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**Get inspired and excited
about how much impact you can have...**

by doing just a few very simple things

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A black and white photograph of Tony Robbins. He is shown from the chest up, smiling broadly, showing his teeth. He is wearing a headset microphone that goes over his left ear and has a small boom with a microphone head positioned near his mouth. The background is dark and out of focus, with some light spots visible.

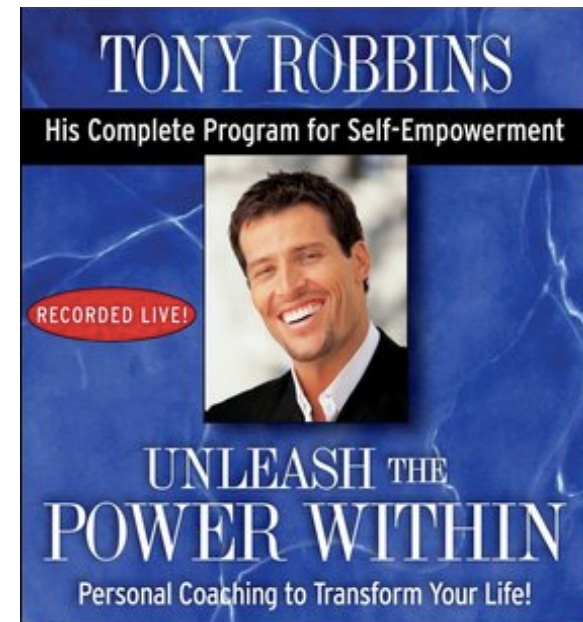
The two master skills of life are:

- 1. The Science of Achievement**
- 2. The Art of Fulfillment**

- Tony Robbins



meets...

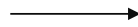


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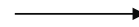
The Recipe

Opening up conversations and finding strategies for early intervention

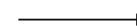
Problem or Issue



Experts



Strategy



Content

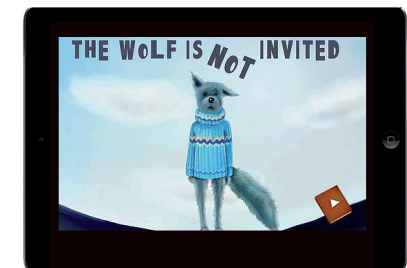
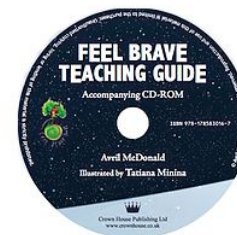
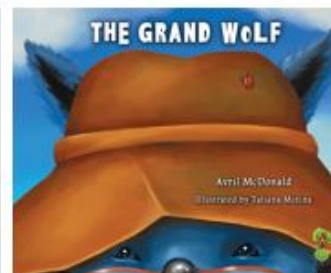
Self-confidence
Anxiety
Worries
Grief
Change
Bullying
Obesity
Calming Down
Self-regulation
Resilience
Growth Mindset
Body Image
Safety



Serve & Return Approach

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Emotional Wellbeing through literacy, Art, Movement, Drama, ICT



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5 x simple fresh ideas/strategies to try at home:

1. **Self-Confidence**
2. **Anxiety and Fears**
3. **Change, Loss & Grief**
4. **Worries and Calming Down**
5. **Making Relationships (Social Tolerance)**

Teach children about their brains!

