

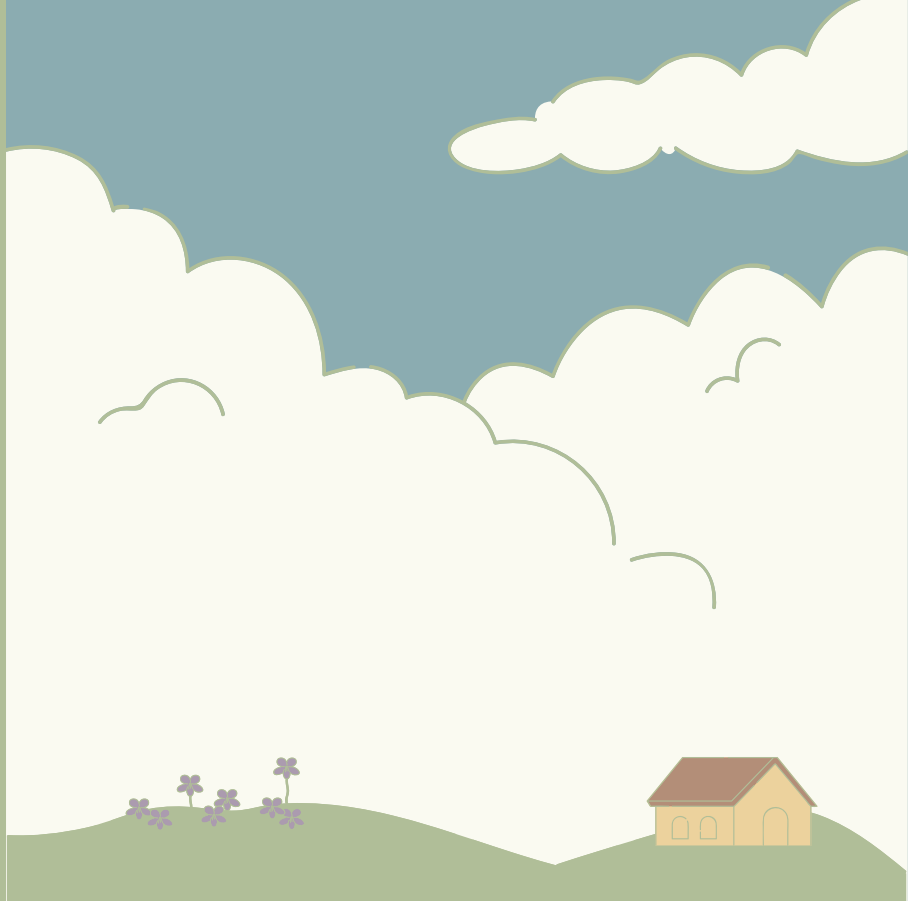


"Tools for Kids to Thrive,
Big Feelings? No Biggie!"

Life Hacks For Kids age 4-7



Mark Tristan Olsson



Let's
GO

HELLO!

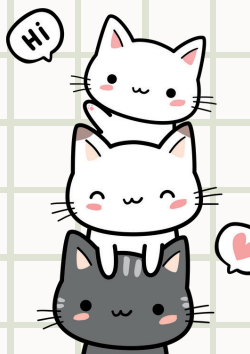
Welcome to your very own journal, where every page is a portal to endless adventures and delightful discoveries! We're beyond excited to embark on this journey with you.

Imagine this journal as your treasure map, leading you to the most magical corners of your imagination. Each day, as you scribble and doodle, you're not just filling pages; you're painting the canvas of your dreams with the brightest colors of your imagination!

So, grab your crayons, your thoughts, and your heart full of giggles, because this journal is your playground! Let's dive into a world where every story starts with "Once upon a time" and ends with a smile. We can't wait to see what fantastic tales you'll weave, fueled by happy thoughts and emotions as wild as a jungle adventure.

Remember, this journal is your special place, where your imagination can roam free, where your dreams can take flight, and where every scribble is a step closer to your next big adventure.

Are you ready?
Let's make some magic together!




