

Remember all of the obstacles and difficult times I have found my way through.

What skills, qualities and strengths do I use?



UPPT 2)



Frog



Mouse



Warrior



Surfer

Spend time in nature.



Do my mindfulness exercises.



Belly breathing with a toy



Heartbeat exercise



Mindful nature walk



Treasure basket

Use and explore my sensory, grounding, soothing and regulating box.



See things from a different perspective.



Eg. From a magic carpet ride, from a floating cloud, an aerial fusion or through a kitescope.

Show how I am feeling using...



clay



comic strips



mosaic



collage



sand



paint