

My Little Book of Tricks





Mirror Mirror



Say nice things to yourself, even in the mirror.



It is important that we are on our own side and get used to saying nice things to ourselves

Well done

You can do it

You're doing your best

Keep going



Stand Tall



Think about the good things about you and stand tall.



Our body language tells others how we are feeling inside

I'm thinking – I feel good today, I feel strong inside like I'm doing well, I feel confident. I'm standing tall.



Breathing Colour



Choose a colour for the feeling you want to change. Breathe this colour out. Choose a colour for the feeling you want instead. Breathe this colour in.



Put your hands on your chest and tummy. Breathe in slowly through your nose into your tummy not your chest. Feel your tummy come up. Now breathe out slowly through your nose till your tummy goes down. Well done! It makes you feel nice and relaxed. Do this 3 times.

We can relate colours to feelings. Which is your angry colour? Which is your calm colour?

Breathe in your calm colour and breathe out your angry colour.



Floating Cloud



Imagine floating on a cloud. Slowly relax your body from your toes to your head.

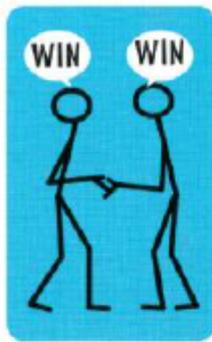


Put your hands on your chest and tummy. Breathe in slowly through your nose into your tummy not your chest. Feel your tummy come up. Now breathe out slowly through your nose till your tummy goes down. Well done! It makes you feel nice and relaxed. Do this 3 times.

Imagine you are floating on a big, thick, soft floaty cloud Ah that feels nice, doesn't it!

Clench and relax your feet and toes, that's right And now relax them. Good.

Move through the whole body like this from the toes to the head, tensing and relaxing each part. Allow time to enjoy this.



Win Win



Think -
how can we both win?



We don't always think in the same way as someone else or want to do the same things but we can often find a way to make sure both people are happy and both people feel like they have won.

[Learn to negotiate!!](#)



Free Flow



Do things you like and
something new.



Allow time to explore a variety of possible interests.
Practise the ones you enjoy and explore new ones ... you might find something you love and excel at!

[We can all enjoy practising doing the things we already like doing and doing new things too.](#)



Big Voice

1

Believe in yourself;
say, "I can do it."



Sometimes we can feel like giving up if something seems too hard or we don't really like doing it. . What can you do when you feel like that to help yourself?

I like to say to myself in a big voice inside my head, "Come on you can do it." It makes me feel better and then I have another go.



Sunny Side

1

When something seems
bad, find a sunny side.



Life doesn't always go according to plan and when things change, expectedly or not, we need a mental strategy to deal with this. We can develop positive thinking patterns where the brain becomes more flexible at finding solutions by learning to reframe how we perceive events.

Do I have to feel like that or could I choose to think about it another way?



Light Bulb

1

Think of the answer
not the problem.



Sometimes we get worried because we can't find an answer to a problem. Sometimes we need to talk to a grown-up but sometimes we can find the answer ourselves.

First relax You could use Breathing Colour or Floating Cloud. Then think about something else or do something else for a bit or think about it in a different way and let our clever brains come up with the answer!



Magic Circle

2

To feel confident, think
confident thoughts and
make a magic circle
with your
thumb and
finger.



Pick something that makes you feel strong inside and confident when you do it.

1. Make a magic circle with your thumb and middle finger.
2. Now close your eyes, breathe through your nose into your tummy and think about doing that thing which makes you feel strong and confident inside.
3. Think how good you feel and squeeze your thumb and middle finger together. Brilliant. Now open your eyes and unsqueeze your fingers. Now repeat step 3 twice more

Do this whenever you experience a new confident moment.

When you need confidence make a magic circle.



Big No

2

Think - sometimes you need to say "no."



Setting our own personal boundaries helps us feel secure. It is OK to say no if someone is asking you to do something that might hurt you or someone else; like doing things that are unkind, hurt feelings or hurt bodies.

Make sure that your body language matches your voice and intention when setting boundaries so you are not open to manipulation from others.



Big YES

2

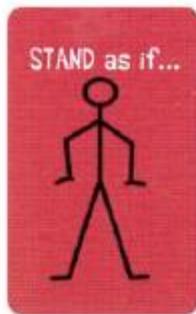
Think - could saying "yes" be good?



Saying 'yes' means not being afraid to stretch our comfort zones but also being mindful of our personal choices and boundaries.

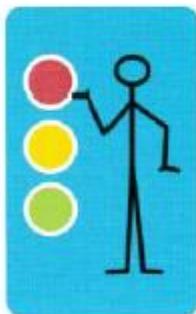
Think first Is this a good idea for me? Listen to what your gut tells you. If it is, you could use tricks to help you





Our minds and bodies work together to help us. Deliberately changing or choosing body stances can affect our mental states, moods and energy

Think about the thing you want to be better at doing. Now stand as if you feel strong and confident and can do it easily. Breathe as if you are strong and confident. Well done, do this when you need to.



Just as we start to do something we want to change e.g. something unkind, we can say to ourselves instead, "stop, get ready to do something else and go and do that".



