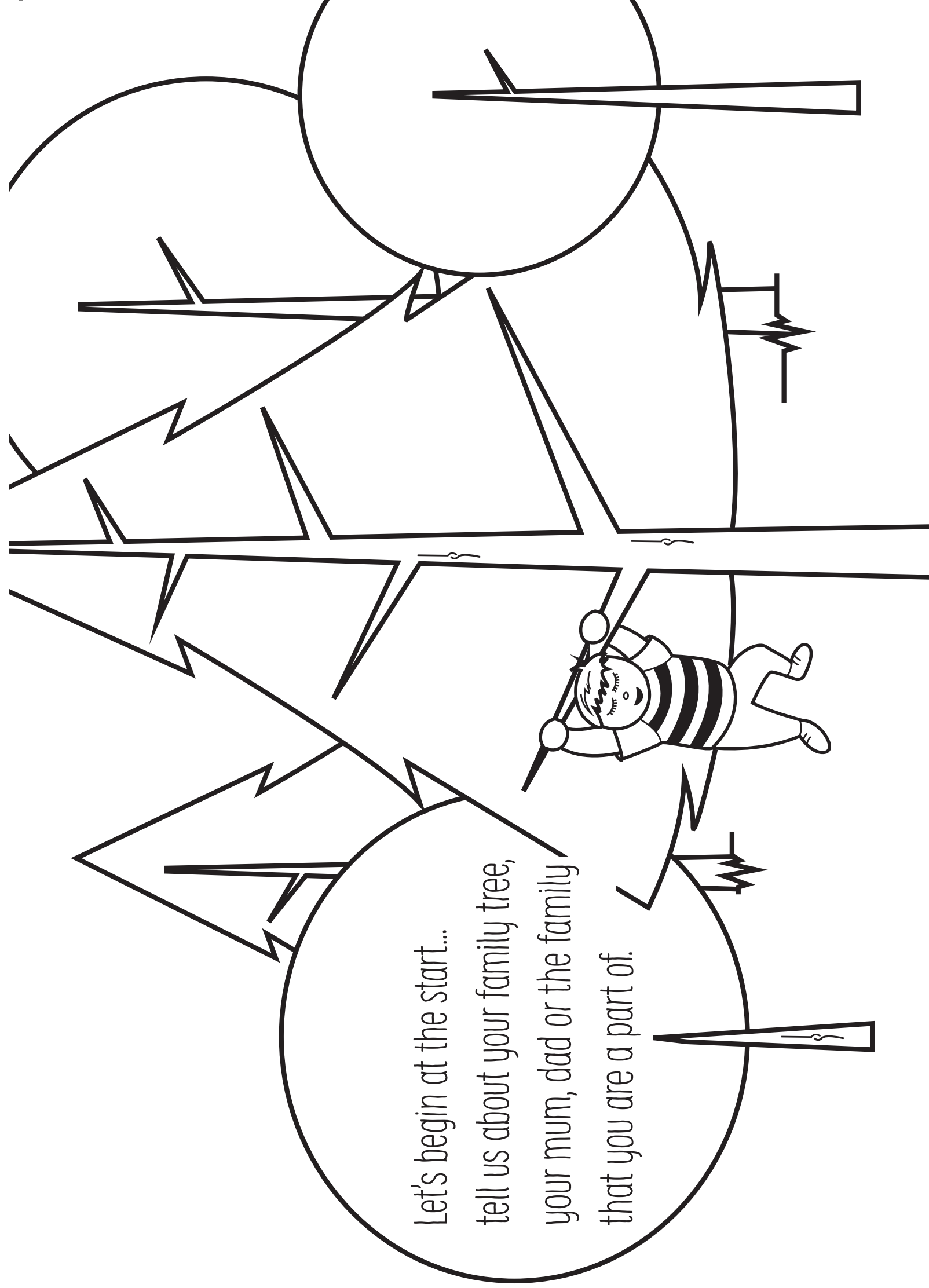
Mountain Pose

1. Stand up straight
2. Move your weight from heels to toes
3. Roll your shoulders backwards 5 times and then forwards 5 times



