

KEEP IT BUT FREE



EPISODE 2

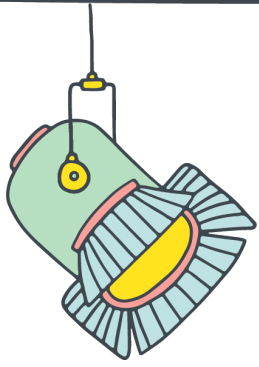
KEEP IT BUT FREE EPISODE

Write down the 3 character strengths needed for this episode:

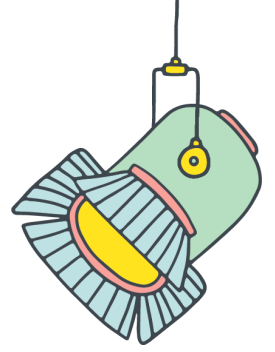
Colour those strengths in:

Courage
Flexibility
Honesty

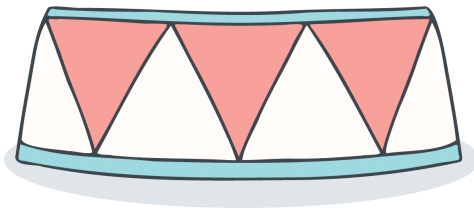
Can you think of someone with one of these strengths? Who?
How have they demonstrated this strength?



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 poke your eye ball with a stick or say sorry to someone?

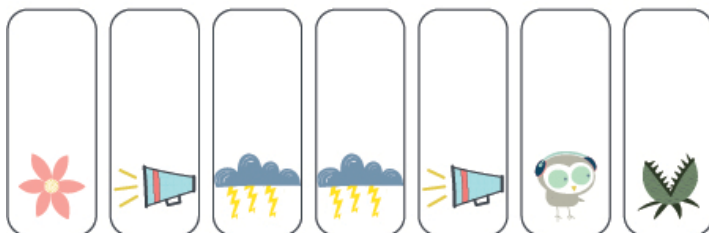
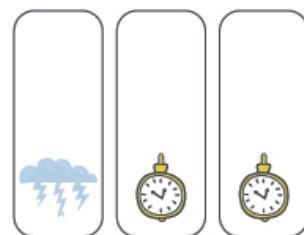
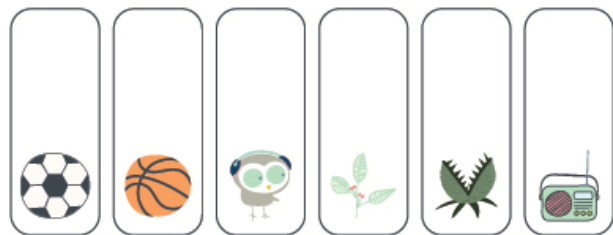
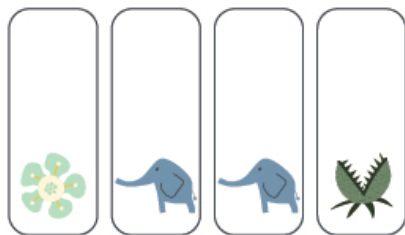
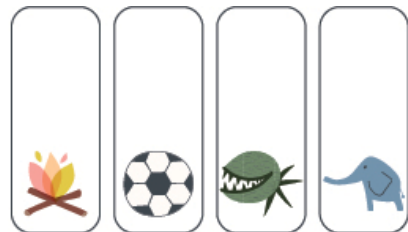
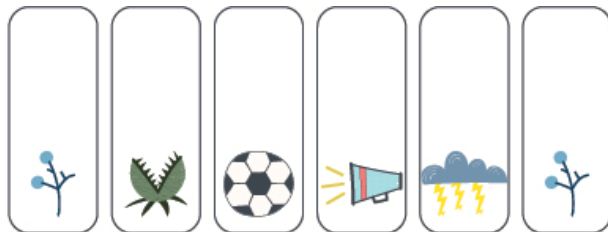
Do you think there is such a thing as a good apology and a bad apology? Why/Why not?

Do you think you deserve to be forgiven when you say sorry? Why/Why not?

Do you think it is important to say sorry when you have hurt someone (even if by accident)? Why/why not?