Ask How

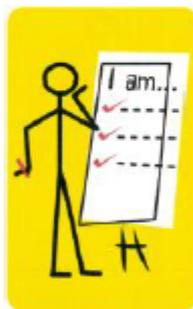
3

Ask, "How can I..?"



Ask yourself empowering questions and let your brain find the answer to these questions. So ask "How can I do this?" "How can I do this better?"

What 'how' questions can you ask yourself to get better and feel better about something?



Brilliant Beliefs

4

Keep a list of the great things about you.



There are lots of really great things about us all but sometimes we focus on the negative and make ourselves feel bad. We can also focus on the negative things about others too and make them feel bad or not enjoy being with them as much because we keep thinking about what's wrong with them rather than their good points. When we focus on the positive or good things about ourselves or others we begin to feel better about ourselves and this helps us to learn more and do more.

Make a list of all the good and positive things about yourself (they need to reflect and 'fit' you). You could also invite positive comments from others. Keep adding to your list when someone (including you) notices something positive about you.

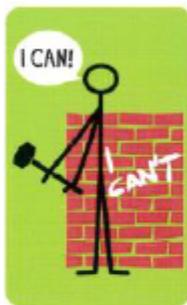


Super States

Think strong, confident thoughts and your body will feel strong and confident.



Our thoughts and emotions affect our physical bodies which influence our behaviour. Think about the thing you want to be better at doing. Now stand as if you feel strong and confident and can do it easily. Breathe as if you are strong and confident. Well done, do this when you need to.



Break Through

Break through the wall!



Our beliefs affect our thoughts and our thoughts affect our bodies and behaviour. Challenging our limiting beliefs helps our brains to develop solution thinking and the creativity needed to handle life events.

Instead of saying "I can't do it" trying saying "I can do it" or "what tricks do we know to help us?" It's OK to not be able to do everything, but some things we can do but we feel fed up trying to do them, then the thought "I can't do it" is just getting in the way and we need to move it out of our way so we can move forwards. Imagine the words, 'I can't do it' is written on a wall in front of you, imagine breaking through that wall!

Use these cards to help you



Ask how



Big voice



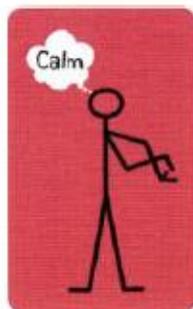
Super Stretch

5

Stretch your comfort zone; do something new or different.



Stretch your comfort zone; do something new or different.
You could use these tricks to help you.



Calm Thumb

5

To relax, breathe slowly and deeply and rub your thumb.



'Anchoring' is an effective way to positively train our body to quickly relax by making an association in our brain between a state of relaxation and our senses. During Trick box lessons Y5 have been trained to associate relaxing by calmly rubbing their thumb.

To relax, breathe slowly and deeply rub your thumb.



Marvellous Me

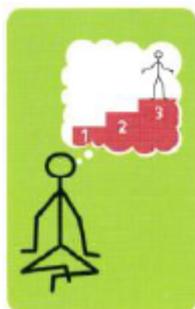
Say, "well done" to yourself.

5



We can not always expect to receive praise. Balancing recognition of our efforts with outcomes, learning to self-praise, praise others and accept constructive criticism or feedback are key skills essential to our feelings of self-worth and personal development.

What you think about yourself is really important. So, if you think you've done something well and nobody else notices, you can say, "well done" to yourself or can tell yourself, "well done but you could do better" and feel good about that. This can help you feel confident inside.



Great Goals

Imagine your steps to reach your goal.

6



Think about a goal you have and would really like to achieve. Choose your own goal and write or draw it at the top of your paper. Which 3 steps might you need to take to get there? Close your eyes and imagine taking the first step towards your goal. What can you see and hear as you do this? How do you feel? Can you smell or taste anything? Now do the same for step 2 and then step 3. When you have taken your 3 steps, you have reached your goal. Feel how good it feels. Now wiggle your toes and have a big stretch and open your eyes. Well Done! The more you imagine being successful and meeting your goals, the easier they will be to do.



123 Magic

6

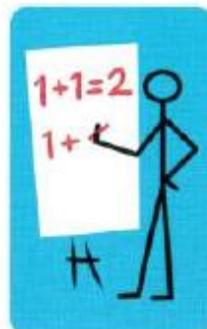
To feel calm; touch your forehead, put your worry on your finger tip and slowly move it away.



When problems go round and around our heads, the first thing we need to do is relax You could use colour breathing, calm thumb, floating cloud, stand as if or sunny side to help with this.

Then try and use a trick to help you to think what to do next, e.g. Win-Win, Light Bulb, Ask How and Different Sum. If a problem feels fixed in your head you could use 123 magic.

Close your eyes and put your finger on your forehead and imagine the problem coming out of your head and sticking onto your finger tip. Move your finger away a bit at a time until your mind starts to feel more relaxed. Now that you feel more relaxed you can look at this problem in a new way. Decide when would be a good time to find some solutions to this problem or when you might be able to ask someone else for help.



Different Sum

6

If you want something different, do something different.



If we keep doing the same things or think in the same way, then we can expect the same result. In order for a different outcome to occur, we need to do something different to make this happen. We need to create a different sum.