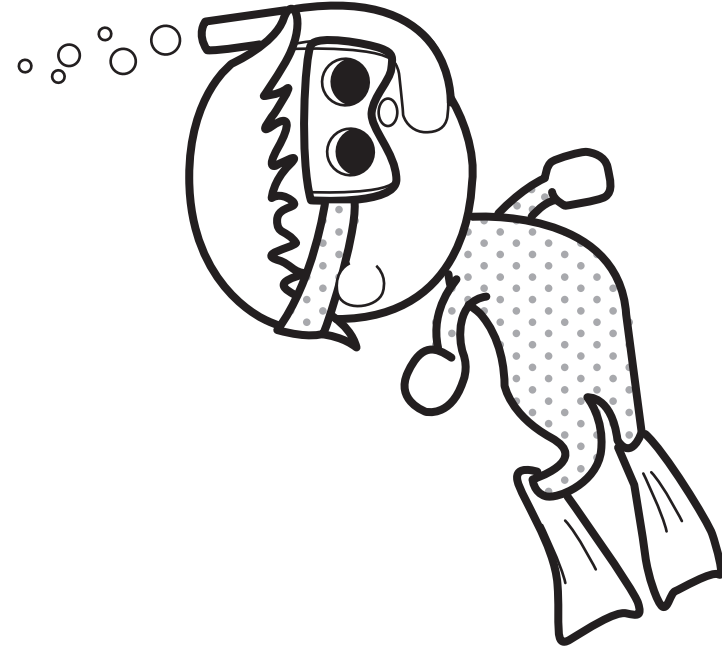
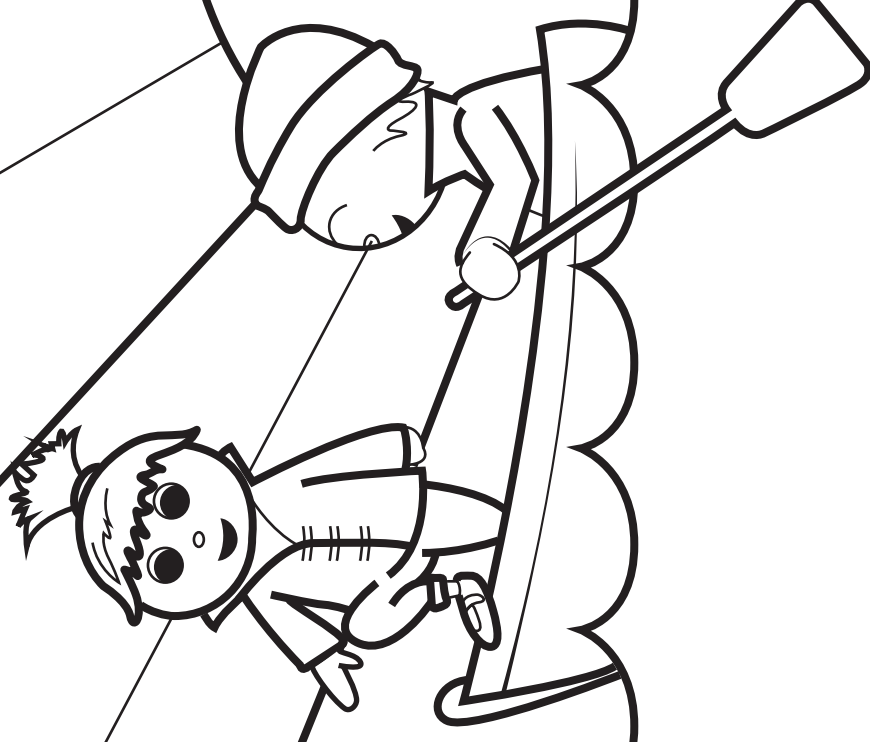
Childs Pose

