

Bounty



&

Soul

Hard Times

Helper

Name:

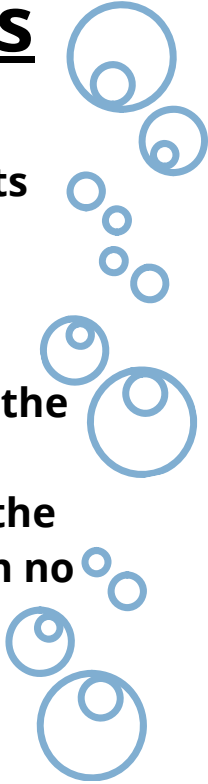
In space things float and move slow. Think about how weird it would feel to float around in space!

Start at any "Breathe in" part of the star placing a finger there and trace to "Breathe Out". Here breathe out and then trace your finger to hold your breath at the point. Keep moving your finger around the star and doing this until you have gone around the entire star. Imagine you are an astronaut floating around in outer space as you do this.



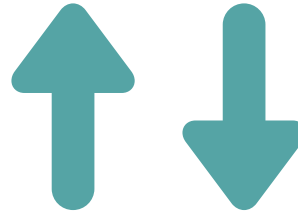
Blow Away the Worry Bubbles

1. Get your bubbles
2. Think about what upsets you
3. Blow your worry into a bubble
4. Imagine the worry is in the bubble as it drifts away
5. When the bubble pops the worry is broken and can no longer bother you.
6. Keep blowing worry bubbles until you feel better :-)



When I feel _____,

I can take a stuffed animal and place it on my belly. Then taking deep breaths I can try and move the stuffed animal up and down with my belly.



When I feel _____,
I can talk to _____.

Three things that help me feel better when I am not happy are...

- 1.
- 2.
- 3.

What to do when I do not feel happy:

- Squeeze something
- Stretch/ Dance around
- Go on a walk
- Write in a journal
- Draw
- Color
- Read
- Write a story
- Talk to someone
- Make up your own game