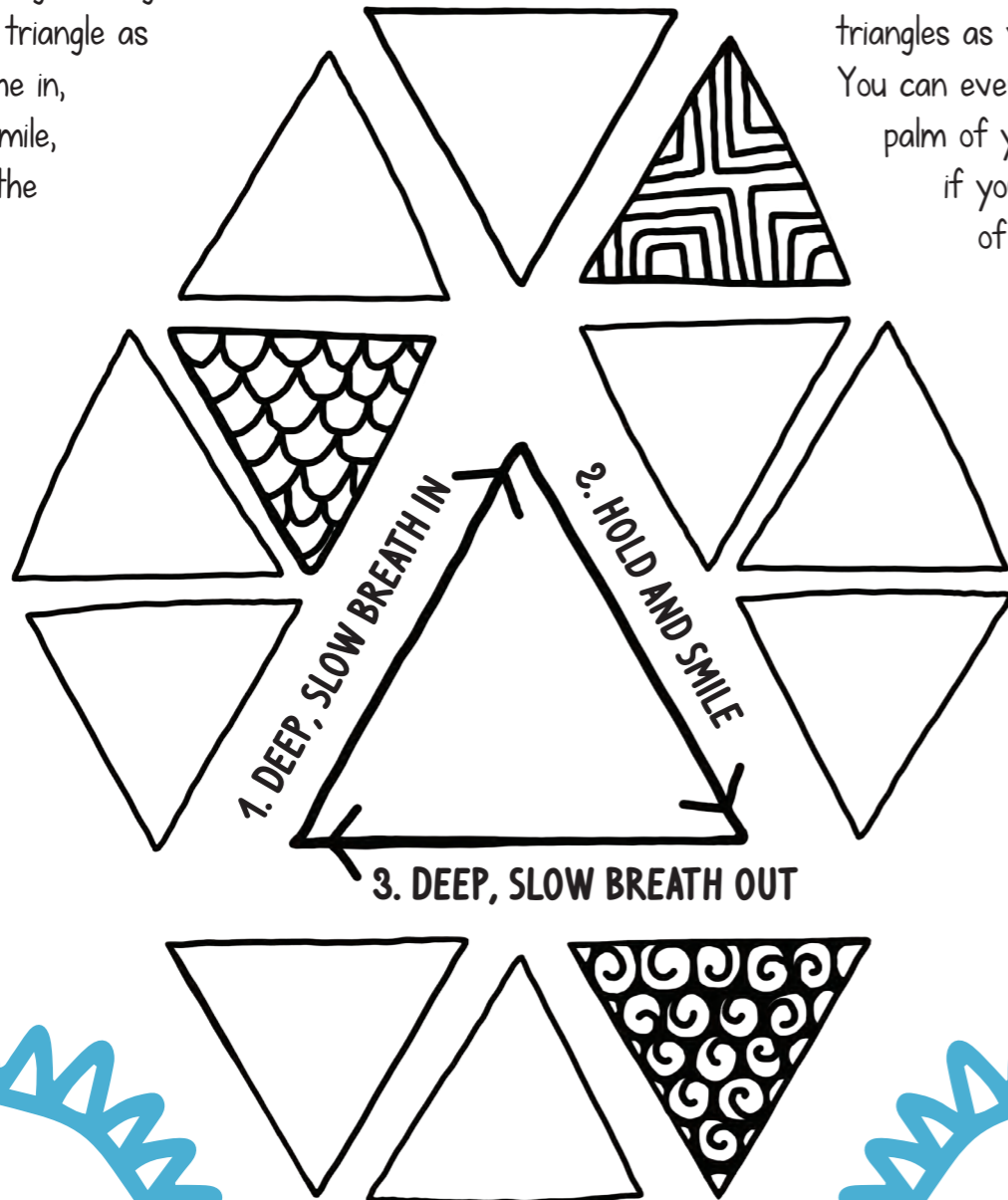


ZEN TRIANGLES

Triangle breathing is a great way to calm your whole brain and put you back in control.

Run your finger along the sides of a triangle as you breathe in, hold and smile, then breathe out.

Do this on as many of the triangles as you want. You can even use the palm of your hand if you run out of triangles!



Why not colour in or decorate some triangles with zentangle patterns?

Try breathing out for longer than you breathe in.

AWESOME ME-BRAIN

Your me-brain is awesome!
Your skills, interests and talents come from your me-brain.

Add the things your me-brain can do or knows to this page.
Ask others for ideas if you get stuck.



Dear me-brain,
Thank you for everything.
You're awesome!

Love,
the rest of me X

CAN YOUR ME-BRAIN DO ANY OF THESE THINGS?
Read, write, dance, sing, remember, play sport, challenge yourself, knit, perform times tables, speak French, play chess, skip.