

Kilko [♥] THE Koala[®]

Worksheet

Draw a circle around how you feel now.



angry



scared



worried

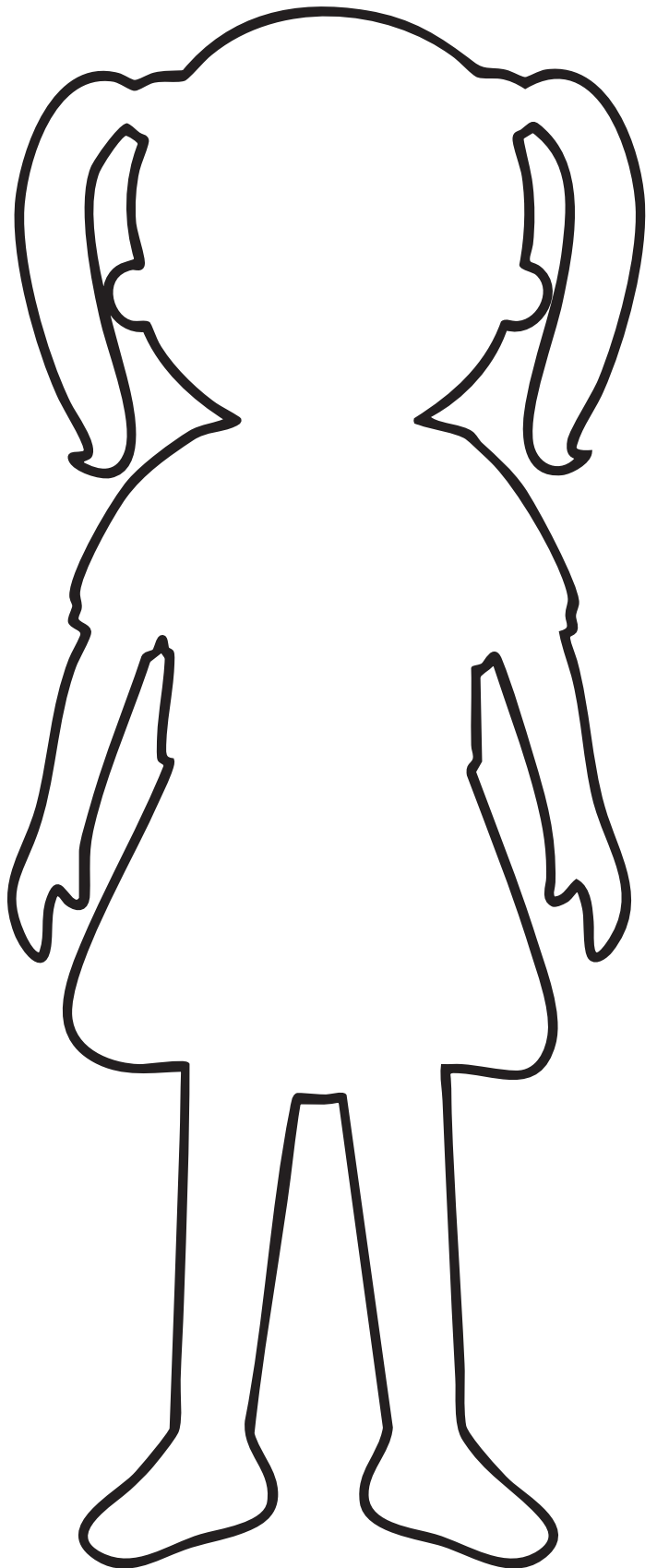
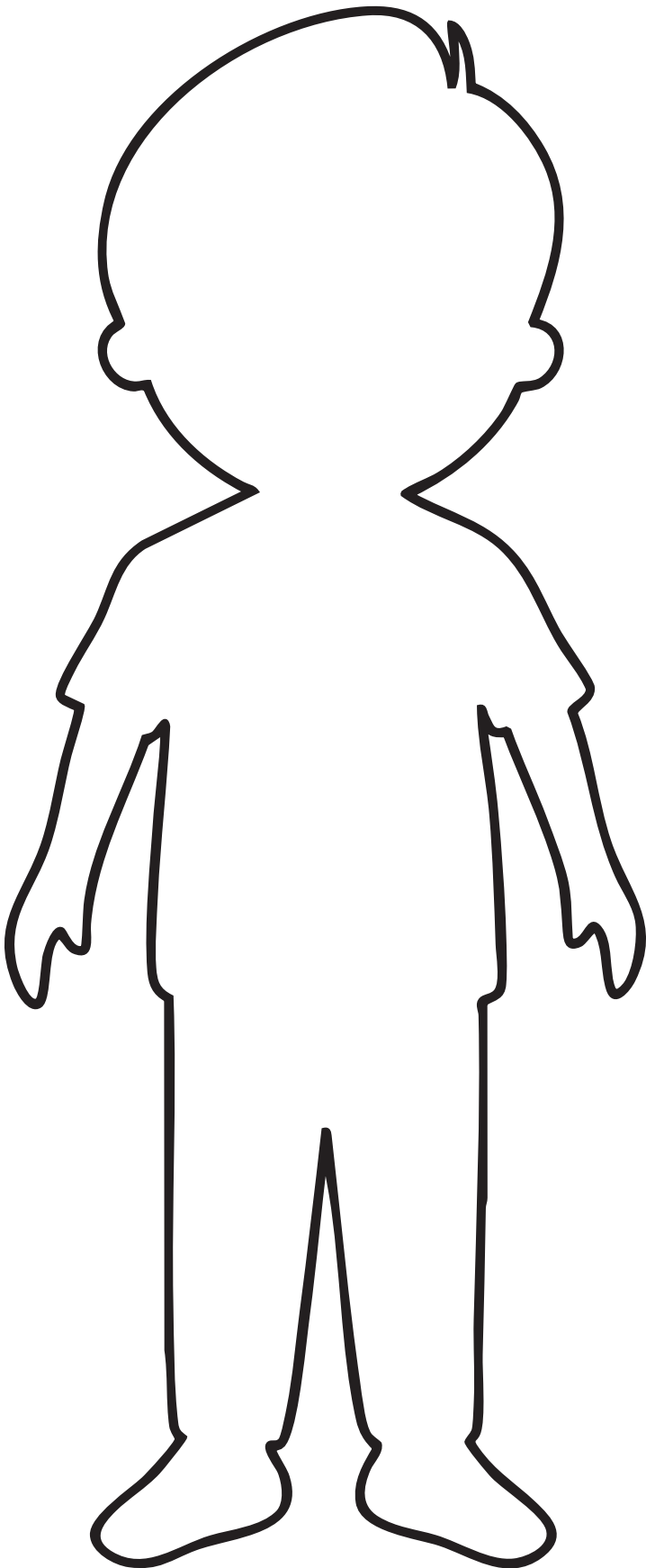


