

VALUES

Someone important to me is....

VALUES

If I was really rich I would....

VALUES

A great day would be....

VALUES

The meaning of freedom for me is...

VALUES

I like to play....

VALUES

Do I prefer to blend in or stand out?

VALUES

Draw a picture of something important to you

VALUES

What has struggling taught me?

VALUES

When I am someone's friend I want to...

VALUES

What makes a good life?

VALUES

A terrible day would be....

VALUES

What is it like to learn?

VALUES

I care about....

VALUES

A time I felt loved was....

VALUES

One of my values that is different to my family is...

VALUES

The kindest person I know is...

VALUES

What makes a good friend?

VALUES

Someone I trust is....

VALUES

What is the most important thing to me right now?

VALUES

Someone I would like to thank is...

VALUES

Something I hope for is....

VALUES

The hardest thing to like about myself is...

VALUES

The one thing I would most like to achieve is...

VALUES

A time when I was let down...

VALUES

The person who has taught me the most in life is...

VALUES

A time when I was bullied...

VALUES

Something I've longed for is...

VALUES

A time I felt unsafe...

VALUES

If I could achieve anything it would be...

VALUES

A time when I forgave someone...

NOTICER

The sounds I can notice right now are...

NOTICER

A feeling I'm noticing in my body right now is...

NOTICER

Notice the ends of my hair

NOTICER

Notice the places in your body that are moving while you sit still

NOTICER

Notice how my back feels

NOTICER

A place that feels warm in my body is...

NOTICER

Notice thoughts like they're clouds moving across the sky

NOTICER

Notice the end of the exhale

NOTICER

A place that feels energized in my body right now is...

NOTICER

Feel the clothes against your skin

NOTICER

Does your stomach feel hungry or full?

NOTICER

Notice how your eyelids feel

NOTICER

Look inside yourself

NOTICER

Notice how your tummy feels

NOTICER

Can you notice the beating of your heart?

NOTICER

Find something you can smell right now

NOTICER

Notice the taste inside your mouth

NOTICER

Are your toes warmer than your fingers?

NOTICER

Find a place in your body that feels tight

NOTICER

Find a place in your body that feels cool

NOTICER

Notice how your muscles feel

NOTICER

Can you sense the place where your left ear joins your scalp?

NOTICER

Notice how you are in this moment

NOTICER

What does your body feel like when it is stretched as tall (or long) as it can be?

NOTICER

Notice if your mouth is dry or moist

NOTICER

Notice the temperature of your breath at the nostrils

NOTICER

Find a place in your body that feels calm

NOTICER

Notice the rise and fall of your belly

NOTICER

Can you sense the place where your gums touch your teeth?

NOTICER

Where is your tongue inside your mouth?

NOTICER

What is the most distant sound you can hear?

NOTICER

Where is the quietest place in your body?

NOTICER

Notice the place where your thoughts are happening

NOTICER

Are there any thoughts inside your tummy?

NOTICER

Find a piece of fabric that feels soft against your fingers

NOTICER

Feel the finger print whorls on your thumb

NOTICER

Notice whether how your eyes feel

NOTICER

Find as many circle shapes around you as you can see

NOTICER

Notice what it feels like to place your hand gently on your chest as you breathe

NOTICER

Notice what it feels like to gently stroke your forearm

NOTICER

Notice what happens when you blow all the air out of your lungs

NOTICER

Notice what it feels like to tighten & hold your calf muscles

NOTICER

Notice what its like to raise your arms up tall as you breathe in then lower them on the

NOTICER

What is the most uncomfortable item of clothing you're wearing right now?

NOTICER

What does it feel like to give yourself a hug?

NOTICER

What can you smell on the palm of your hand?

NOTICER

Let your mind do whatever it wants without trying to change it

NOTICER

Let your mind wander freely

NOTICER

What does it feel like to rest your eyes closed for a few moments?

NOTICER

What is one thing in this room that you'd like to touch? Touch it

NOTICER

What does it feel like in your heart when you imagine your favourite animal or person?

NOTICER

What makes your heart smile?

NOTICER

What does it feel like in your tummy when you imagine something scary?

NOTICER

What does it feel like in your mouth when you imagine your favourite food?

NOTICER

Can you sense where your bladder is?

NOTICER

Use your inner sense to notice the tip of your index finger - does it tingle or vibrate or

NOTICER

Can you sense the joint of your right knee?

NOTICER

Can you notice the place where your toes touch each other?

NOTICER

Interlock your fingers. Now reverse the interlocking. Does it feel different?

NOTICER If your legs are crossed, uncross them. If they're not crossed, cross them. What did you notice?