1. Kneel on all fours
2. Lower yourself to the floor resting your bottom and forehead on the floor.
3. Rest.

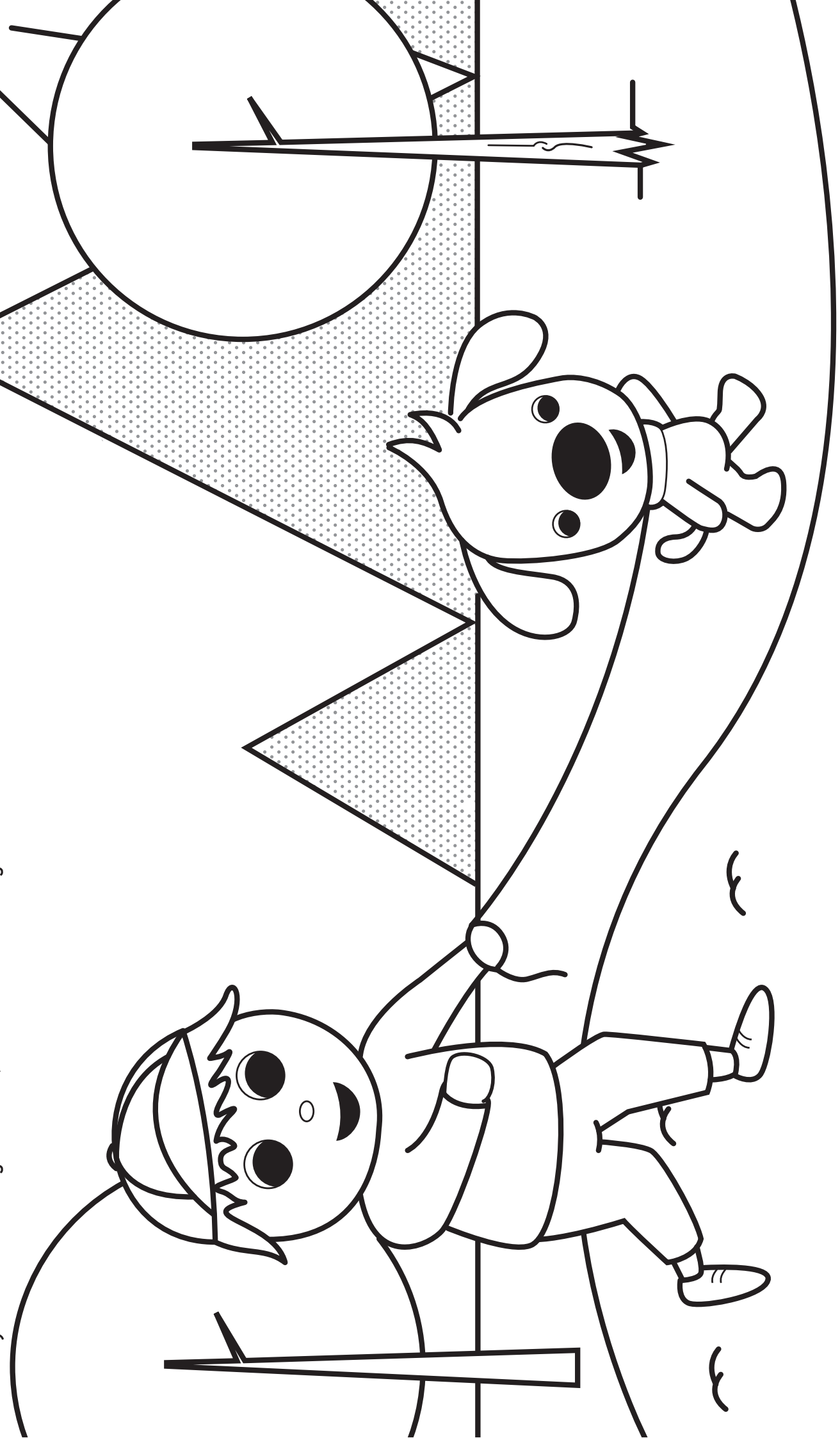


Tell us about your favourite memories.

Draw the things inside your memory chest.



One step, two step, walk or run, any sort of exercise is fun.
If you're feeling down, the best thing to do is exercise in the sun.



I am Feeling

I am

happy

embarrassed

amused

I am

sad

ashamed

proud

I am

shy

silly

disgusted

I am

hopeful

serious

confident

I am

upset

bored

lucky

I am

excited

lonely

hopeful

I am

confused

hungry

I am

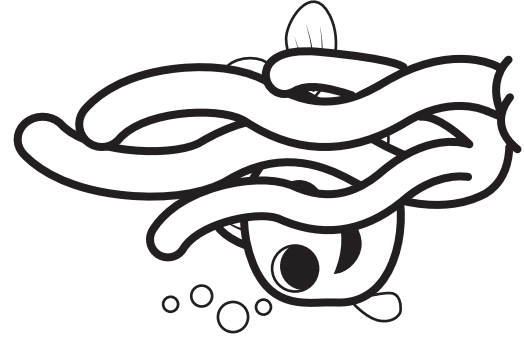
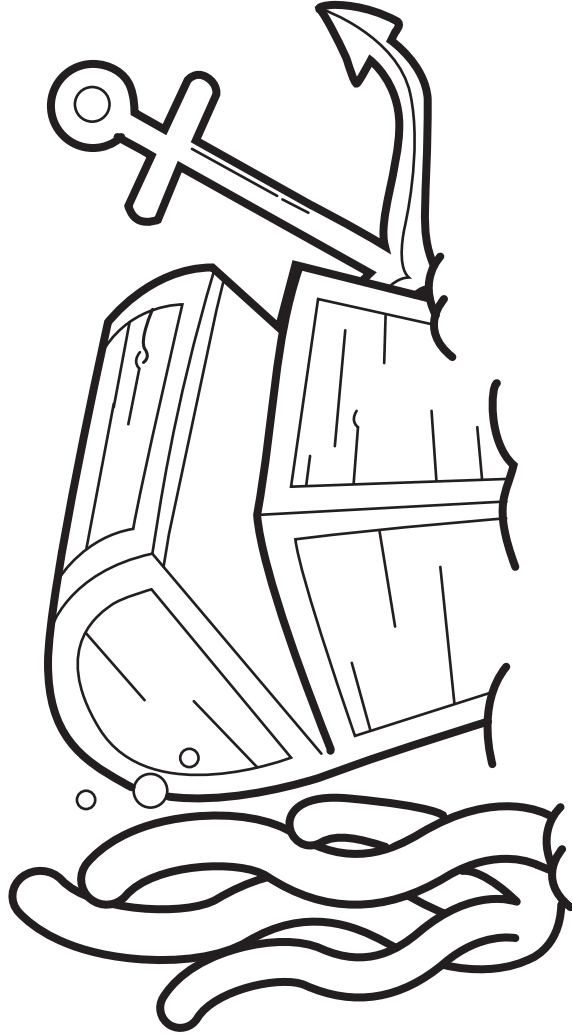
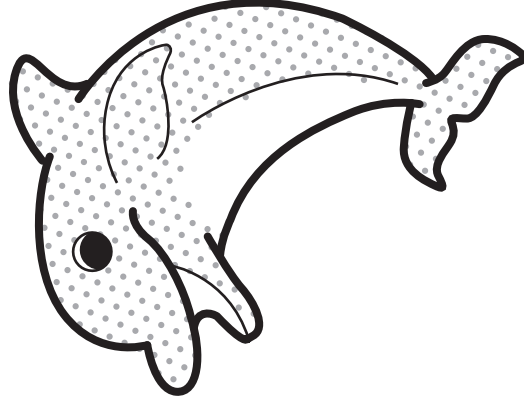
scared

