

YOUTH

Mental Wellbeing



Juniors

Mental Health Support
Downloadable Posters & Resources

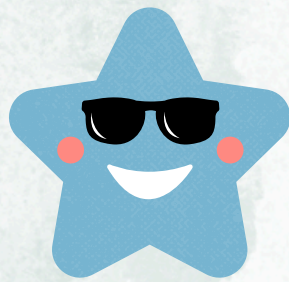


I BELIEVE IN ME

POSITIVE Affirmations



I AM HAPPY



I AM SMART



I AM LOVING



I AM UNIQUE



I AM CALM



I AM STRONG



I LIKE MYSELF

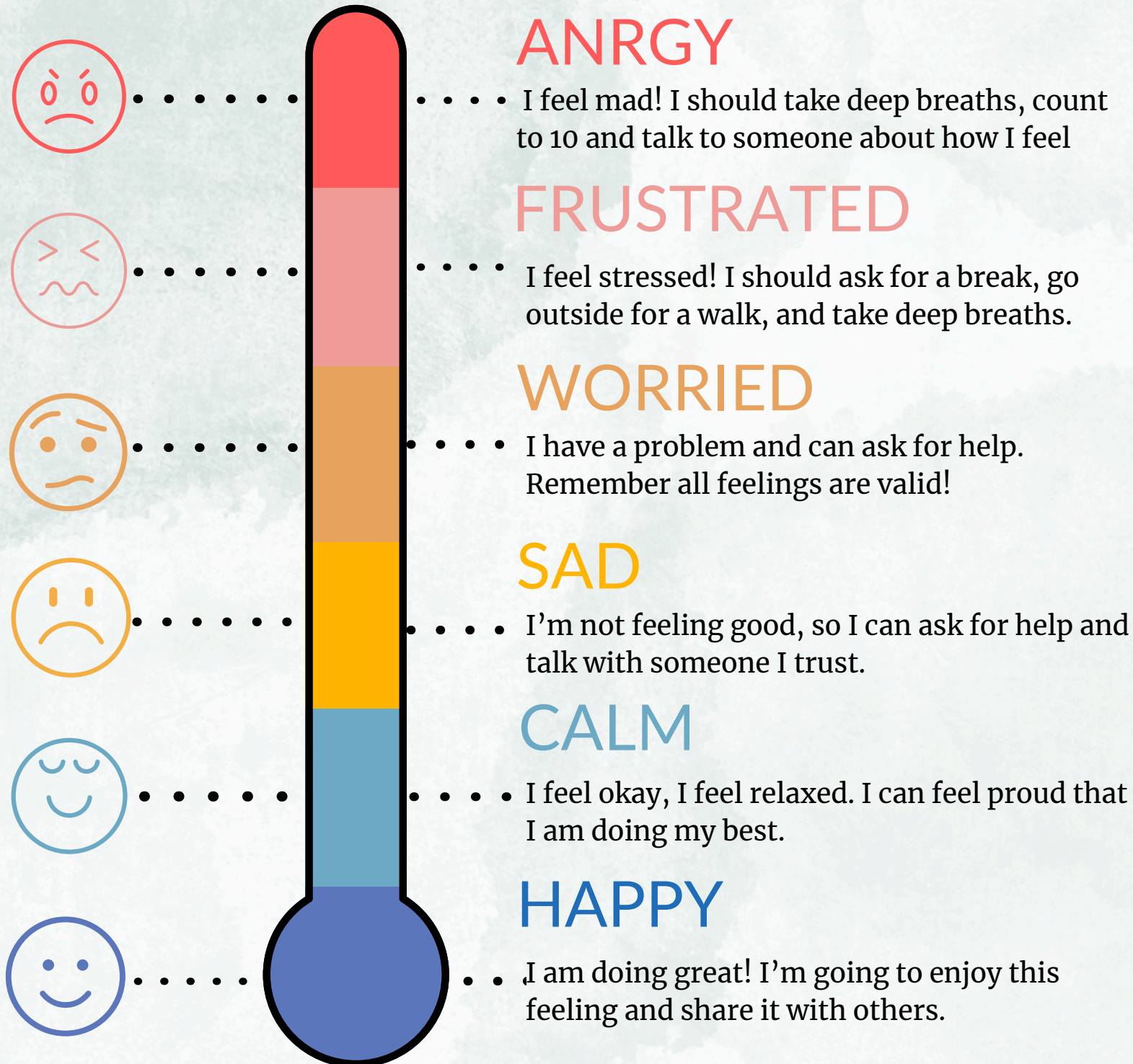


I BELIEVE IN ME



I AM ME

How are you FEELING?



