the Power of your mind

GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers

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TASK 1

What has made you angry or frustrated before?

(you can write it or draw it)

Think HEALTH

Spark Kids

What makes you excited, happy or thankful?

(you can write it or draw it)

TASK 3

Self reflection

- How long do I spend thinking about things that upset me?
- What things bring me energy?
- Who could I talk to about my feelings?
- How long do I spend thinking about the things I love?
- Do I talk to anyone when I'm feeling hurt or annoyed?
- How can I focus on the things I love?