I AM BEAUTIFUL

I AM HAPPY

I AM HEALTHY

I AM CONTENT

I AM GRATEFUL;



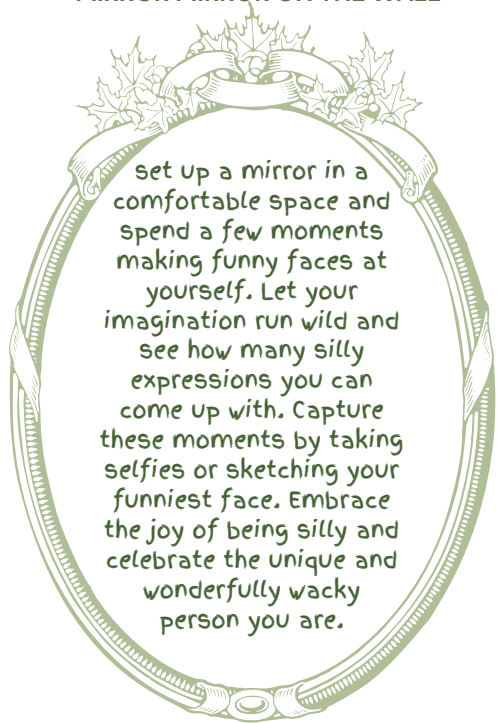
**Mirror, mirror on the
wall, who's the Coolest
of them all? Me, of
course! I'm a reflection
of pure hilarity and
endless fun!**

REPEAT YOUR AFFIRMATIONS DAILY

ALL ABOUT ME

PHOTO

MIRROR MIRROR ON THE WALL



set up a mirror in a comfortable space and spend a few moments making funny faces at yourself. Let your imagination run wild and see how many silly expressions you can come up with. Capture these moments by taking selfies or sketching your funniest face. Embrace the joy of being silly and celebrate the unique and wonderfully wacky person you are.

Self Reflection

MIRROR YOURSELF



Description

What I Feel Grateful for

1. _____
2. _____
3. _____

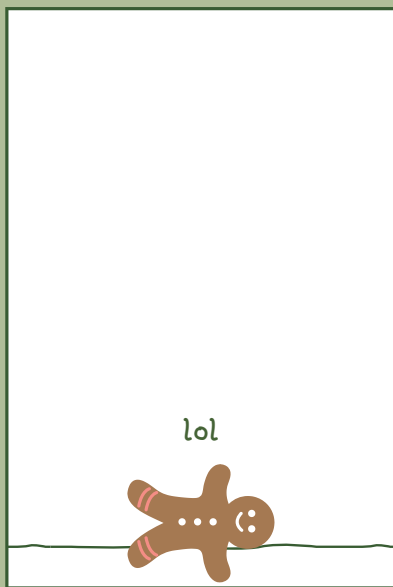
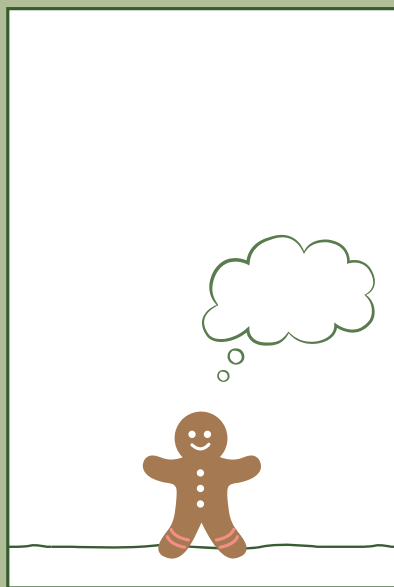
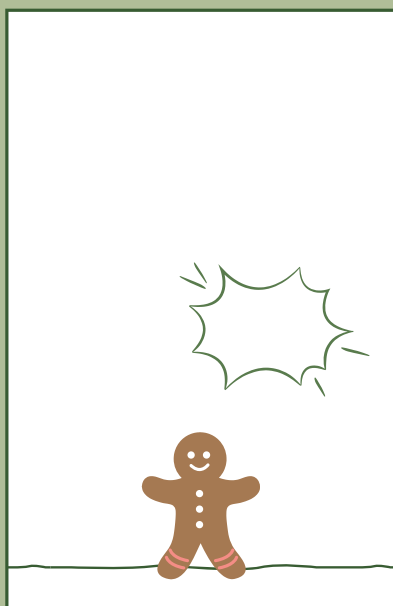
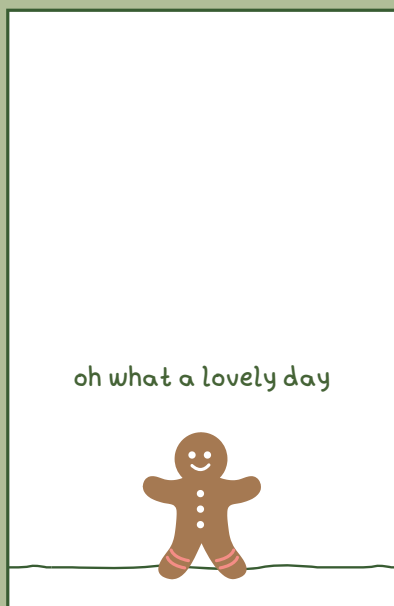
What Makes Me Sad

