



BANJO
ROBINSON

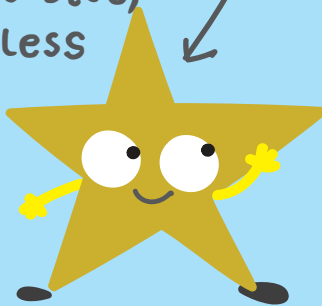
YOUR CHILD'S MAGICAL PEN PAL!

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

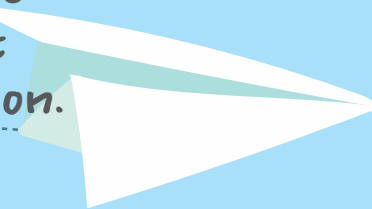
Keep watching the plane in your head and allow it to move further away into the distance.



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.



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GLITTER JAR

Do you like getting crafty? This activity is lots of fun- and can teach you about emotions too.

①

Find a clear glass or plastic jar and fill it almost to the top with warm water. Add 60ml of glitter glue and 60g of dry glitter then put the lid back on and give it a good shake.

②

Watch as the glitter swirls around to create different shapes and patterns, then pop the jar down.

With Wonderpuss



③

Now, imagine that the glitter is like your thoughts when you are feeling stressed, or upset. Have you noticed that the thoughts swirl around and make it hard to see clearly? Now watch what happens when the jar is still for a while... keep watching and see how the glitter settles and the water becomes clear. Our minds work in the same way, when we are calm, it is easier to see things clearly again.

www.mindflip.co



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READY SET BREATHE



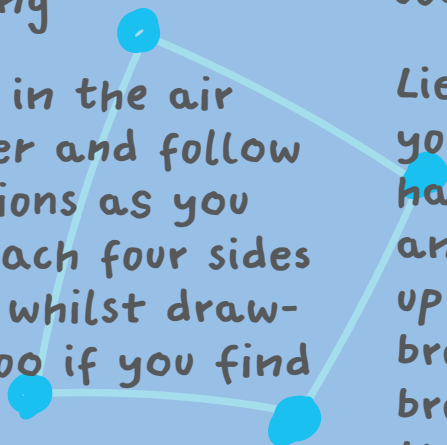
With
Little Blue

When I'm feeling nervous or excited (or even a little bit cross!), I like to find a quiet spot, get comfortable and do some gentle breathing exercises. Why don't you try them too?

1

Square breathing

Draw a square in the air with your finger and follow these instructions as you move around each four sides (you can do it whilst drawing a square too if you find that easier!).



- Side one- breathe in to a count of 4
- Side two- hold for a count of 4
- Side three- breathe out to a count of 4
- Side four- pause for a count of 4

Count your breaths

2

Lie down with a soft toy on your tummy and notice what happens when you breathe in and out. Does your tummy go up and down? Count 4 as you breathe in and 4 as you breathe out, first out loud, then silently on your own.

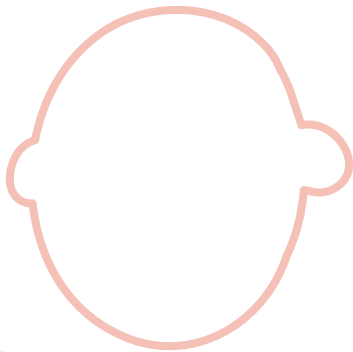


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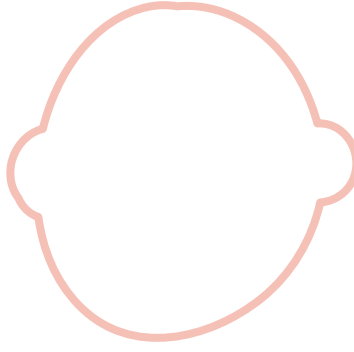
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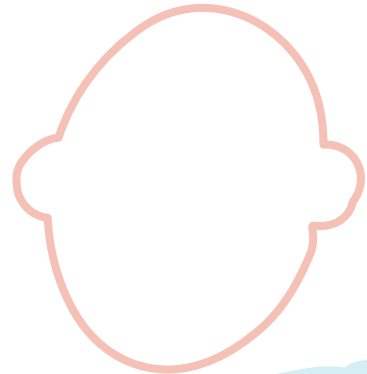
HOW I'M FEELING TODAY