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



O



I



2



3



4



5



6



7



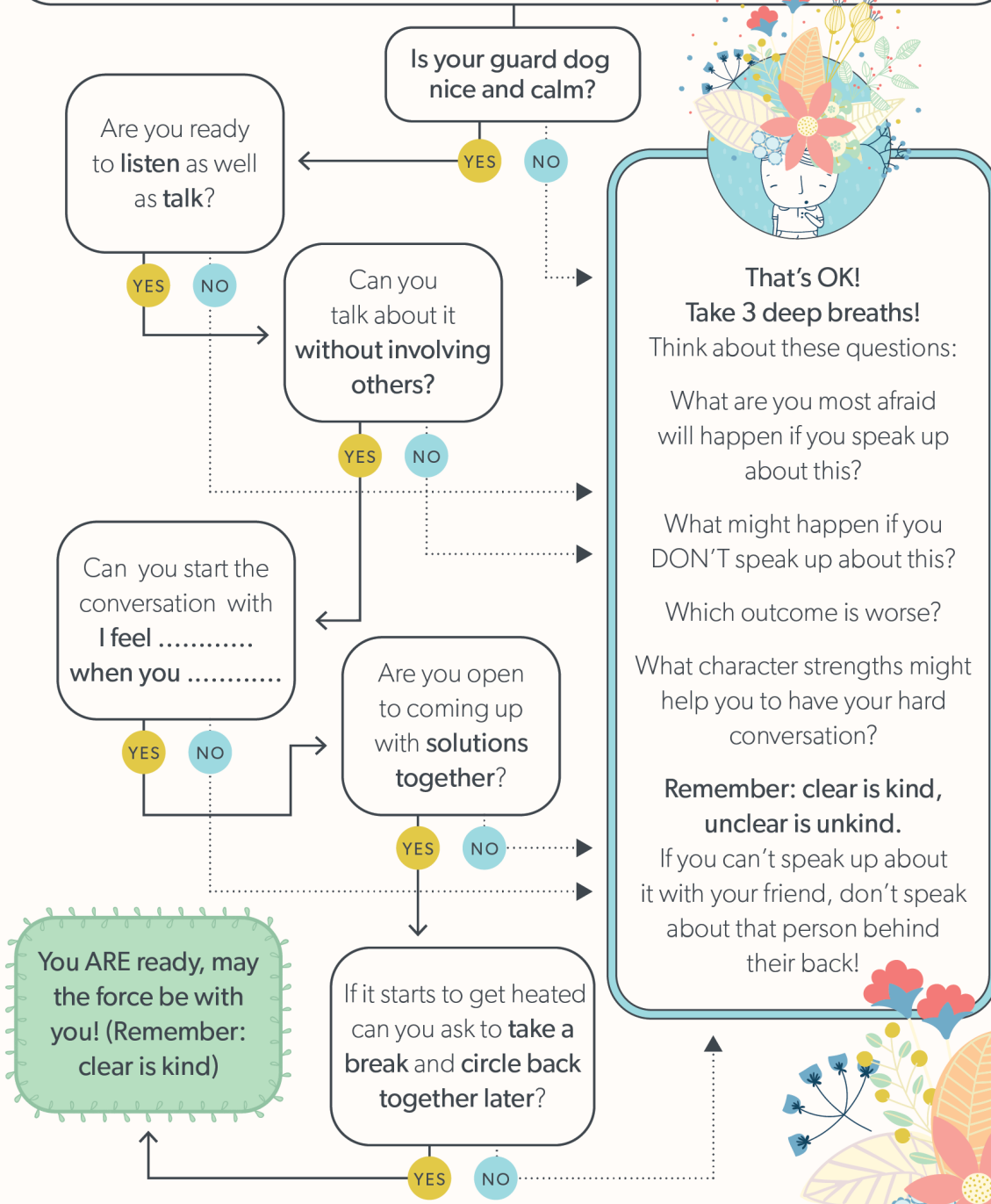
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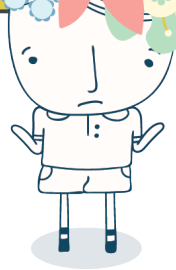
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ARE YOU READY TO TALK IT OUT?

