WORKSHEET 1 OF 17

Before we begin

Settle the group and make it safe to name a feeling out loud.

WARM-UP

Everyone puts a hand on their belly and takes three slow breaths together.

DRAW IT

Draw the weather inside you right now — sunny, cloudy, stormy, or something else.

Today my inside weather is...

One feeling I had that nobody knew about was...

Something that helps me feel okay is...

TRY TOGETHER

Three slow breaths: in through the nose, out through the mouth like blowing a candle.

TALK ABOUT IT

Can two people feel different things in the same room? Is that allowed?

Take home: Ask one grown-up what their inside weather was today.

WORKSHEET 2 OF 17

When I feel small

Notice the part that shrinks, and find size in the body instead of in praise.

WARM-UP

Curl up tiny like a pebble, then grow tall like a tree. Do it twice.

DRAW IT

Draw yourself the size you feel today, and then draw yourself the size you'd like to feel.

I feel small when...

One thing my body did well today was...

Something I can do all by myself is...

TRY TOGETHER

Stand with both feet flat. Feel the floor. Say your own name out loud once.

TALK ABOUT IT

What makes someone big — their size, or something else?

Take home: Notice one moment this week when you felt bigger. Tell someone about it.

WORKSHEET 3 OF 17

Being seen

Practise noticing and being noticed, without performing for it.

WARM-UP

Pair up. Look at each other for five seconds without talking, then swap partners.

DRAW IT

Draw a pair of eyes that you feel safe being seen by.

I feel unseen when...

Someone who really sees me is...

One true thing about my day is...

TRY TOGETHER

Sit tall, soften the shoulders, and look slowly around the room at three things.

TALK ABOUT IT

How can you tell when someone is really listening to you?

Take home: Tell one person one true thing about your day, even a small one.

WORKSHEET 4 OF 17

How friendships start

Rehearse the first sentence, so meeting someone new is less frightening.

WARM-UP

Walk around the room and wave at three people without speaking.

DRAW IT

Draw the moment two friends meet for the very first time.

A good friend is someone who...

The hardest part of meeting someone new is...

A friendly opening line I could use is...

TRY TOGETHER

Practise a friendly hello out loud, twice: once quietly, once with a full voice.

TALK ABOUT IT

What do you want a new friend to know about you?

Take home: Say hello to someone you don't usually talk to.

WORKSHEET 5 OF 17

Caring makes us brave

Connect courage to caring rather than to fearlessness.

WARM-UP

Breathe in for four counts, out for six. Three rounds.

DRAW IT

Draw someone or something you care about enough to be brave for.

I felt braver when...

Someone I look after is...

Being brave does not mean...

TRY TOGETHER

Hand on heart, hand on belly. Notice which one moves more when you breathe.

TALK ABOUT IT

Can you be scared and brave at the same time?

Take home: Do one small kind thing for someone you care about.

WORKSHEET 6 OF 17

The thing that's hard to say

Lower the cost of telling the truth by rehearsing it in a safe order.

WARM-UP

Whisper something silly to your hand, then say it out loud. Notice the difference.

DRAW IT

Draw a box with a lid. Inside it, draw or write something that is hard to say.

Something hard to say out loud is...

A person who is safe to tell is...

What I'm afraid will happen if I say it...

TRY TOGETHER

Hum for five seconds with the mouth closed. Feel the throat buzz.

TALK ABOUT IT

What makes a person safe to tell things to?

Take home: Practise it on a toy first, then a grown-up.

WORKSHEET 7 OF 17

Learning to trust

Make trust concrete: what it looks like, who has earned it, how it grows.

WARM-UP

Stand back to back with a partner and lean gently, holding each other up.

DRAW IT

Draw two creatures doing something together that only works if they trust each other.

I trust someone when they...

It's hard to trust when...

One person I trust is...

TRY TOGETHER

Close your eyes for ten seconds while a partner stands beside you and counts out loud.

TALK ABOUT IT

How does someone earn your trust back after they break it?

Take home: Keep one small promise this week and notice how it feels.

WORKSHEET 8 OF 17

Finding my voice

Give children permission and practice to say the thing they've been holding.

WARM-UP

Say 'hey' three times: as a mouse, as a normal person, as a lion.

DRAW IT

Draw your voice. What colour and shape is it when it's strong?

Something I want to say but usually don't is...

When I speak up, my body feels...

One sentence I'm going to practise is...

TRY TOGETHER

Stand, breathe in, and say one sentence at full volume to the wall.

TALK ABOUT IT

What is the difference between being loud and being heard?

Take home: Say one thing out loud this week that you'd normally keep inside.

WORKSHEET 9 OF 17

Standing strong

Build a felt sense of boundaries — a body 'no' before a spoken one.

