

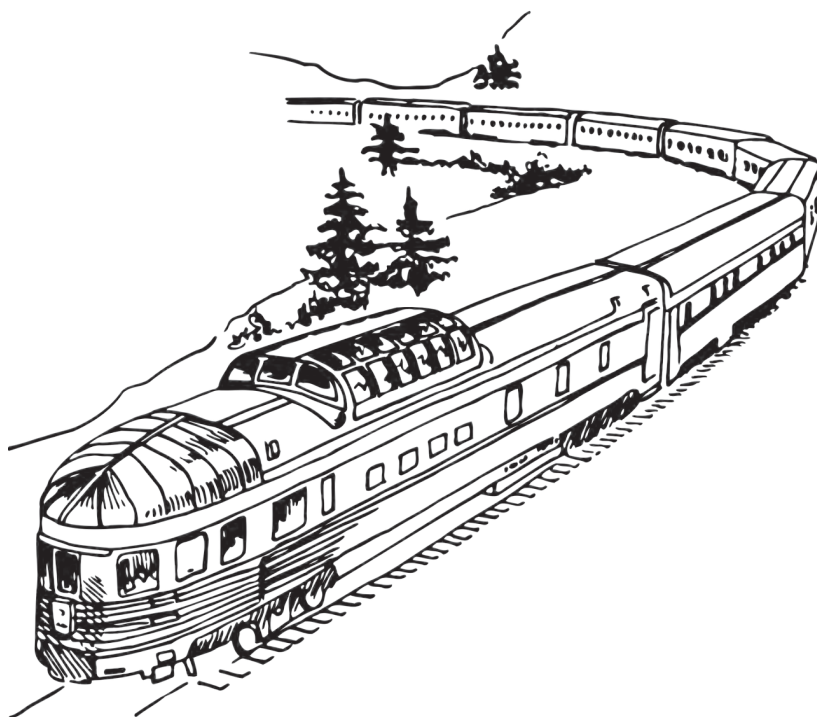
Respect the Brain

What do you think would happen if we told our brain positive things about ourselves?

Reframing: Think about the negative words you have used to describe yourself and create new and positive words.

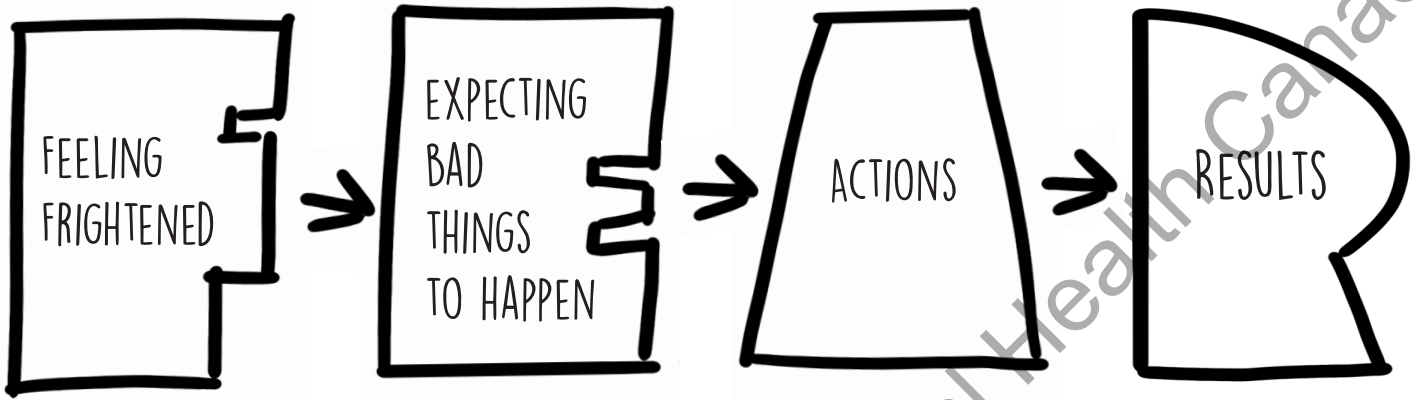
Do you remember the story about the little train that said, "I think I can"?

What was the message in the story?



