

ALL OF ME

Even if it doesn't always feel like it,
your fears are just a small part of you.
You are SO much bigger than your fears.

Put one or two of your biggest fears in the middle, then fill the rest of the shapes with all the things you enjoy doing, the people you love and who love you, the things you're good at, great memories you have, things you've achieved, nice things people have said about you and anything else you can think of.

A collection of blank shapes for a worksheet. At the top left is a small icon of a pencil pointing towards the shapes. The shapes include: three horizontal rectangles at the top; a vertical rectangle on the right; a horizontal rectangle on the left; two starburst shapes in the center; a horizontal rectangle below the starbursts; a horizontal rectangle below that; two vertical rectangles at the bottom left; and a horizontal rectangle at the bottom center.

I AM BIGGER THAN MY FEARS

Colour this in and
make all three parts
of your brain
super calm.



Whenever you feel afraid, come back to this picture to help yourself feel braver.