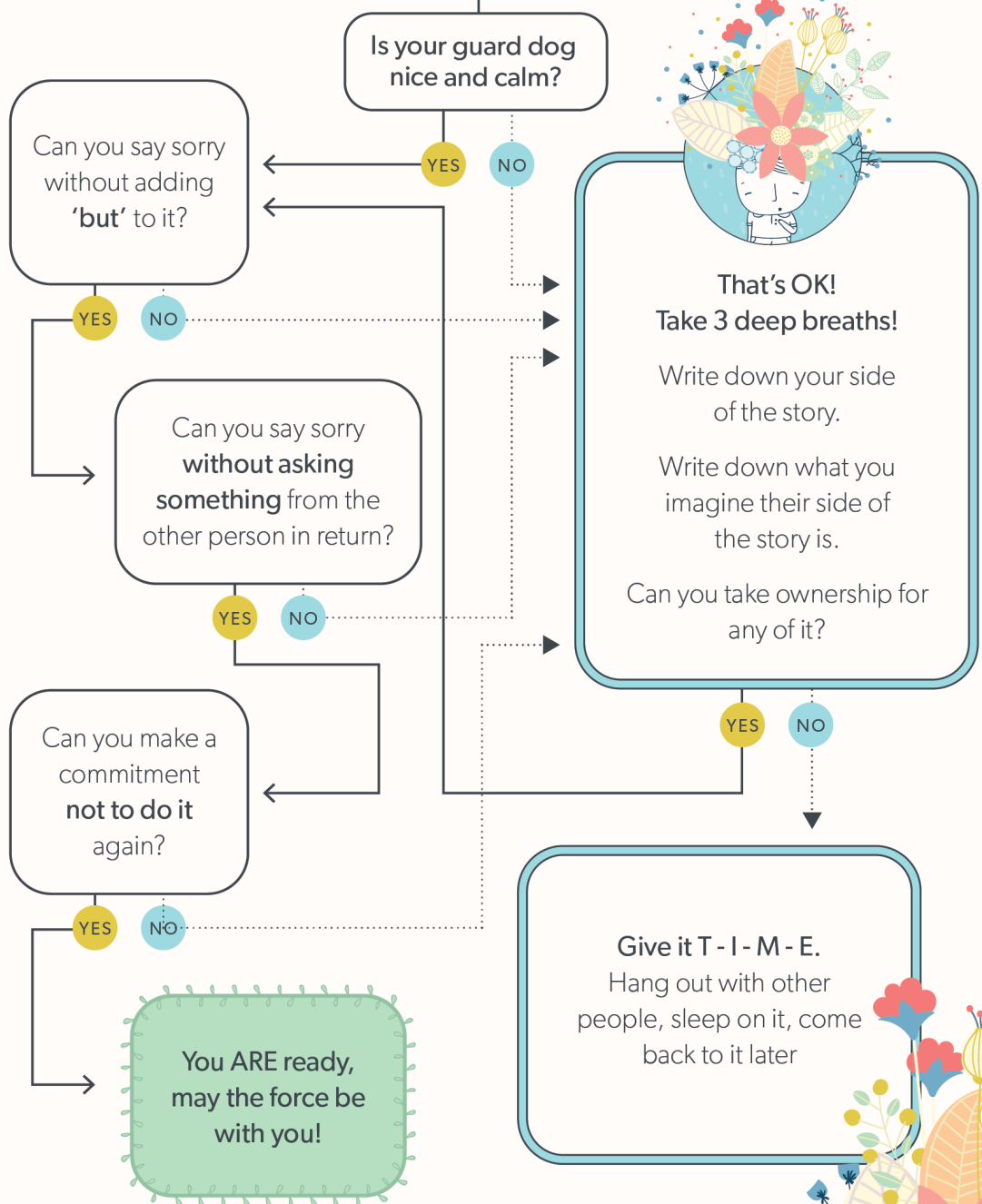
Conflict, awkward moments, misunderstandings: these are all a normal part of any friendship. When we feel hurt or angry with a friend the first step can be to talk it out with them



That's OK!
Take 3 deep breaths!
Think about these questions:
What are you most afraid will happen if you speak up about this?
What might happen if you DON'T speak up about this?
Which outcome is worse?
What character strengths might help you to have your hard conversation?
Remember: clear is kind, unclear is unkind.
If you can't speak up about it with your friend, don't speak about that person behind their back!



ARE YOU READY TO SAY SORRY?



WORD SEARCH
KEEP IT BUT FREE



H O N E S T Y S U P S H G N
A C N E L F R I E N D S U S
P H T H R E A T J O G T A E
O A B E I D I E L W U C R N
L L E O F O R G I V E R D S
O L Q X P I E D R A R I D E
G E E E I P T E F H D V O I
Y N M R P B O M R B D E G W
T G O H E Y I R I Y O G L U
A E T U G V S L T N G O H T
D O C O U R A G E U D E O E
I M O G T U O R L Y N S P R
R P L S O L S J O E A I E E
A E B O Y E S T H R E A T T
C H A L L E N G E B C M A Y



APOLOGY

FORGIVE

COURAGE

FLEXIBILITY

HONESTY

GUARD DOG

THREAT

CHALLENGE

OPPORTUNITY

SENSEI WU