energetic

I am

mad

surprised



My school day!

My name is I go to and

I am in grade At school I like to learn about

and don't really like

My friends are and at playtime we like to

.....

When school is finished picks me up or I

At home I and then I

Drawing is a great way to express yourself, your ideas, your feelings, anything really.

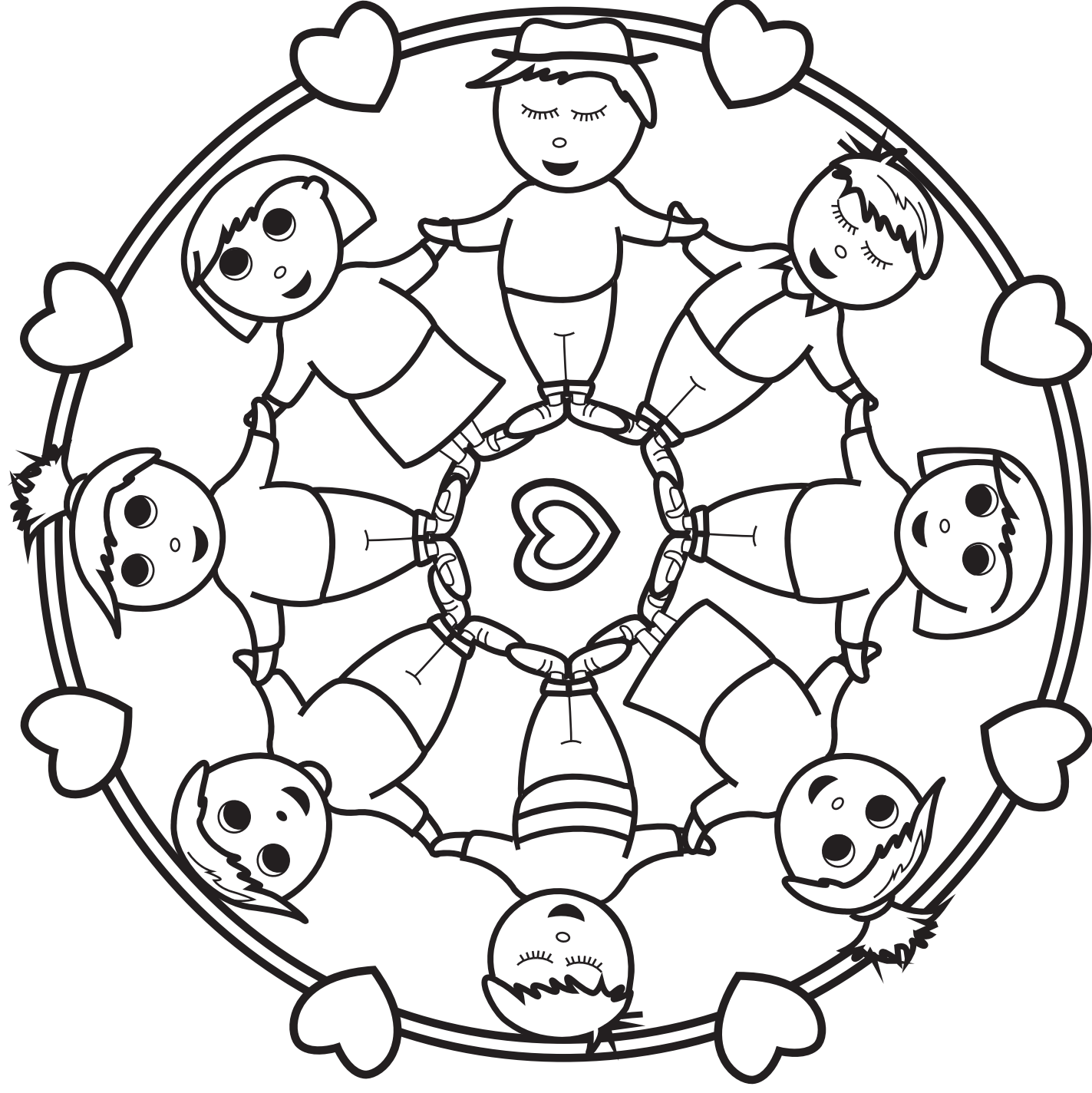
Mandala

A mandala is a symbol that was first found in India.