sad

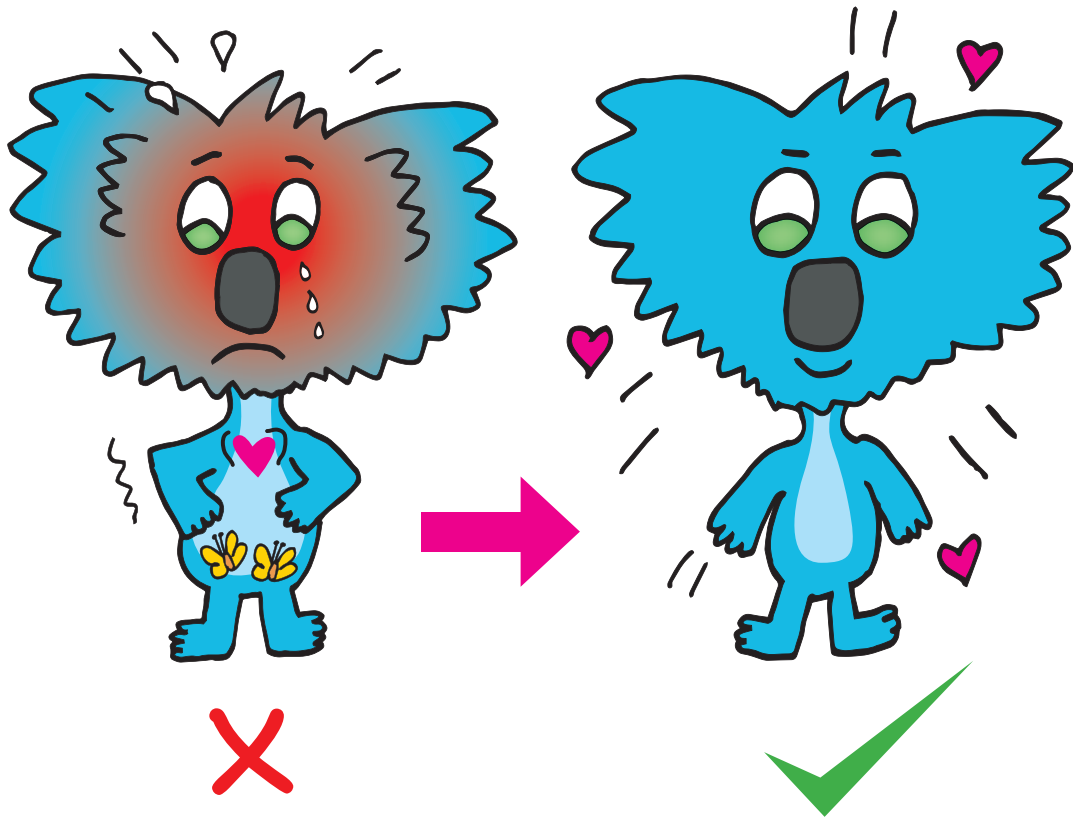


out of control

Draw or point to where you feel it in your body?