1. _____
2. _____
3. _____

Things I Should do

- ★ _____
- ★ _____
- ★ _____
- ★ _____

Comic Drawing



Finish the comic by drawing and writing in the boxes and speech bubbles.

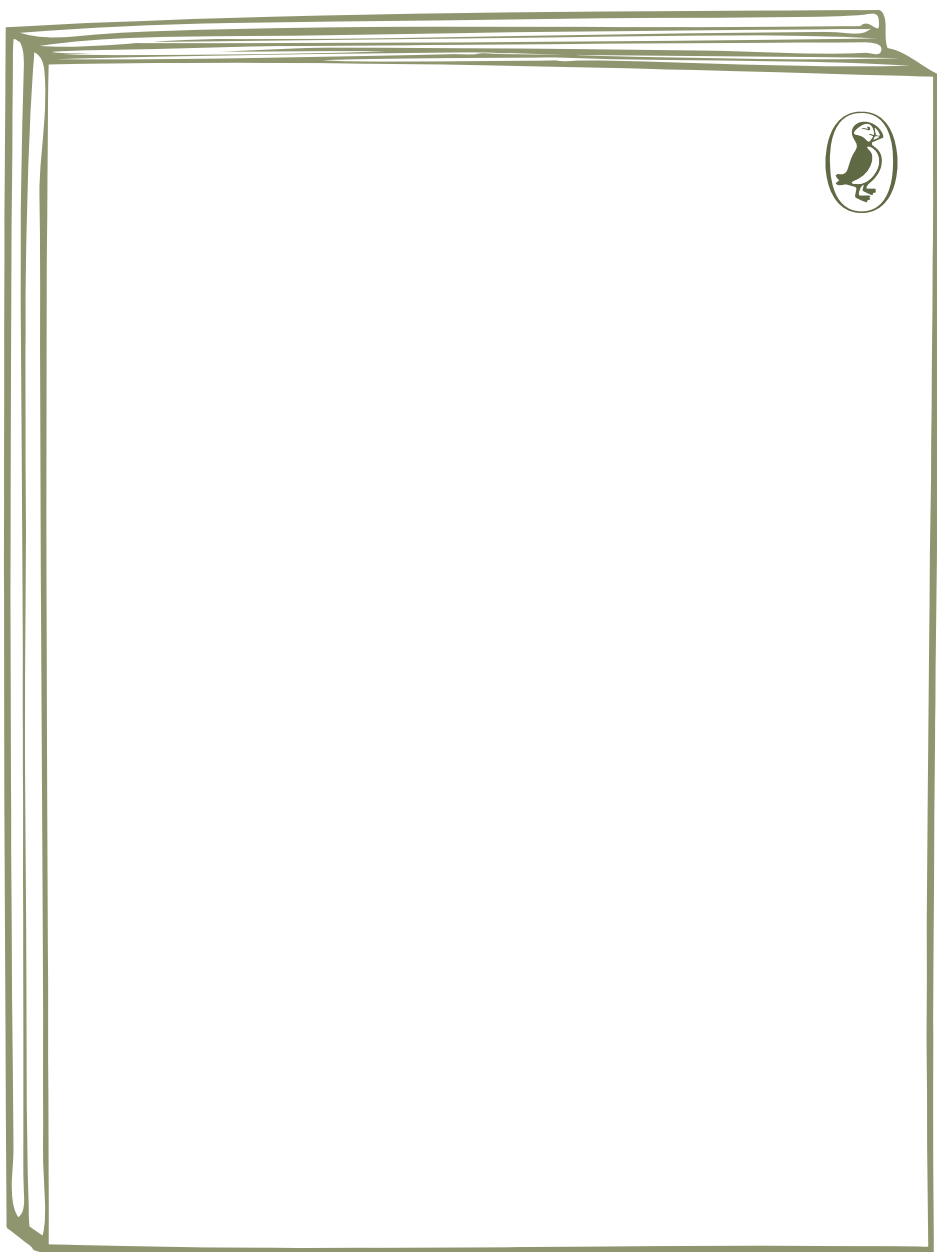


Don't worry!

