



SUPPLEMENTARY WORKSHEETS (SW)

Lesson 1: We all belong

We all belong together - SW1 (page 72)
I feel like I belong when... - SW2 (page 73)
We are... - SW3 (page 74)

Lesson 2: We can name our feelings

How would you feel if... - SW4 (page 75)
A time I felt... - SW5 (page 76)
In my body - SW6 (page 77)
Feelings Wheel - SW7 (page 78)

Lesson 3: We can express our feelings

Mo and Ko's special award - For: Expressing my feelings in a helpful way - SW8 (page 79)

Lesson 4: We can feel our energy

My Energyometer - SW9 (page 80)
Match the energy levels - SW10 (page 81)

Lesson 5: We can change our energy

3-2-1... Listen - SW11 (page 82)
Calm colouring - SW12 (page 83)
Calm colouring - SW13 (page 84)
Mo and Ko's special award - For: Changing my energy - SW14 (page 85)

Lesson 6: We can do hard things

Past, present and future hard things - SW15 (page 86)
Mo and Ko's special award - For: Doing hard things - SW16 (page 87)

Lesson 7: We are good enough

Kind mind - SW17 (page 88)

Lesson 8: We care and share

Mo and Ko's special award - For: Caring and sharing - SW18 (page 89)

Lesson 9: We can solve our problems

Planning sheet for: Think, talk, plan, act - SW19 (page 90)

Lesson 10: It's good to be us

It's good to be us - SW20a & SW20b (page 91-92)
Mo and Ko's special award - SW21 (page 93)

PARENT/GUARDIAN/CARER GUIDE

Parent/Guardian/Carer Guide (pages 94-97)

Mo and Ko's special award

For: Expressing my feelings in a helpful way

Awarded to: _____

Signed: _____

Date: _____



Well done!