WORKSHEET 1 OF 9 · AGES 4–9

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 9 · AGES 4–6

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 9 · AGES 4–6

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 9 · AGES 4–6

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 9 · AGES 4–6

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 6 OF 9 · AGES 4–9

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 7 OF 9 · AGES 4–9

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 8 OF 9 · AGES 4–9

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 9 OF 9 · AGES 4–9

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.