They are a diagram or pattern often made up of geometrical shapes that are in symmetry.

Mandalas are used to help meditate and calm down your mind.

Take some time to meditate and colour in this mandala



My special ideas!



I am excited about

.....
.....
.....

My other thoughts

.....
.....
.....
.....
.....

I want adults to know

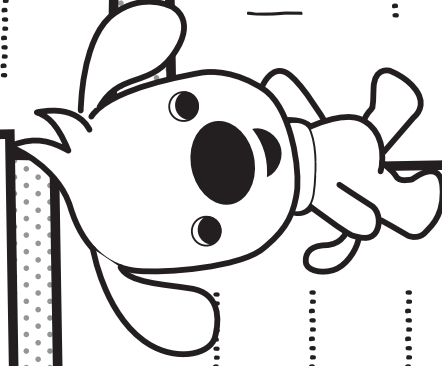
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I miss

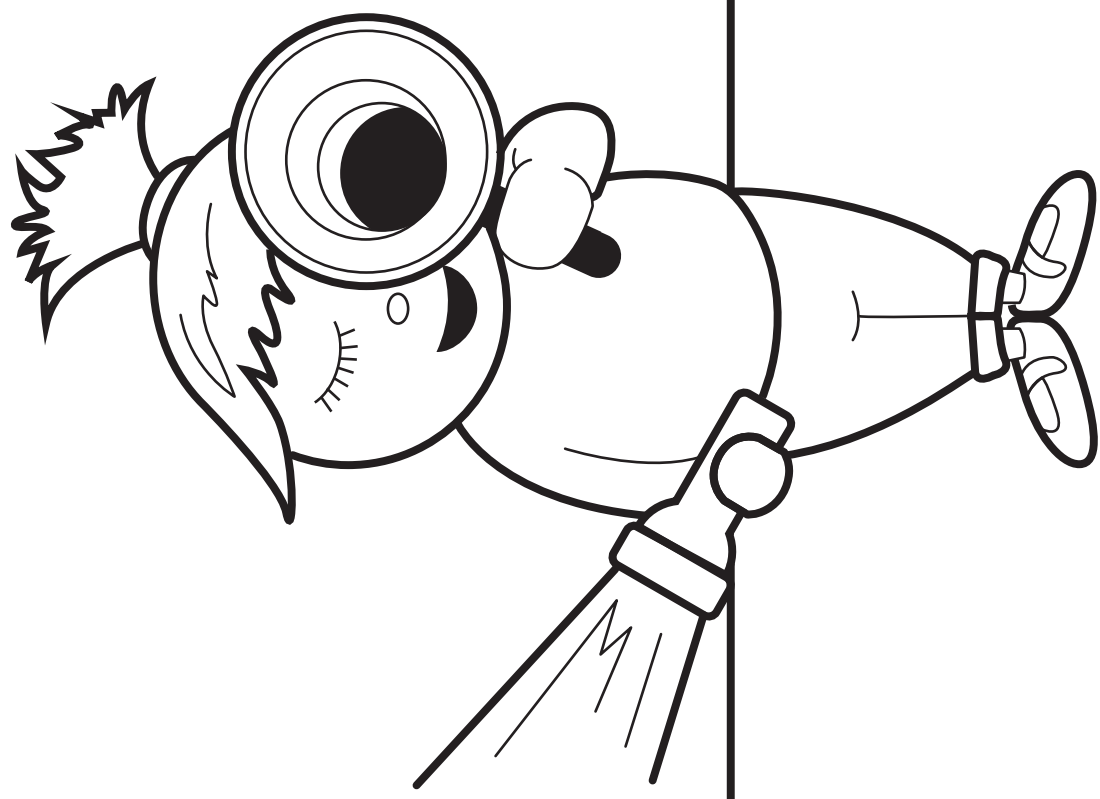
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I don't like

.....
.....
.....