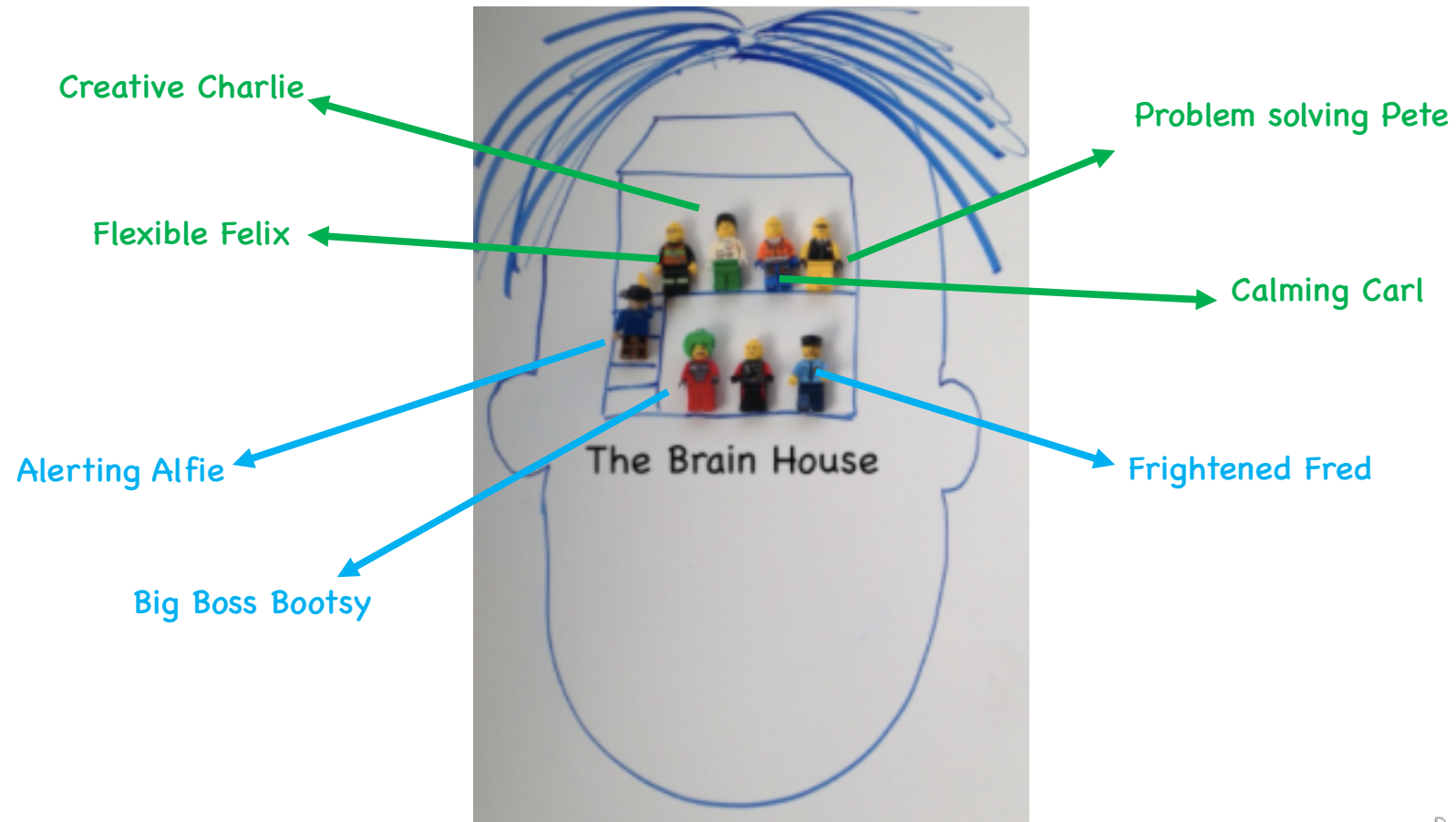
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The Cheeky Monkey and the Wise Owl

