

SWITCHES

Quick reference guide

Level One



Treasure hunt



Follow a path to find the treasure

Maze games



Help the hen find her chick!

My safe place



Find your safe space with your imagination

Cartoon it



Draw what scares you. Make it silly

Draw happiness



Create pictures of your mood

Why you like?



Share your mood with people who care for you

The calmer farmer



The story of the calmer farmer

Box Breathing



Simple breathing activity

Breath float



Breathing with imagination

Scrunchie



Tense and relax your muscles

10 Breaths



10 breathes to lower anger

Stretch



A simple stretching activity

Hug



Find comfort in something you love