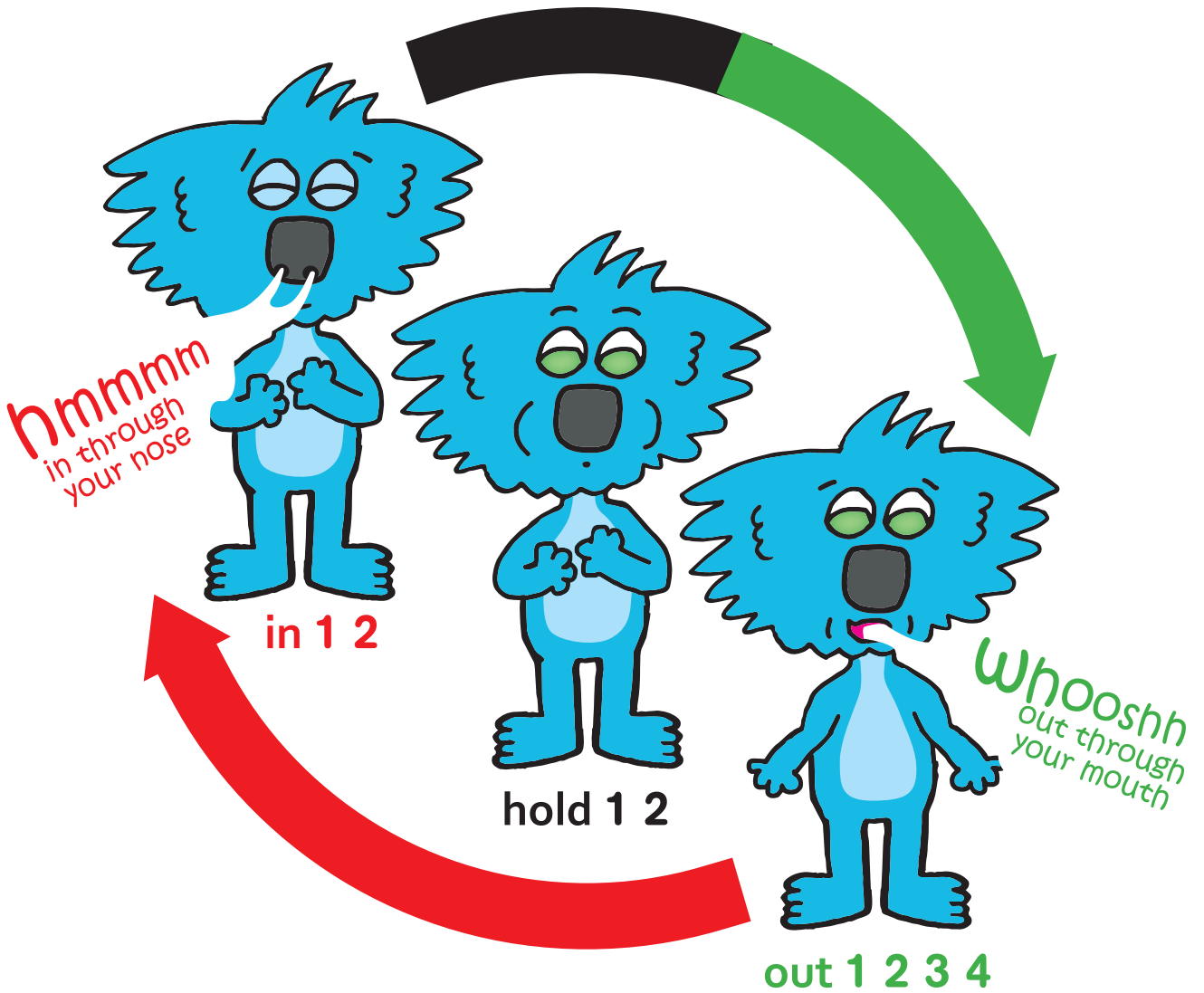
Lets change how you feel
from bad to good