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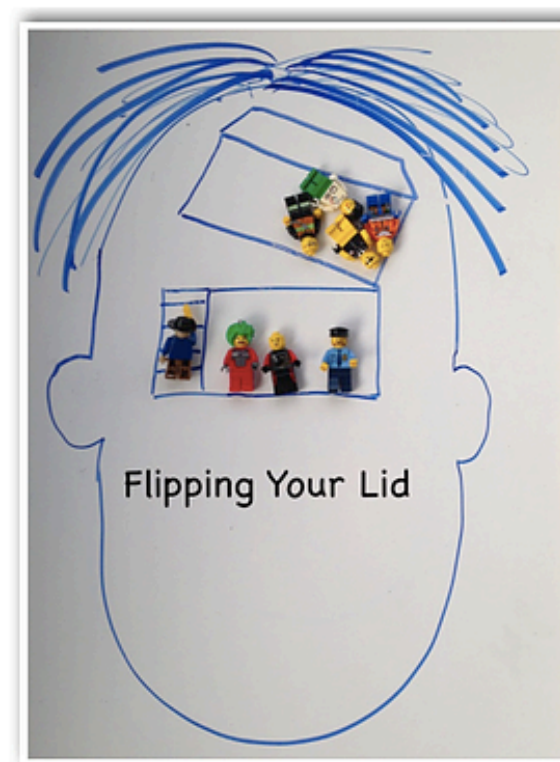
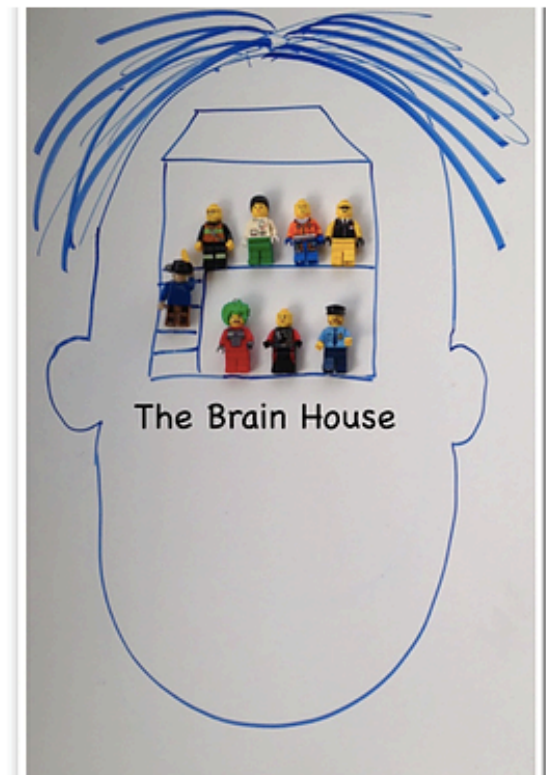
Introducing the Brain House - The Upstairs and Downstairs



From an article written by Dr Hazel Harrison from www.thinkavellana.com

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1. Self-Confidence



Make your own fun!

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[illegible]

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Stars in the Night

Stars in the night, gather near
Fairies fly, and meet us here
As we close our eyes and count to ten
Breathe in and out and in again

Wiggle your toes now make a smile
Be very still and think a while
Who do you love and who love you?
What's your favorite thing to do

Where is the best place you've ever been
What's the most magical thing you've seen
Stir all these things around in your cup
And like a hot chocolate now drink them up

Avril McDonald

2. Anxiety and Fears

Change how you feel with your magical mind!





