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## **SUPPLEMENTARY WORKSHEETS (SW)**

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### **Lesson 1: I can be my best self**

My best self- SW1 (page 72)  
Mo and Ko's special award - For: Showing my best self - SW2 (page 73)  
I am... - SW3 (page 74)

### **Lesson 2: I can name my feelings**

How would you feel if... - SW4 (page 75)  
Feeling frustrated - SW5 (page 76)

### **Lesson 3: I can name more feelings**

Feelings Bingo - SW6 (page 77)

### **Lesson 4: I can tame my feelings**

Slide breathing with Mo and Ko - SW7 (page 78)  
Mo and Ko's special award - For: Taming my feelings - SW8 (page 79)

### **Lesson 5: Sprinkle kindness**

Mo and Ko's special award - For: Sprinkling kindness - SW9 (page 80)  
Kindness Bingo - SW10 (page 81)

### **Lesson 6: I'm ready to relax**

Chill and spill - SW11 (page 82)  
Calm colouring - SW12 (page 83)  
Calm colouring - SW13 (page 84)  
Calm colouring - SW14 (page 85)

### **Lesson 7: It's OK to feel worried**

Goodbye worries - SW15 (page 86)

### **Lesson 8: Today I'm thankful**

Gratitude tree display - SW16 (page 87)  
Gratitude scavenger hunt - SW17 (page 88)

### **Lesson 9: My friends have feelings too**

Mo and Ko's special award - For: Friendship - SW18 (page 89)  
Look, ask, listen - SW19 (page 90)

### **Lesson 10: It's good to be us**

We are - SW20a & SW20b (page 91-92)  
Mo and Ko's special award - SW21 (page 93)

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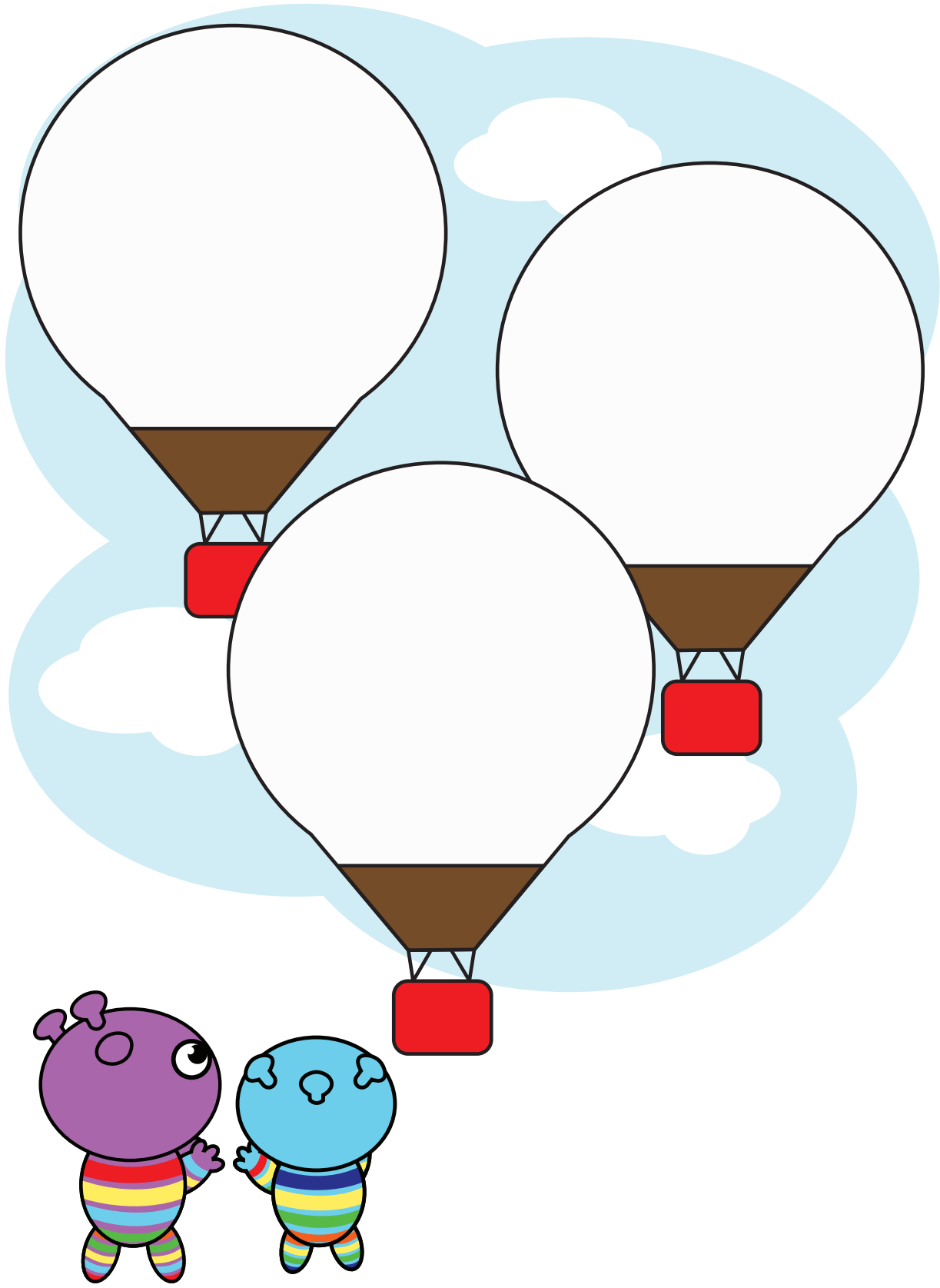
## **PARENT/GUARDIAN/CARER GUIDE**

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Parent/Guardian/Carer Information Leaflet (pages 94-97)

# SW15: Goodbye worries

Draw some of your worries in the hot air balloons and watch them floating off into the sky.



SW15