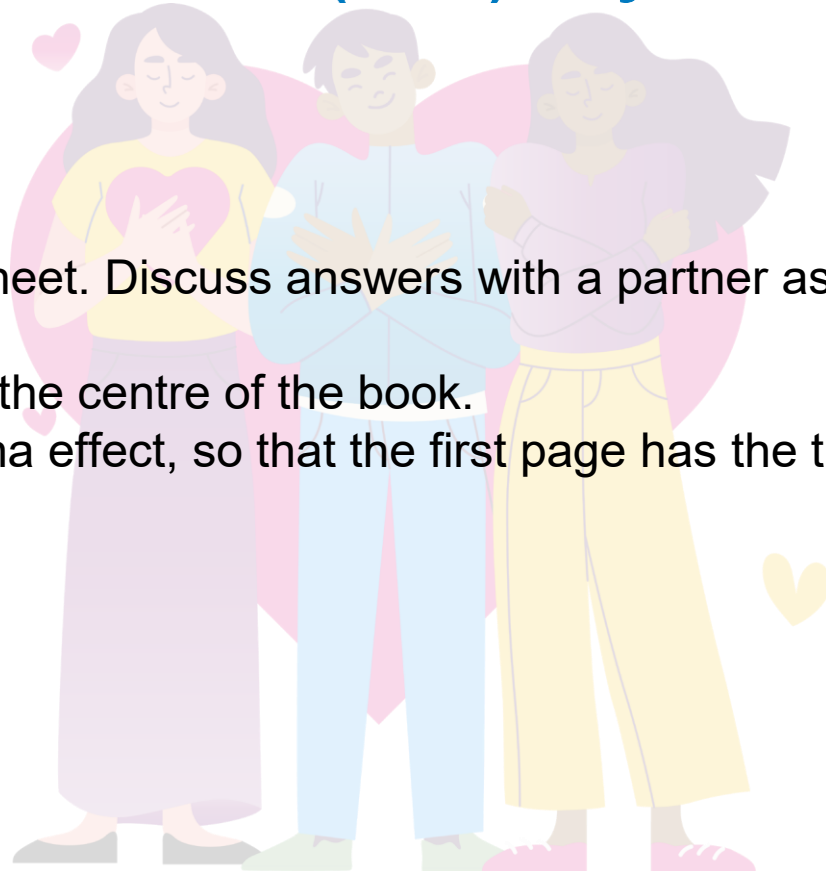



Relationships and Sex Education (RSE) Day

It begins with me

Mini Book Instructions:

- Complete the activities on the sheet. Discuss answers with a partner as you work through the activities.
- Colour in the pictures
- Make a cut along the red line in the centre of the book.
- Fold the mini book in a concertina effect, so that the first page has the title *Kind to My Mind* on it






It can be hard to ignore negative self-talk, but it is important to focus on positive thoughts. Write some positive thoughts about yourself in the bubble.



What sparks your joy? Try to find at least one small glimmer of joy each day

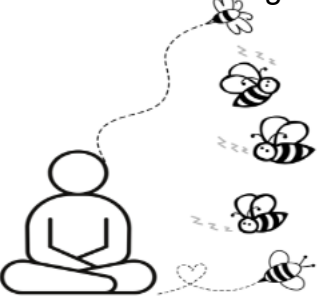


Kind to My Mind Mini Book

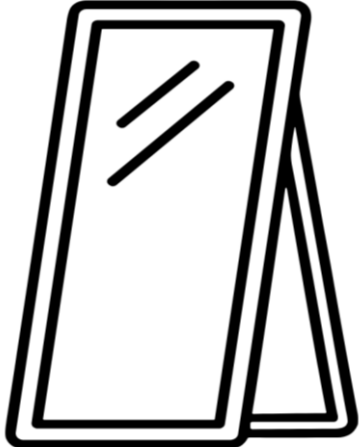


What has been your proudest moment in life so far? What sets you apart from the crowd? Be proud of who you are!

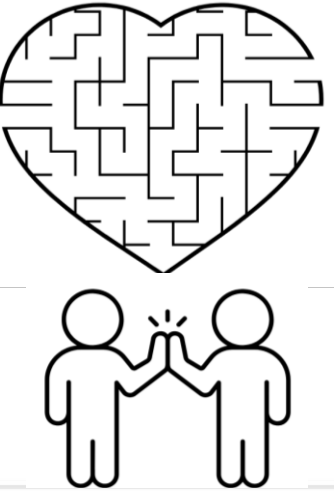
Sit comfortably with crossed legs. Breathe in slowly through your nose for 4 seconds. Hold your breath for 4 seconds. As you breathe out, make a bee buzzing sound. The comforting vibration of this exercise has a calming effect.



What are some of the things you most love about yourself? Write these on the mirror.

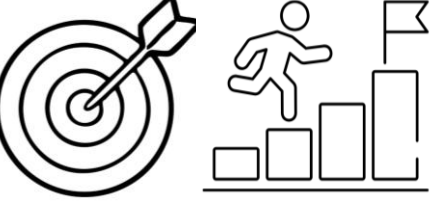


Who helps you when you feel lost or confused? Write their name in the centre of the maze



What are your biggest goals and dreams? Write them below:

- 1)
- 2)
- 3)



Can you think of any practical steps you will need to take to reach your goals or dreams?