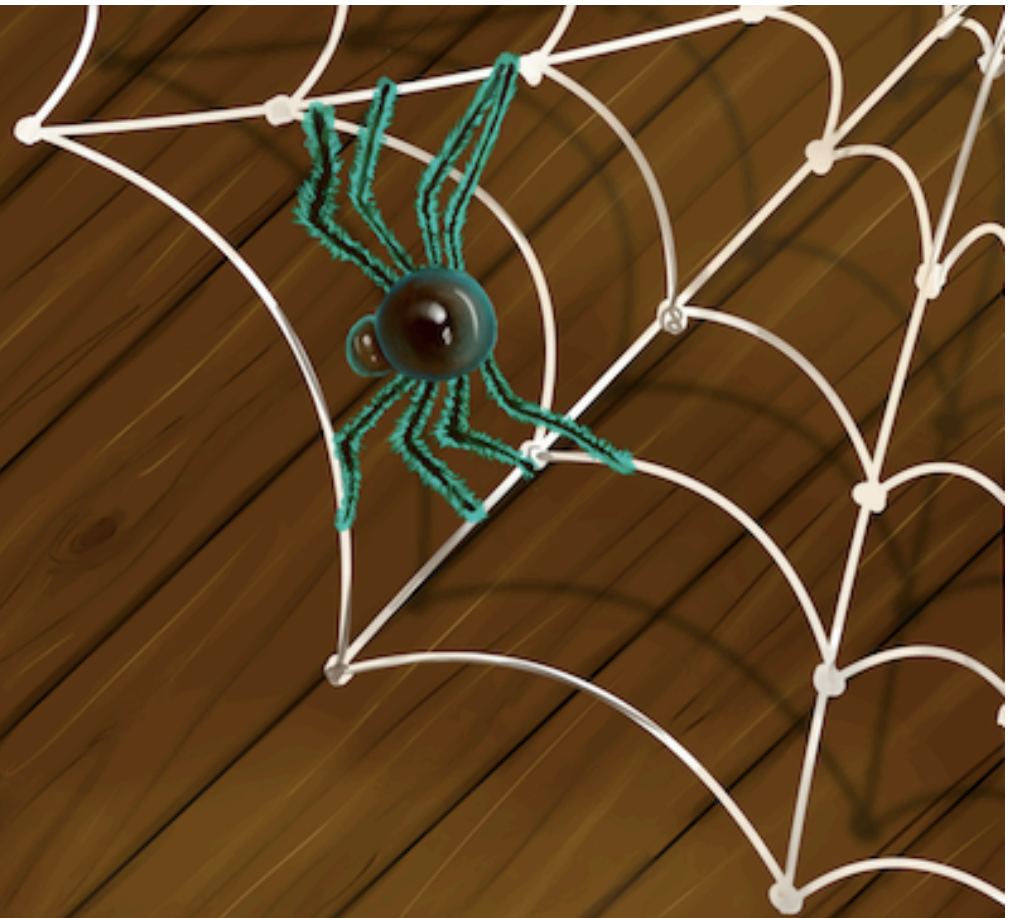






3. Change, loss and Grief

Name a feeling to tame a feeling



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I asked my mum, who's a very clever psychotherapist, and she says that kids love stories about death; they need it, they need to have stories that deal with death and explain it, as a place to put their fears.

Roald Dahl



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4. Worries and Calming Down

Share your worries & give your busy mind a rest



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Ideas for dealing with worries...