ADVISOR

When I've made a mistake, my Advisor says....

ADVISOR

Right now my Advisor is saying.....

ADVISOR

When my Advisor is cranky it sounds like....

ADVISOR

When my advisor is being kind, it looks like...

ADVISOR

When my advisor is being mean to me, it looks like....

ADVISOR

When I am angry or upset you Advisor says....

ADVISOR

My Advisor says I am...

ADVISOR

My Advisor says unhelpful stuff like...

ADVISOR

My Advisor says helpful stuff like...

ADVISOR

At home my Advisor says....

ADVISOR

At school my Advisor says...

ADVISOR

One mean thing my Advisor often says about me is....

ADVISOR

When I am struggling to do something, a helpful thought is ....

ADVISOR

When I am feeling nervous, a helpful thought is....

ADVISOR

When I'm feeling sad, helpful thought is....

ADVISOR

One thought that really bothers me is....

ADVISOR

When I am worrying, my Advisor looks like....

ADVISOR

When I look at myself in a mirror my Advisor says ...

ADVISOR

Spend one minute writing down everything your Advisor says

ADVISOR

When I say to myself "I am awesome", the thing my Advisor says next is...

ADVISOR

When I say to myself "I am stupid", the thing my Advisor says next is...

ADVISOR

Try saying "I cant walk" while walking

ADVISOR

What would happen if your Advisor only ever had positive things to say?

ADVISOR

What would happen if you turned off your Advisor?

ADVISOR

My Advisor is really good at ....

ADVISOR

Does your Advisor have a delete button?

ADVISOR

Something encouraging my Advisor says is...

ADVISOR

Something discouraging my Advisor says is....

ADVISOR

My Advisor is really bad at ....

ADVISOR

One image my Advisor gives me that I really like is....

ADVISOR

One of my favourite memories is....

ADVISOR

ADVISOR

One memory I really hate is....

ADVISOR

ADVISOR

My advisor gets really bossy when...

ADVISOR

ADVISOR

My advisor likes to argue with...

ADVISOR

ADVISOR

When I say to myself "I am perfect", the thing my Advisor says next is...

ADVISOR

ADVISOR

When I say to myself "I am ugly", the thing my Advisor says next is...

ADVISOR

ADVISOR

When I say to myself "I am weird", the thing my Advisor says next is...

ADVISOR

ADVISOR

When I say to myself "I am beautiful", the thing my Advisor says next is...

ADVISOR

ADVISOR

One time when my Advisor is really quiet is....

ADVISOR

ADVISOR

One time when my Advisor is really noisy is...

ADVISOR

ADVISOR

One thing my Advisor tells me I'm good at is...

ADVISOR

ADVISOR

One thing my Advisor tells me I'm really bad at is....

ADVISOR

ADVISOR

When I'm with my friends, my Advisor often says....

ADVISOR

ADVISOR

Draw a picture of your Advisor

ADVISOR

ADVISOR

When I am arguing with my Advisor, it sounds like ...

ADVISOR

DISCOVERER

Something new or different I would like to try  
is....

DISCOVERER

I would like to discover...

DISCOVERER

I could enjoy this moment by ....

DISCOVERER

Something I've gotten good at through diligent  
practice is ...

DISCOVERER

I could move my body in a new way by doing...

DISCOVERER

If I could do something totally different in my  
day, it would be ....

DISCOVERER

A new way I could take care of myself would  
be to ...

DISCOVERER

I could challenge myself in a new way by  
doing...

DISCOVERER

A new way I could have fun with someone is ...

DISCOVERER

A new or different way I could help someone  
would be to ....

DISCOVERER

What kind of discoverer am I?

DISCOVERER

Someone I haven't asked for help before but  
could maybe ask is ....

DISCOVERER

Something I've always wanted to try but  
haven't been able to is ....

DISCOVERER

Someone I would like to get to know better is  
....

DISCOVERER

The last time I made a mistake was ...

DISCOVERER

Something I keep failing at is....

DISCOVERER

Recall a time when you mastered something by  
trying & failing & trying & failing

DISCOVERER

A new place I would love to visit is ...

DISCOVERER

A new food I would like to try is ...

DISCOVERER

A new form of physical activity I would like to  
try is ...

DISCOVERER

If I was to do a random act of kindness, it  
would be ...

DISCOVERER

A new way I could improve my relationship with  
my parent is ....

DISCOVERER

When I feel stressed, a new way I could  
respond is...

DISCOVERER

DISCOVERER

DISCOVERER

DISCOVERER

DISCOVERER

DISCOVERER

DISCOVERER



