

Being Safe Online and Reflection on the Programme

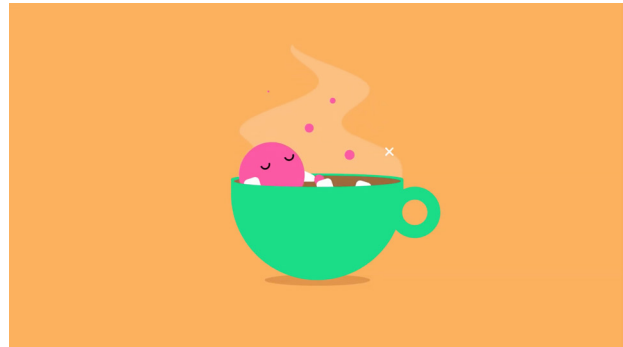
Let's review the concepts covered
in the Programme!

Week 1

"A Cloud of Colour" rhyme

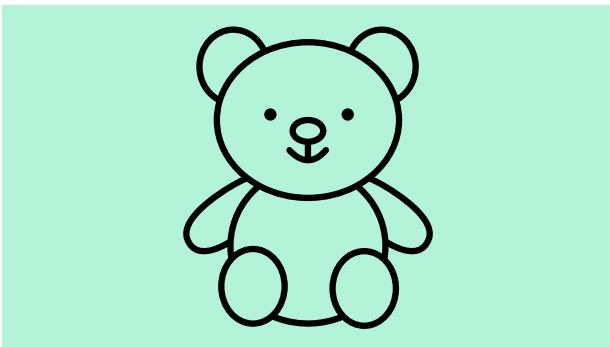


Hot Chocolate Breathing



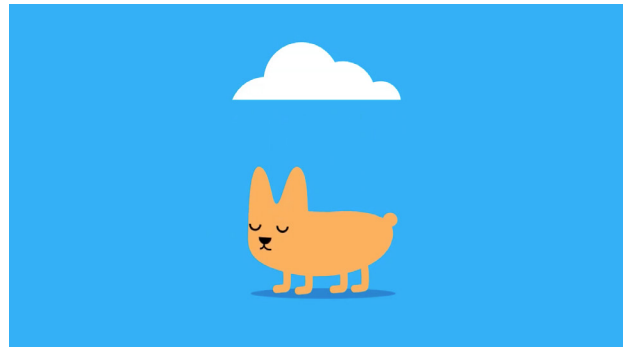
Week 2

Teddy Bear Breathing



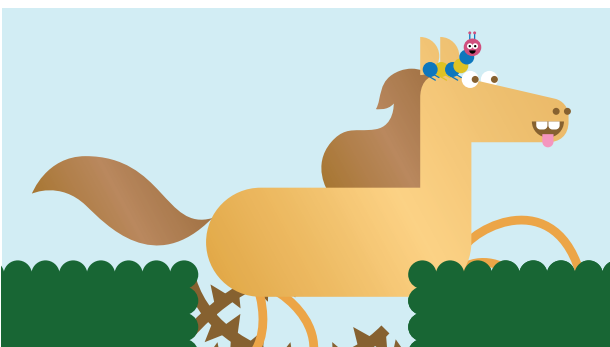
Week 3

Shake Shake Shake

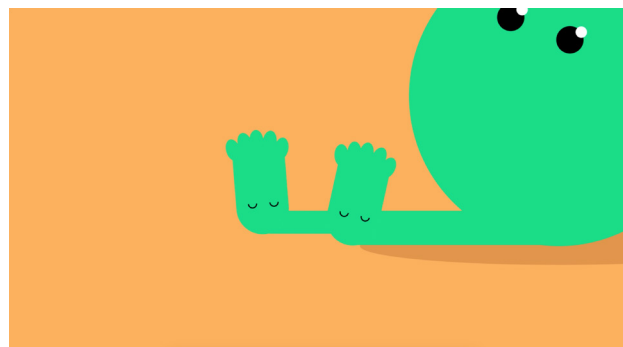


Week 3

Shake it off



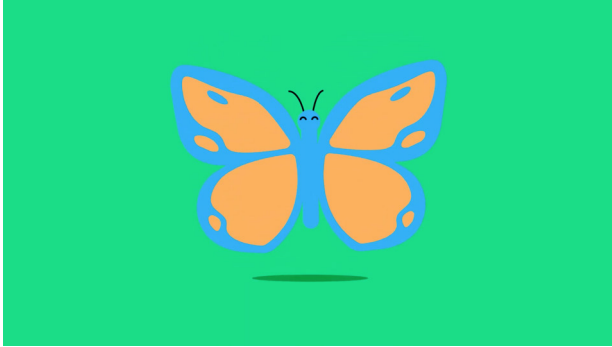
"Wriggle, Wriggle, Wriggle"



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Week 4

Butterfly Breathing



"I'm the boss of my Worries"



Week 4

Making our fear look silly



Worry box



Week 5

Cup of love



Week 6

"Head Heart Hands" technique



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Week 6

Friendship Song



Week 7

"What I Can Do" Mantra and Power Pose



Week 9

Kind wishes

