

KoolKIDS

Staying Kool When Learning From Home

SOME TIPS FOR KIDS:)

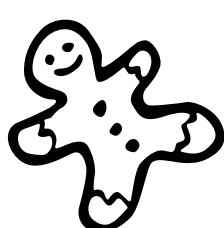
1. Know Yourself

WHAT ARE YOUR STRENGTHS?
WHAT IS IT ABOUT YOU THAT MAKES YOU - AND OTHERS - FEEL GOOD?

Make a poster all about your strengths - the things that help you get through the day, even when it gets tough

2. Our Needs and Emotions

ASK YOURSELF "WHAT AM I FEELING RIGHT NOW?"



Do a quick emotion check... tune in to your body - what do you feel?
If some emotions feel a bit icky, that's ok!
Draw a Gingerbread man and label your feelings with different colours

3. Keeping Calm

KEEPING CALM IS SOMETIMES DIFFICULT BUT CAN BE VERY IMPORTANT

Breathing deeply is very helpful in keeping calm. Try these simple steps:

1. Breathe in deeply and then breathe out slowly- focus on how your breath moves through your body.
2. Start with 5 slow, deep breaths (counting to 4 as you breathe in and as you breathe out) and then try doing 10!
3. Do these exercises whenever you feel a bit worried.

Deep breathing increases oxygen in your bloodstream and helps your body to relax.

Other tips...

Focus on what is going well at the moment - no matter how small

Check your self-talk when you are worried or upset - try to be positive and look for solutions

4. Live Well With Others

LOOK FOR WAYS TO STAY CONNECTED WITH OTHERS...

- AT HOME...
- IN YOUR NEIGHBOURHOOD...
- WITH THOSE FAR AWAY



Ask for your parents permission to connect with a friend or family member by:

- Posting a letter
- Sending an email
- Making a phone or video call

Other ways to make people smile...

- Do chalk messages of hope on your driveway...
- Draw pictures and display them in your windows...
- Offer help to family and neighbours.



These Tips are from our KoolKIDS Program. You can find more information and ideas on our website. Visit <http://www.kool-kids.com.au/>