

BIG LIFE BOOST

PREP - GRADE 2



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Belly Breathing with Annie & Rocco

It is normal to feel strong emotions like anger or frustration. Knowing how to help calm ourselves when we are feeling strong emotions is important, so that we can feel happy and healthy.

Watch Annie and Rocco work through some challenging emotions with Belly Breathing.

To watch scan the QR code or go to:

https://youtu.be/Gj_btw2IHlo

Try practicing belly breathing whilst you're calm so that your body knows what to do when it's feeling strong emotions.



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Kindness Bingo

Cross off each box as you do them.



Clean up your toys	Make someone laugh	Help someone	Say 'I love you'
Leave a thank you note	Give a hug	Draw someone a picture	Let a sibling go first

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Draw a picture of you doing something you are good at.



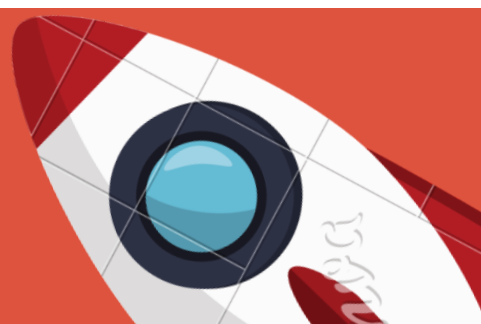
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Play your favourite song & dance-

this will help to give your brain a break & build happy emotions to take you into the rest of your day.



BIG LIFE BOOST PREP-2



Take 2 deep breaths & then focus on 5,4,3,2,1:

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- 5. Name 5 things you can **see**
 - 4. Name 4 things you can **feel**
 - 3. Name 3 things you can **hear**
 - 2. Name 2 things you can **smell**
 - 1. Name 1 thing you can **taste**.

Feeling strong emotions like worry, sadness or frustration is normal. A way that we can calm ourselves & cope with these strong emotions is to practice 5,4,3,2,1. You might like to try doing this on your own or with someone in your family. When we do this, it is important to remember to focus on what is around us right now.

We can also practice 5,4,3,2,1 when we are feeling good, so that we teach our brains what to do when we have strong emotions.

Take 2 more deep breaths

Kindness Bingo

Cross off each box as you complete the act of kindness



Ask someone how they are	Tell a funny joke	Help someone	Say 'I love you'
Do an extra chore	Give a hug	Write someone a kind letter	Let a sibling go first

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Write a list of the things you are good at.

Create a fun family music playlist

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Include only music that puts a bounce in YOUR step & motivates YOU :) Every morning as part of your before school routine & even between classes, play a song or two to give you a quick boost of energy, give your brain a break & build positive emotion to take you into the rest of your