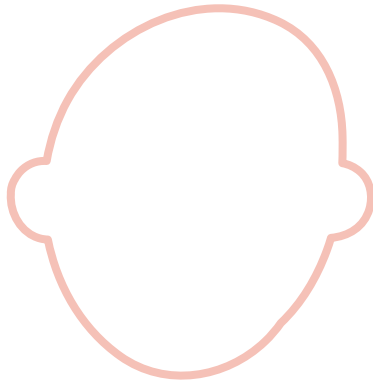
MONDAY



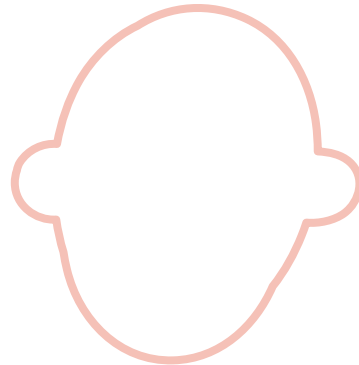
TUESDAY



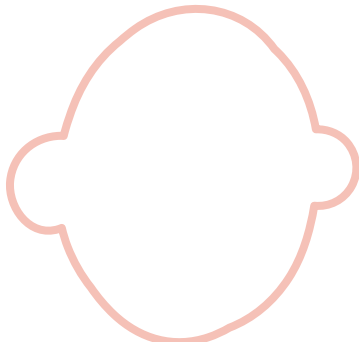
WEDNESDAY



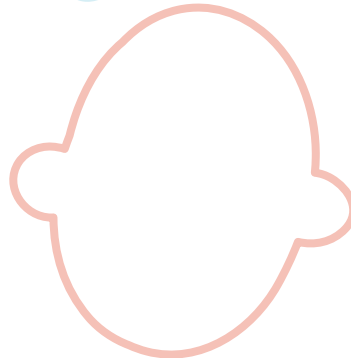
THURSDAY



FRIDAY



SATURDAY



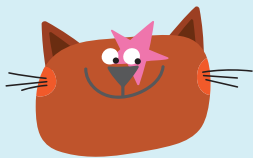
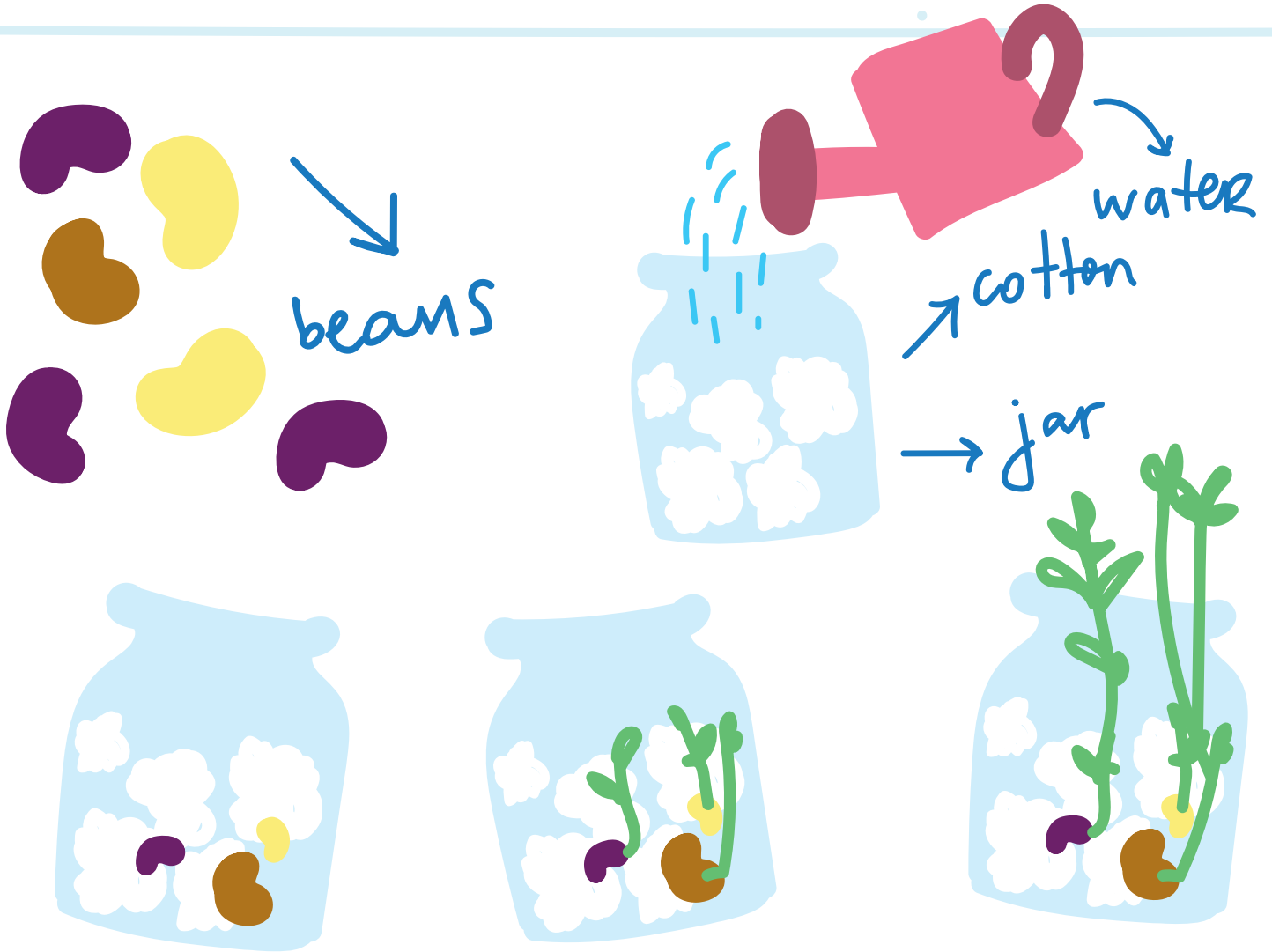
SUNDAY



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PLANT OBSERVATION DRAWINGS:

DATE -----	DATE -----	DATE -----	DATE -----



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PRINTABLE FUN!

Mo says 'collect 5 leaves and stick them to this sheet. Can you find out what trees they come from and write your discoveries below? Nature is amazing!'