I H A V E T H E R I G H T E L T H E A F F E C T I O N
O M F E E L Z K B I W I G C E F I J X D V G
L R A Y T H E L P M L I N U X G V O Q J C
B A C Y T B O Y P G C E I N H U X D V O Q J C
O W T Y B I W H M H J Q C J J C
P O H E L P C E F F L T Y S A G Z J J C
J J E P Y V Z F L A Y S A G Z J J C
F L L G C E F F L A Y S A G Z J J C
T A P C E F F L A Y S A G Z J J C
I R M E F F L A Y S A G Z J J C
Z S L I F F L A Y S A G Z J J C
O A N J X D D G Z J J C
N H U X D D G Z J J C
U E X D D G Z J J C
F S G V O Q J J C



FAMILY

FUN

HELP

HOME

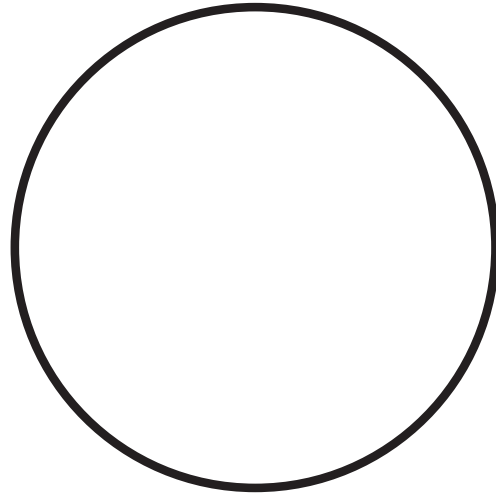
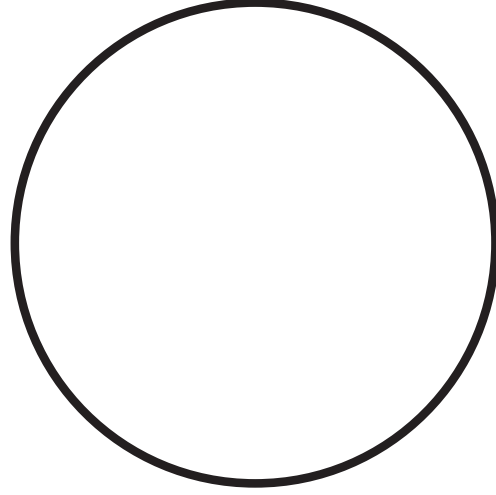
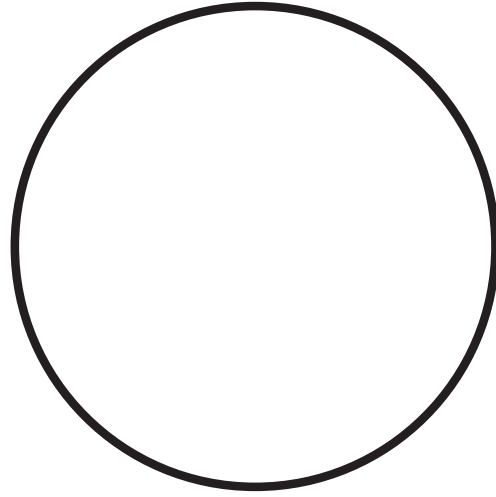
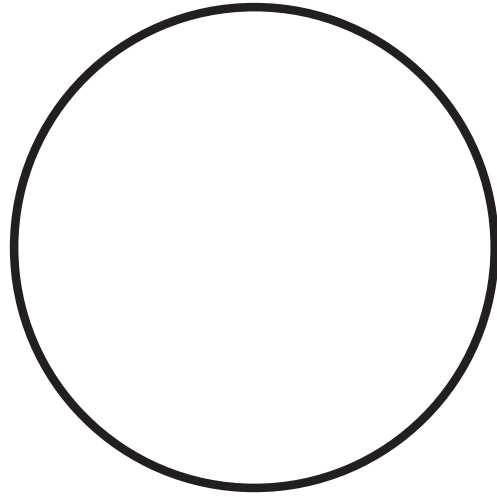
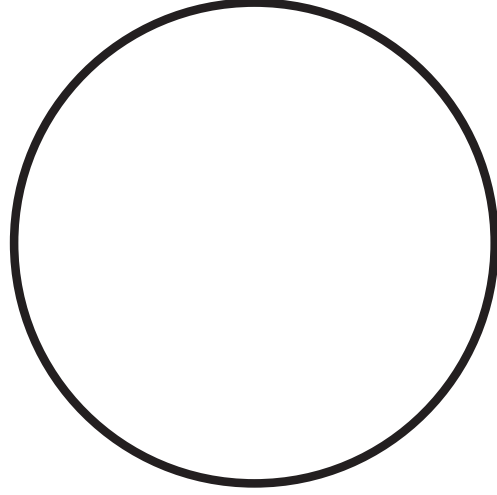
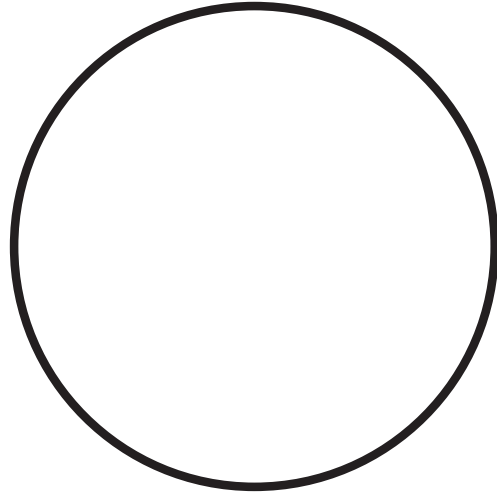
LOVE