A Worry Monster



A Worry Box

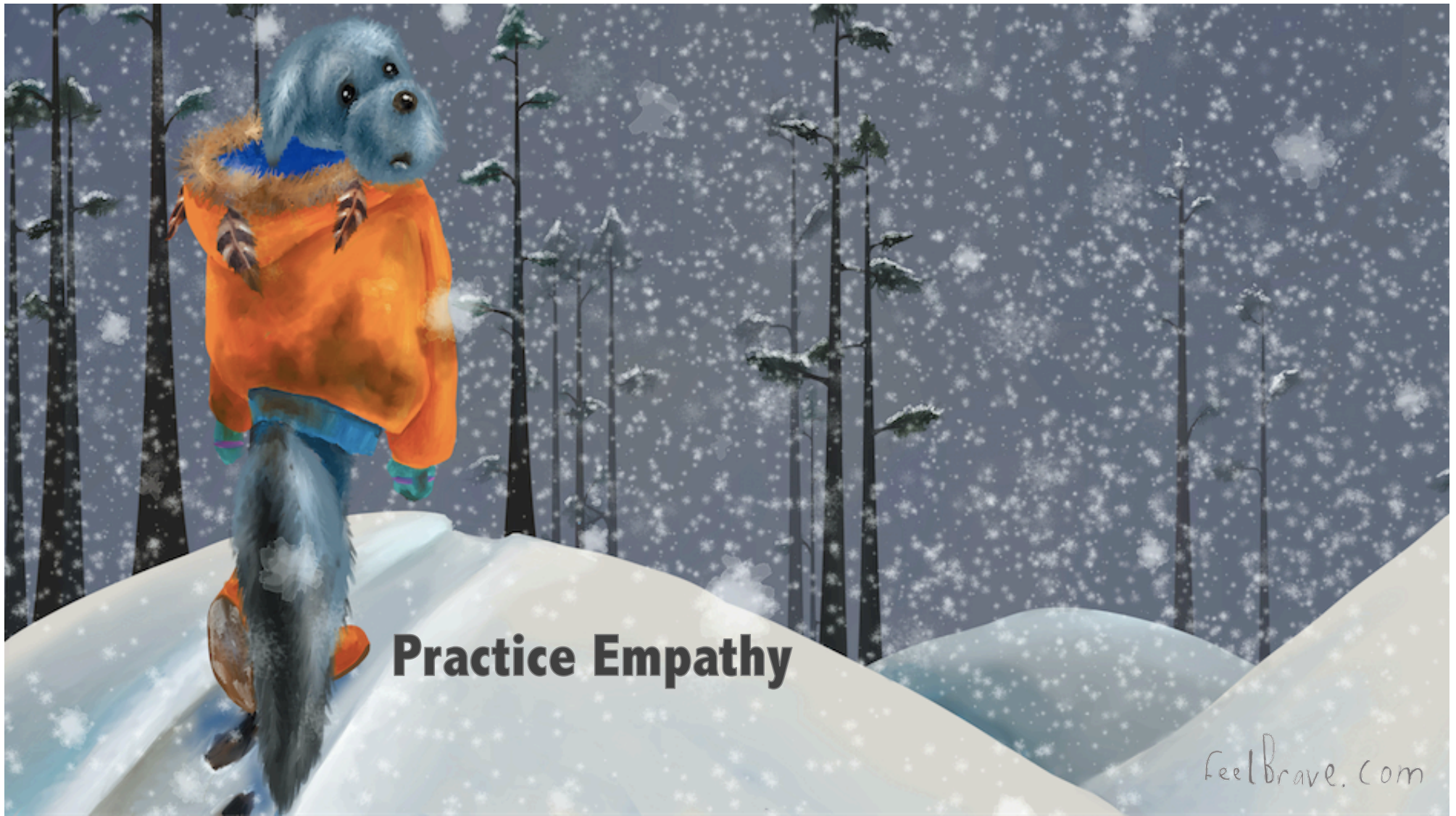
Worry Dolls
from Guatemala



GoodLuckSymbols.com

FeelBrave.com

5. Making Relationships (Building Social Tolerance)



Practice Empathy

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Empathy plays a vital role in preventing bullying

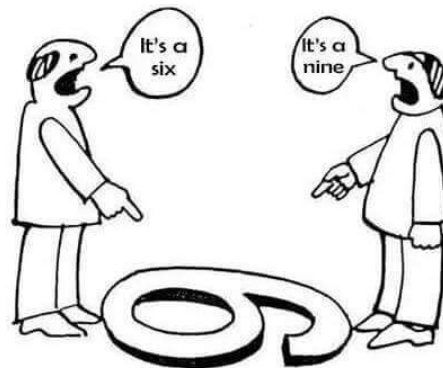
But how do you practice empathy?

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Ideas for Practicing Empathy...



Helicopter View



**What have you
done today to
make someone
feel good?**

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5 x simple fresh ideas/strategies for everyday

Develop a simple language to talk about our brains (Cheeky Monkey/Wise Owl)

1. Self-Confidence: Make your own fun!
2. Anxiety and Fears: Create a new story – turn fear into fun!
3. Change, Loss & Grief: 'Name to Tame' a feeling – lift the taboo
4. Worries and Calming Down: Rest your mind... Share your worries
5. Making Relationships (Social Tolerance): Practice Empathy

For all of the resources you've seen today go to: www.feelbrave.com

The 'Free Resources' section has many of the ideas you've seen today to freely use/download/share

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