WARM-UP

Push your palms against a partner's palms, gently, and hold your ground.

DRAW IT

Draw yourself standing strong. Add what's around you that helps.

Someone pushed me to... and I felt...

My 'no' sounds like...

Something I will not do, even if asked, is...

TRY TOGETHER

Feet wide, knees soft, palms forward. Say 'no thank you' three times.

TALK ABOUT IT

Is saying no unkind? When is it the kindest thing?

Take home: Notice one moment you said yes when you meant no.

WORKSHEET 10 OF 17

The courage to play

Reclaim play as something worth protecting, not something to earn.

WARM-UP

Thirty seconds of silly movement. No rules, no watching.

DRAW IT

Draw the most fun thing you know how to do.

I feel most playful when...

Something that stops me playing is...

A game I'd like to teach someone is...

TRY TOGETHER

Shake out both hands, both feet, then the whole body for ten seconds.

TALK ABOUT IT

Why do grown-ups stop playing? Should they?

Take home: Invite someone to play something you choose.

WORKSHEET 11 OF 17

Waiting well

Turn impatience into something noticeable in the body rather than acted on.

WARM-UP

Sit still and count ten breaths. Notice what wants to move.

DRAW IT

Draw something that takes a long time to grow.

Waiting feels like... in my body

The hardest thing to wait for is...

Something worth waiting for is...

TRY TOGETHER

Press your feet into the floor and count slowly to twenty together.

TALK ABOUT IT

What helps time pass when you have to wait?

Take home: Wait one extra minute before asking for something. See what happens.

WORKSHEET 12 OF 17

When things change

Name what stays the same, so change has something to hold on to.

WARM-UP

Everyone swaps seats once. Notice how the room feels different.

DRAW IT

Draw something that changed for you, and something that stayed the same.

One thing that changed for me is...

The part I didn't like about it was...

One thing that stayed the same is...

TRY TOGETHER

Stretch up, then fold forward slowly. Come up one bone at a time.

TALK ABOUT IT

Can something be sad and good at the same time?

Take home: Ask a grown-up about a change they had to get used to.

WORKSHEET 13 OF 17

Too much at once

Give an overwhelmed nervous system a route back down.

WARM-UP

Everyone finds a spot, sits, and closes their eyes for twenty seconds.

DRAW IT

Draw what 'too much' looks like, then draw what 'quiet' looks like beside it.

It's too much when...

My body tells me by...

The quietest place I know is...

TRY TOGETHER

Name five things you can see, four you can hear, three you can touch.

TALK ABOUT IT

What does the room need when everyone is overwhelmed at once?

Take home: Find one quiet minute today and do nothing in it.

WORKSHEET 14 OF 17

My own light

Let children claim a strength without needing anyone to confirm it.

WARM-UP

Each person says one thing they're good at. No comments allowed.

DRAW IT

Draw your light. What does it shine on?

Something I'm proud of is...

I'm proud of it because...

Something I'd like to be proud of one day is...

TRY TOGETHER

Hands on heart, three breaths, and say quietly: 'this is mine'.

TALK ABOUT IT

Is it bragging to say you're good at something?

Take home: Tell someone at home one thing you're proud of this week.

WORKSHEET 15 OF 17

Slow is allowed

Separate speed from worth, especially for children who are always rushed.

WARM-UP

Walk across the room as slowly as you possibly can.

DRAW IT

Draw a creature who takes their time. What do they notice that fast ones miss?

I feel rushed when...

Something I do better slowly is...

One thing I noticed today because I slowed down...

TRY TOGETHER

Take one full minute to eat, drink, or breathe as slowly as possible.

TALK ABOUT IT

Who decides how fast you should be?

Take home: Do one everyday thing at half speed.

WORKSHEET 16 OF 17

When I feel sad

Let sadness be present without rescuing it away.

WARM-UP

Everyone makes rain with their fingers on the table, soft then loud then soft.

DRAW IT

Draw your sadness as weather. How long does it last?

I feel sad when...

Sadness in my body feels like...

Something that helps a little is...

TRY TOGETHER

Sigh out loud three times, letting the shoulders drop each time.

TALK ABOUT IT

What is the wrong thing to say to a sad person? What's the right thing?

Take home: If someone at home looks sad, sit beside them without fixing it.

WORKSHEET 17 OF 17

Coming home

Close the book by locating safety — inside and outside.

WARM-UP

Everyone names one place they feel safe.

DRAW IT

Draw the place, person, or thing that feels like home to you.

I feel safe when...

Home for me means...

One thing I learned from Gede is...

TRY TOGETHER

Wrap your arms around yourself and take three slow breaths.

TALK ABOUT IT

Can you carry home with you when you leave it?

Take home: Tell someone at home what you learned from the whole story.