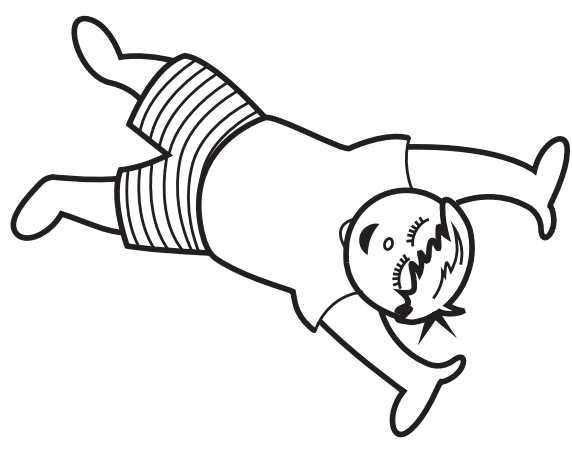
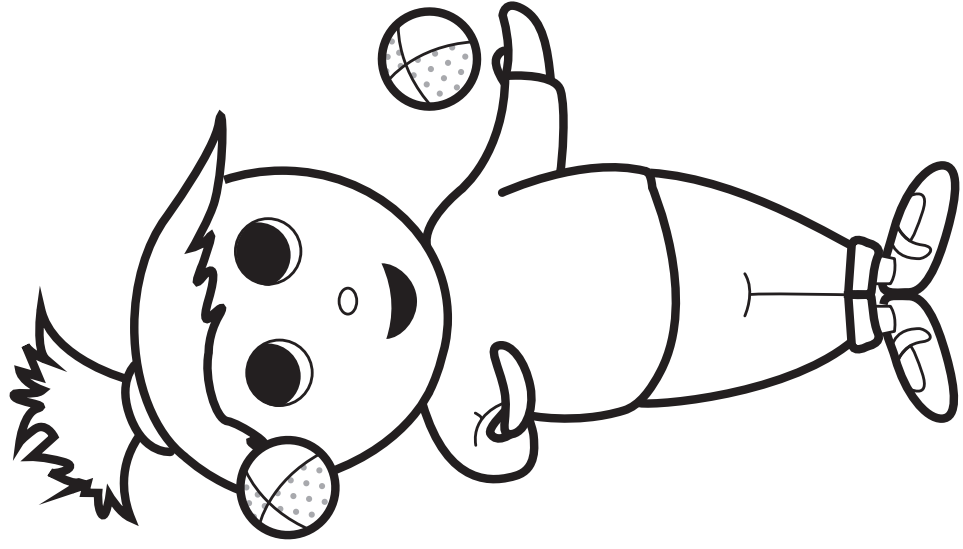
PLAY

SAFE

WARM

Feelings are funny things, sometimes we're happy and sometimes we're sad.
Take some time each day to draw how you're feeling.