BREATHING Exercises



Bee Breaths

Sit somewhere comfortable. Place a finger on each of your ears and close your eyes. Breathe in through your nose slowly until your belly is full. Hum softly as you breathe out. It sounds like a bee, doesn't it? Repeat as necessary.



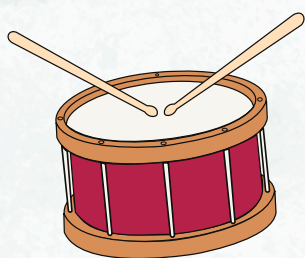
Mermaid Breathing

Close your eyes and imagine you're a mermaid swimming in the sea. Breathe in slowly through your mouth and fill your belly. Blow out slowly through your nose, watching all the bubbles float in the water!



Star Breathing

Slowly trace with your finger each line on the star as you breathe in and out.



Drum Breathing

Imagine your breath is like a marching band, and you are breathing in and breathing out to the beats. Breathe in to the beat, counting to 4. Breathe out to the beat, counting to 4. Repeat as necessary.



Crocodile Breathing

Lie on your stomach. Your belly should push against the ground without you trying. Breathe in through your nose for about 3 seconds. Hold your breath for a moment. Breathe out slowly through your nose for 4-6 seconds.



Bunny Breathing

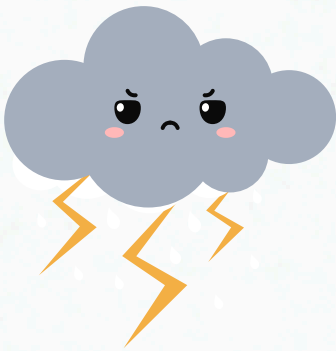
Sit up tall with your back straight and head tilted towards the sky. Sniff 2 times like a bunny would sniff a flower (or a carrot!). Then exhale through your mouth. Repeat as needed.

Size of the Problem



Emergency

I am in danger or hurt.
I need immediate help.



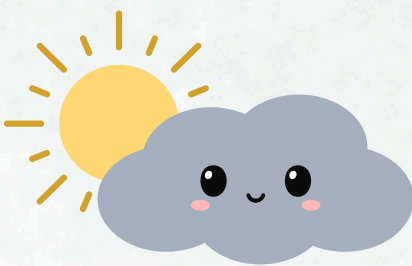
Huge Problem

I am angry.
I feel overwhelmed.



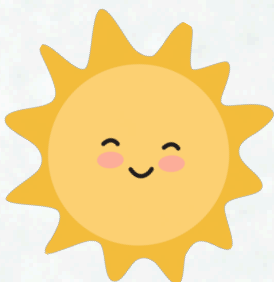
Medium Problem

Something is bothering me.
I feel anxious



Small Problem

I can solve the
problem on my own.

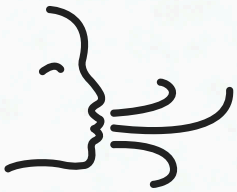


Little Problem

I can solve the problem quickly

Take a mindful

BREAK



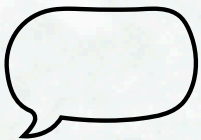
B REATHE

Take 5 deep, slow breaths



R EST

Close your eyes until your mind is clear



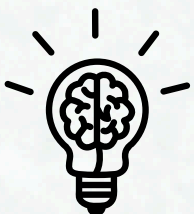
E MPOWERING WORDS

Say 3 nice things about yourself



A BSORB

Check in with your senses, what do you see, feel, hear, smell and taste?



K NOWLEDGE

Stop and think before you act

JUNIOR

STREET SMART SAFETY & WELLBEING

Kindy - Grade 6



**INTRODUCTION TO CPR & FIRST AID AND
HOW TO MANAGE BIG EMOTIONS**

Testimonial
★★★★★

Incredible program! Such a great way to educate children about basic first aid and how to manage emotions. Hands on and entertaining.

Children and educators loved this class and talked about it for days afterwards.

Peta - Assistant Director - Bush Kidz Blacksoil