


SWITCHES

Quick reference guide


Level Three




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


Exercise or dance

 Find a sport or activity you like and can do with a friend


Talk about it

 Encouraging sharing and mindful reflection


Identify 5

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


The anticipator

 Re-framing nerves as excited anticipation

Breath cycle

 Simple nose breathing exercise to calm down

Random act of kindness

 Practicing random acts of kindness toward others


Laugh

 Improve your mood with a laugh


Stars & wishes

 Simple goal setting and poster creation


Be creative

 Experiment and quick sketch new ideas and creations


Story sentence

 Taking turns to add a sentence and build a group story

Make a new friend

 Steps to practice making new friends

Bubble of control

 Focus on controlling the controllables

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

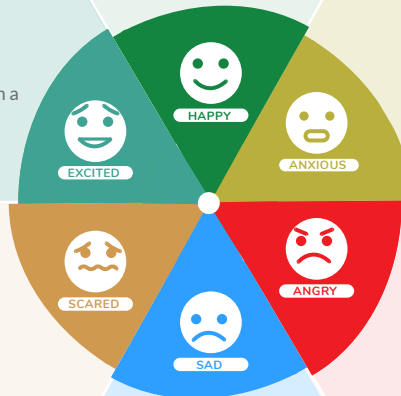
 Simple breathing activity

Storyboarding

 Create a story for a scenario you're worried about

Thankfulness


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



Smile!

 Changing your perspective to feel better


'Like' page

 Listing your likable characteristics

Animal mashup

 Refocus your energy with fun creativity


Stretching

 Activating your body to help motivation

Music

 Linking music memories to trigger emotions


Small steps

 Breaking tasks into smaller chunks to overcome procrastination


Story time

 Create clarity and calm with a story


Calming breath

 Release anger with a deep breath


Breath draw

 Focusing, visualising and recreating your breath


Significance

 Ask yourself, "Will this matter in the future?"


Respond

 Ask yourself, "Am I reacting or responding?"

Stop steps

 Stop. Take a breath. Observe. Proceed.

Palm push

 Redirecting and releasing tension and frustration