Everyone is unique. Each of us have a special talent,

The one thing **I CAN DO** that others can't is

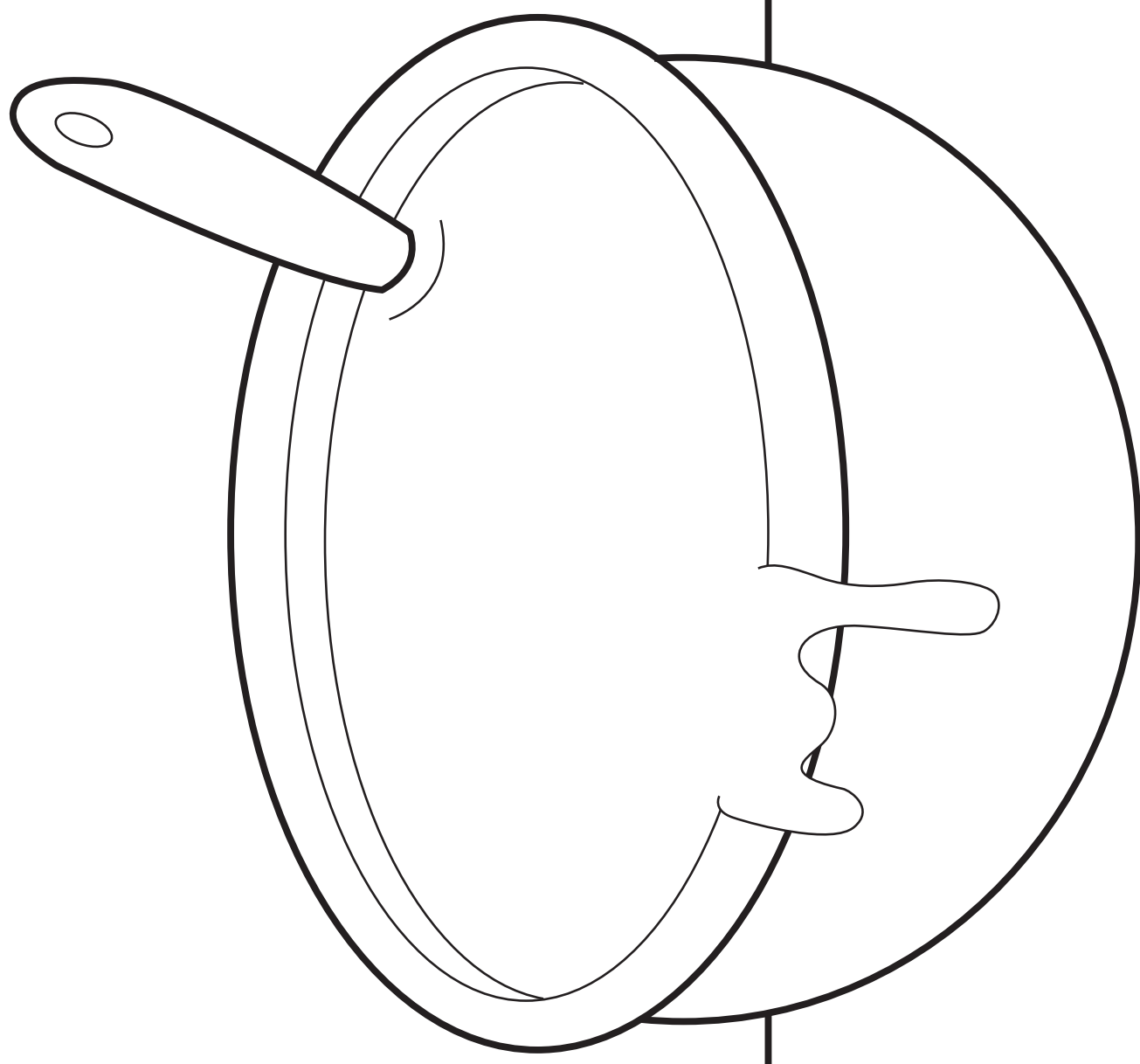
Worry Stew Recipe

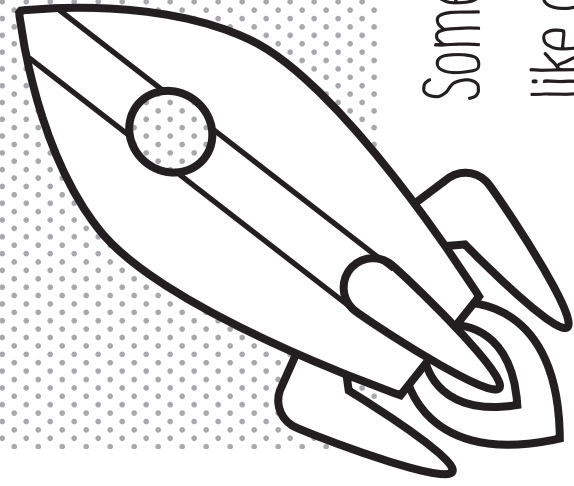
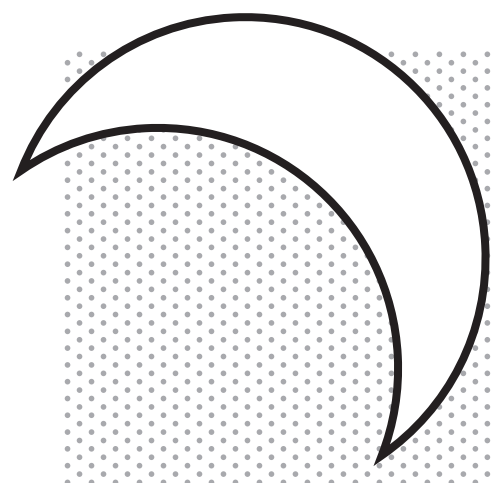
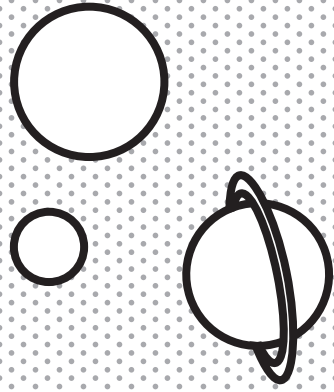
HOW TO MAKE WORRY STEW

Take some time for your worry stew,

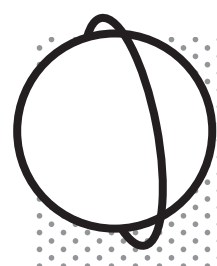
Draw or write in the pot with everything that worries you.

There will always be worry, all you can do is take one little bite each time.





Sometimes you need to go to a special place, or it's someone you trust,
like a friend. Write or draw what makes you feel safe.



There are people we look up to, important ones we can trust.

Trace around your hand and write down five people you can trust.