

GREEN EYED



MONSTER

EPISODE 1

# GREEN EYED MONSTER

Write down the 3 character strengths needed for this episode:

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Colour those strengths in:

Gratitude  
Generosity  
Compassion

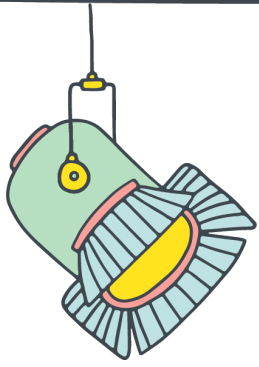
Can you think of someone with one of these strengths? Who?  
How have they demonstrated this strength?

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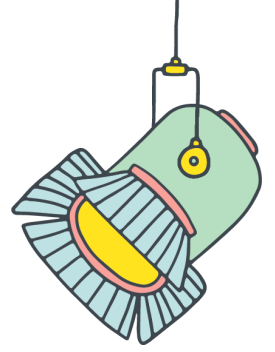
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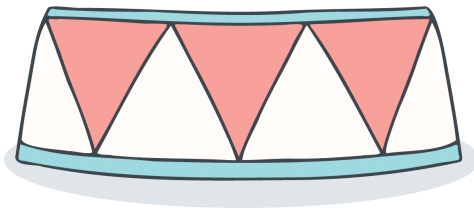
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# THE STAR OF THE SHOW IS...



Draw them down there!



Animal Name: \_\_\_\_\_

Fancy Brain Name: \_\_\_\_\_

Interesting fact about this animal is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TAKE IT TO THE EXPERTS!

Grab a microphone (or a hairbrush) and start interviewing!

Would you rather eat worms for a day or be beaten in something you care a lot about?

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What things tend to make you feel jealous?

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How do you react when you feel jealous? What do you do?

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What helps you move through your jealousy? Other people/exercise/trying hard etc

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# POSITIVE AFFIRMATIONS

Pick one, or write your own, then draw a picture that depicts it, cut it out and stick it somewhere you can see it!  
(There are more on the next page.)



I can be brave	Thoughts are not facts	I belong and I am safe
Mistakes help me learn	I breathe, I am safe, I am calm	I can stick with things



# POSITIVE AFFIRMATIONS

Pick one, or write your own, then draw a picture that depicts it, cut it out and stick it somewhere you can see it!



I am loved	I am enough	I can do hard things
I am a learner, I choose to be curious	I am kind. I choose to be kind today	I contribute more than I criticise



WE ALL HAVE FIGHTS WITH OUR FRIENDS SOMETIMES SO WHY NOT MAKE SURE YOU HAVE A CHEEKY CHECKLIST OF THINGS THAT CAN HELP YOU WHEN YOU NEED TO GET THAT FRIENDSHIP BACK ON TRACK?

WHEN I HAVE A FIGHT WITH A FRIEND I CAN (TICK ANY BOX):

- USE I FEEL SENTENCES WHEN TALKING IT OUT: I FEEL... WHEN YOU...
- GO OUTSIDE
- READ A BOOK
- GET CREATIVE
- MOVE MY BODY
- DRINK SOME WATER
- TAKE 5 DEEP BREATHS
- WHAT ELSE COULD YOU DO? (WRITE ABOUT IT BELOW)
- CHOOSE A STRENGTH TO HELP ME
- BE CLEAR AND KIND ABOUT HOW I AM FEELING
- IMAGINE THEIR PERSPECTIVE (6 AND 9)
- TALK IT OUT TOGETHER AND SET BOUNDARIES
- SPLASH MY FACE
- WALK AWAY
- WRITE ABOUT IT
- SLEEP ON IT!

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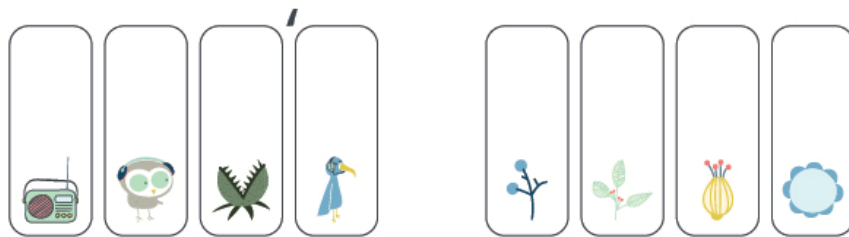
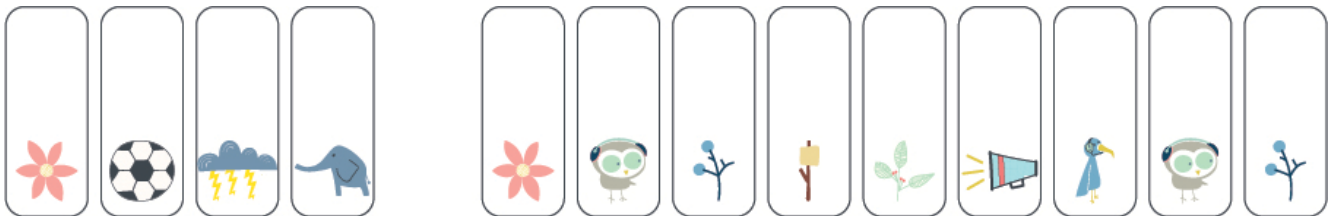


WHERE DO I FEEL  
JEALOUSY?



# CRACK THE CODE!

USE THE GROW YOUR MIND ALPHABET ON THE NEXT PAGE TO UNCOVER THE MYSTERY MESSAGE!



# THE GROW YOUR MIND ALPHABET!



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y



Z



0



1



2



3



4



5



6



7



8



9

# DRAWING CHALLENGE!



Draw a picture of a vegan mosquito sucking on either a:

- Watermelon
- Ice block
- Grape
- Coconut

# GETTING AWAY FROM THE GREEN EYED MONSTER!

What helps you through the tunnel when the green eyed monster is visiting? Can you see some of the words that have helped