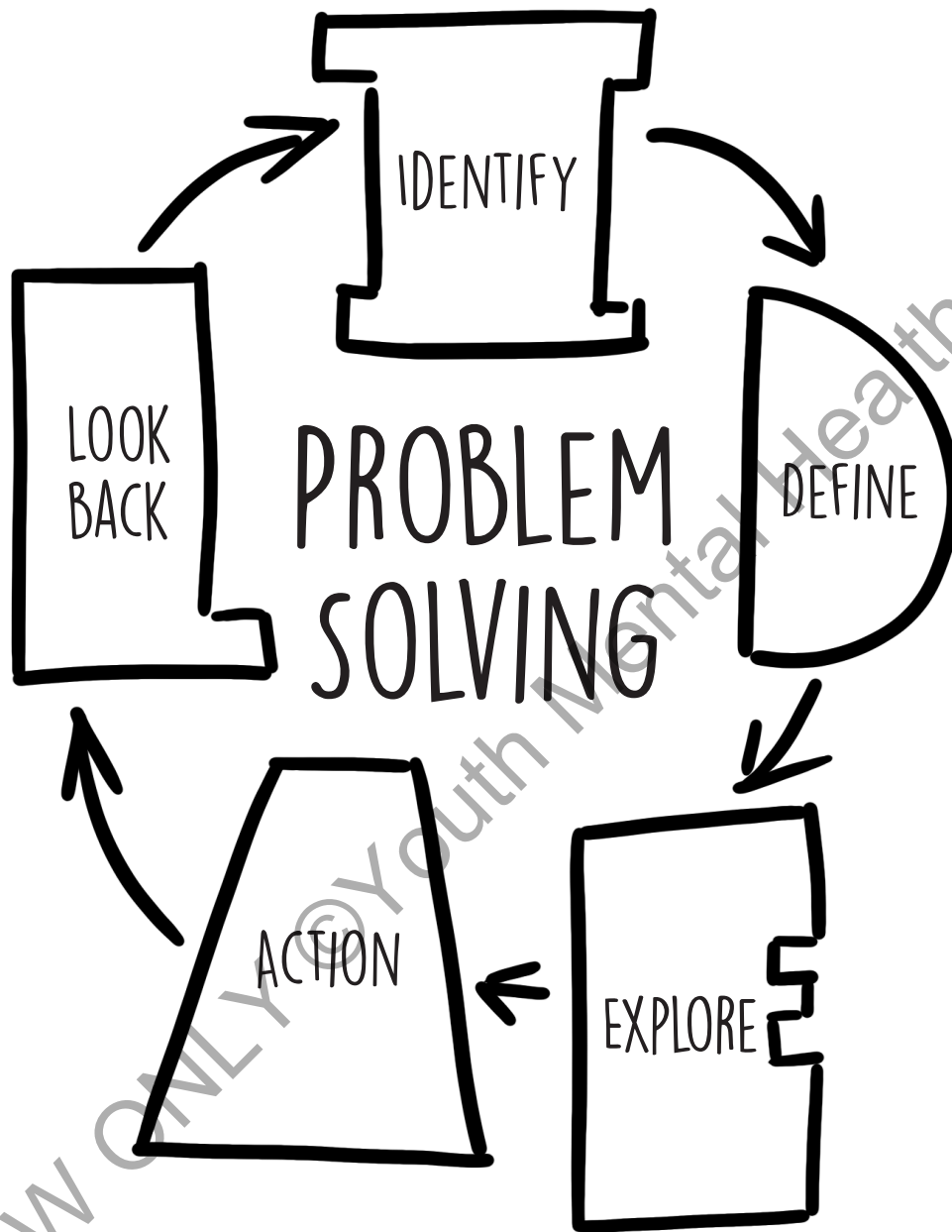
Fear

Think of situations and go through FEAR to deal with them.



Situation		
Thoughts	Feelings	Actions
Rewards and results from reframing		

The I-D-E-A-L problem solving model



Think about the I-D-E-A-L problem solving model. Explain each component of the model.

Reading Body Language

How do you know when someone is feeling the following emotions?

Think about where in the body they show their feelings.

	Face	Eyes	Mouth	Body	Gestures
Sad					
Angry					
Happy					
Frustrated					
Confused					
Lonely					
Embarrassed					
Disappointed					

Coping Strategies

Look at the list and check the coping strategies you use.

- Drink tea
- Spend time with a friend
- Go to a religious service
- Call a friend
- Pray/meditate
- Wear comfortable clothing
- Take a bath
- Take a shower
- Get a massage
- Get a manicure
- Read a magazine
- Read a book
- Wash your hair
- Use a coloring book
- Play with play dough
- Take a nap
- Listen to music
- Read a funny book
- Play with a pet
- Do a crossword puzzle
- Write in a journal
- Visit a bookstore
- Go for a walk
- Wash the dishes
- Dance
- Go to a park
- Cook
- Bake
- Knit
- Sew
- Play a sport
- Go swimming
- Go cycling
- Other: _____
- Other: _____
- Other: _____



Building Coping Skills: Breathing Exercises



Deep Belly

Stand/sit with back straight and keep your shoulders and head relaxed as you gaze forward.

- Close your eyes if you feel comfortable doing that. Place your hands with palms out on your knees.
- As you breathe in deeply through your nose, send this breath all the way to your stomach
- Feel your stomach expand. Hold your breath.
- Breathe out. Feel your stomach contract.

Hot Chocolate

Stand/sit with back straight and keep your shoulders and head relaxed as you gaze forward.

- Place your hands together as if there is a cup of hot chocolate between them.
- As you breathe in, pretend to smell the hot chocolate.
- As you breathe out, pretend to blow on the steam.
- Do that again. (Repeat two or three times)

Kindness

Stand/sit with back straight and keep your shoulders and head relaxed as you gaze forward.

- As you breathe in, breathe in kindness. Send this kindness to the centre of your body.
- As you breathe out, breathe out negativity. Send this breath out and away from you.