



BANJO
ROBINSON

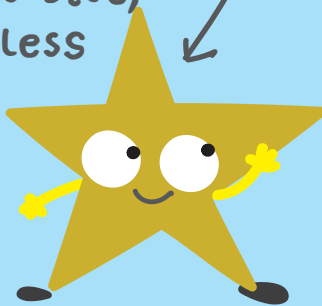
YOUR CHILD'S MAGICAL PEN PAL!

PRINTABLE
FUN!

AIRPLANE SPOTTING

①

Start by picturing a bright blue, cloudless sky.



With Estelle

②

When a thought comes into your head, imagine it is a big airplane gliding through the blue.



③

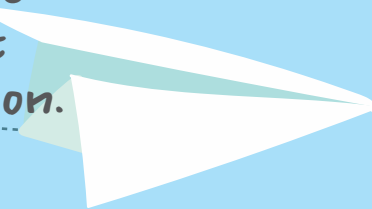
Keep watching the plane in your head and allow it to move further away into the distance.



⑤

④

We're not going to stop the plane and get onto it, but we are going to acknowledge it and let it fly on.



Keep doing this with every new thought, especially the ones that make you feel worried. By letting all our airplanes fly away, we can let go of some worries and stay in the present.