BE HAPPY!

Doodle your own book cover!

Have a go at drawing your own book cover. Have a look at some of your other books to help you!



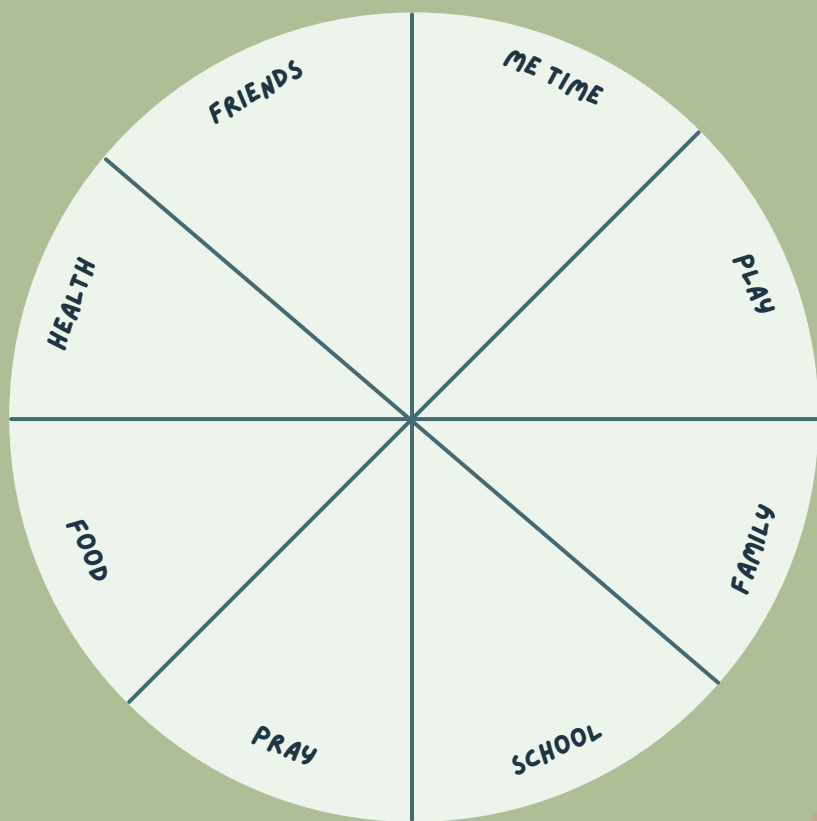
How do you catch a squirrel?
Climb a tree and act like a nut!

notes



LIFE-O-METER

HOP ON THE WHEEL OF LIFE, THE ULTIMATE GAME OF LIFE'S TWISTS AND TURNS. RATE EACH SECTION, FROM FAM-JAM TO SCHOOL SMARTS, USING YOUR SUPER-AWESOME SATISFACTION SCALE. IDENTIFY WHERE YOU NEED A PIT STOP AND KICK THINGS INTO GEAR. IT'S TIME TO REV YOUR ENGINES AND STEER YOUR WAY TO A TURBOCHARGED, WELL-ROUNDED LIFE. READY, SET, VROOM-VROOM!



WHEEL OF LIFE

You're like a book waiting to be explored, each page filled with adventures and wonders.

What is self-care?

It's important to look after ourselves. Self-care is about taking care of our minds and bodies so that we can be the best that we can be.

Self-care is always important, but it is even more so when we are experiencing difficult times in our lives.

There are lots of ways we can look after ourselves. Can you think of five things you could do to take care of you?





WELCOME TO OUR CLASS

ARE YOU READY TO LEARN?



ANYTHING YOUR HEART DESIRES....

DECORATE YOUR TROPHY YOUR WAY!
AND DON'T FORGET TO WRITE YOUR
NAME...

