

Activity Items

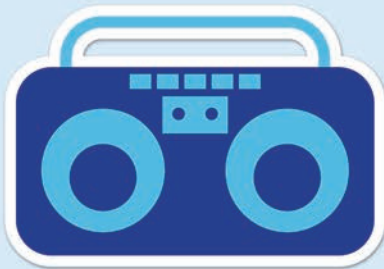
for 9 - 11 year olds



GREAT DAY OUT WITH DAD...



EXTRA 30 MINS ON MY BIKE



Keeping your cool

Here are ten things that people do to keep calm when they are beginning to get angry

- 1 Count to ten
- 2 Walk away
- 3 Pretend to be somewhere else
- 4 Hide behind an imaginary shield
- 5 Let off steam – run, play football etc.
- 6 Listen to music
- 7 Breathe deeply and slowly
- 8 Clench your fists and then relax them slowly
- 9 Talk yourself into feeling calm
- 10 Repeat to yourself a catchphrase like “Don’t panic!” or “Calm down, calm down”



LET OFF STEAM - PLAY OUT

Choose three that you think you will try:

Can you think of any more ideas for keeping calm when you're getting wound up?

Make a deal

PARENTS ARE OK IF YOU KNOW HOW TO HANDLE THEM. ONE WAY IS TO MAKE A DEAL...

You do something they want, such as:

- Keeping your room tidy for a week
- Getting on nicely with your brother / sister
- Not interrupting mum when she's on the phone, for a week

In return, you get something you want, such as:

- Extra time on the computer
- Hiring a DVD
- Staying up for half an hour longer

Get extra computer time....
by making a deal :)

USE THE DEAL CARDS IN THIS PAD TO MAKE DEALS WITH YOUR PARENTS. STICK THE DEAL CARD ON THE FRIDGE OR KITCHEN CUPBOARD SO BOTH OF YOU CAN REMEMBER IT.



Put it on the fridge so you can see it everyday...

The deal



If I

(write here what you are going to do)

for _____ **days**

(fill in the number)

then I can (write in the reward)

Signed

(you)

Signed

(parent)

Date

