

SUPER STAR THOUGHTS

The Super Stars often get their thoughts tangled up in their heads. They struggle to make sense of it all and start to feel stressed. Do you ever feel like this? Write the thoughts that you have right now on this sheet and let's see if you can untangle your thoughts! Circle the thoughts that make you feel unhappy. Then circle the thoughts that help you to feel happy in a different colour. Cross out the unhappy thoughts and imagine them disappearing. Colour in your happy thoughts and celebrate what an awesome superstar you are!

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HELLALAH

Hellalah loves to feel calm. When you feel calm you make lots of good chemicals in your body, which helps you to sleep, gives you good energy and makes you feel happy. Close your eyes and think of all the things that help you to feel calm. Then doodle these onto the sheet!

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