

SWITCHES

Quick reference guide

Level Five



Trace breathing

Breathe while tracing pictures with your finger

Weather it

Thinking of strong emotions like a storm and its impact

Three sketches

Turn simple shapes into creative beings

The twister

Fun left/right finger movement distractor

Sketch it!

Draw something you can see within a time limit

See it

Distract the mind by picturing in great detail

Identify 5

Identify things you can see, hear, feel, smell and taste

The anticipator

Re-framing nerves as excited anticipation

Mantra

Creating motivational statements

Visualise

Visualising challenges, and overcome them in your imagination

Values

Find out what your driving values are

Random act of kindness

Practicing random acts of kindness toward others

New connections

Steps to make new friends

Laugh

Improve your mood with a laugh

SMART goals

Creating goals you'll be motivated to achieve

Stars & wishes

Simple goal setting and poster creation

Journaling

Create a habit of Journaling

Reward dream

Think about future rewards for motivation

Listen out

Mindfully listen to sounds until they disappear

Thankfulness

Name a person, place, food and thing you are thankful for

Colour hunt

Identify specific coloured items within a time limit

Circle of influence

List your worries to see what you can influence

Safe thoughts

Safe thoughts and dreams to stop rumination

Worry monster

Draw and slay your worry monster

Tense & relax

Simple mindful relaxation activity

Reframe

Exploring alternate possibilities and narratives

Box breathing

Simple breathing activity

Dear diary

Guided diary entry practice

Role model

What would _____ do?

Face it

Visualising what being braver looks and feels like

The appreciator

Clear your head of anxious thoughts

Smile!

Raising your perspective to feel better

'Like' page

Listing your likable characteristics

Future letter

A letter to your future self

Be social

It's good for you to be around others

Music

Linking music memories to trigger emotions

Reach out

Building confidence connecting with someone

Small steps

Breaking tasks into smaller chunks to overcome procrastination

Growth mindset

Embracing success and failure

Safe rant

Secret space to express true feelings

Calming breath

Release anger with a deep breath

Breath draw

Visualising and drawing your breath

5 whys

Understand emotions and the cause

Respond

Am I reacting or responding right now?

Stop steps

Stop. Take a breath. Observe. Proceed.

Motivation map

Schedule your motivation

The do-over

re-do difficult conversations

Time

Time-out based on red, yellow or green zones