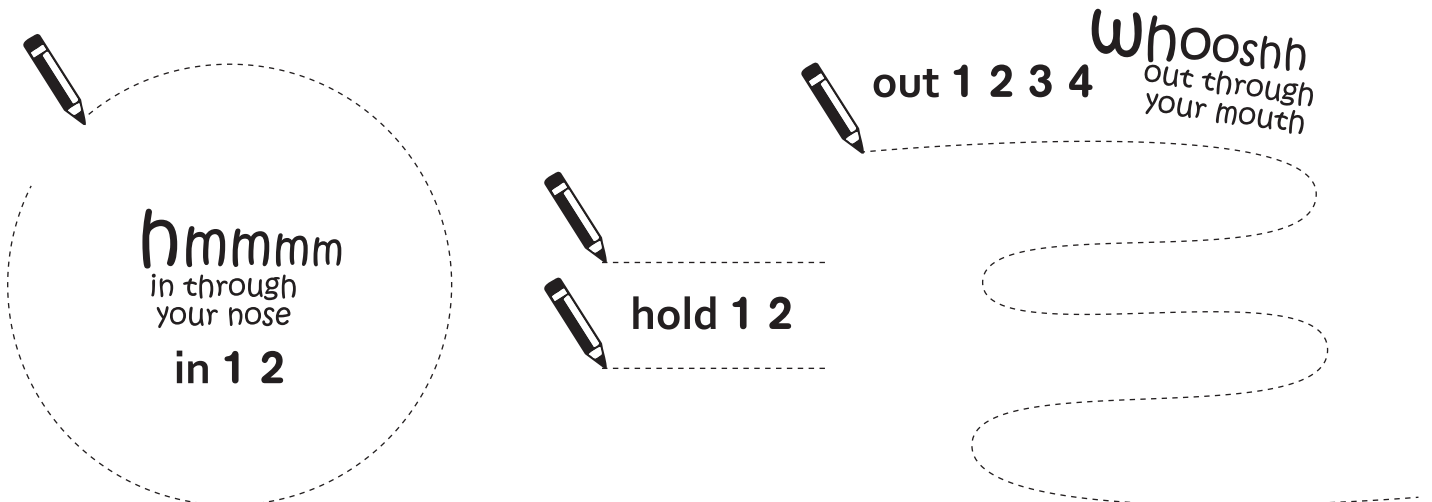
First, I need to calm myself.



Take some big long breaths.



Try drawing over the lines when you breath




Lets practise




hmmmm
in through
your nose
in 1 2



hold 1 2




Whooshh
out through
your mouth
out 1 2 3 4




hmmmm
in through
your nose
in 1 2





hold 1 2




Whooshh
out through
your mouth
out 1 2 3 4




hmmmm
in through
your nose
in 1 2



hold 1 2



Whooshh
out through
your mouth
out 1 2 3 4



Kilko's tools

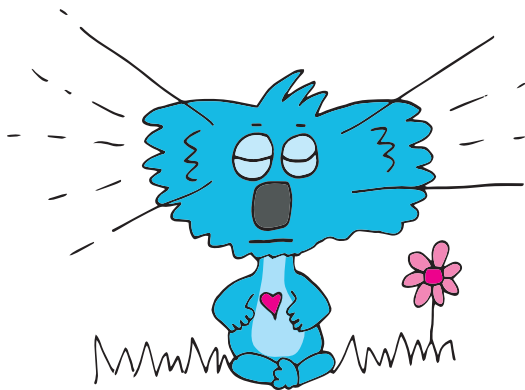
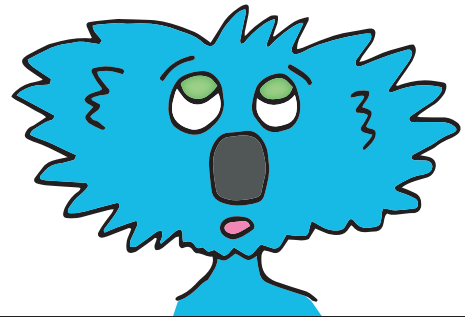
Try one, and see what works for you?



Ask for help.
Talk to someone you trust.



Be Mindful!
Think of a place
that makes you
feel calm and
happy.



Find a SAFE SPACE
for some time out.



**Crunch on some ice or
have a cold drink.**



Distract yourself.
Take your mind off things by doing
something you enjoy.

Kilko's tools

Try one, and see what works for you?



Scream into a pillow.



Hug yourself.



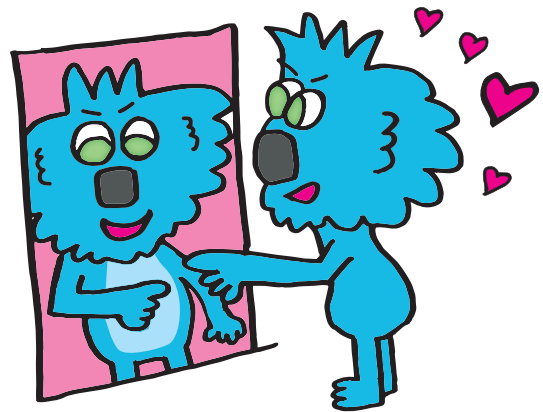
Cuddle your teddy.



Listen to music.



Have a big cry. **LET IT OUT.**



Talk yourself up!
You can do this! You are awesome!



Draw or colour in.



Exercise, go for a walk or run, pushups.

What made you feel bad?

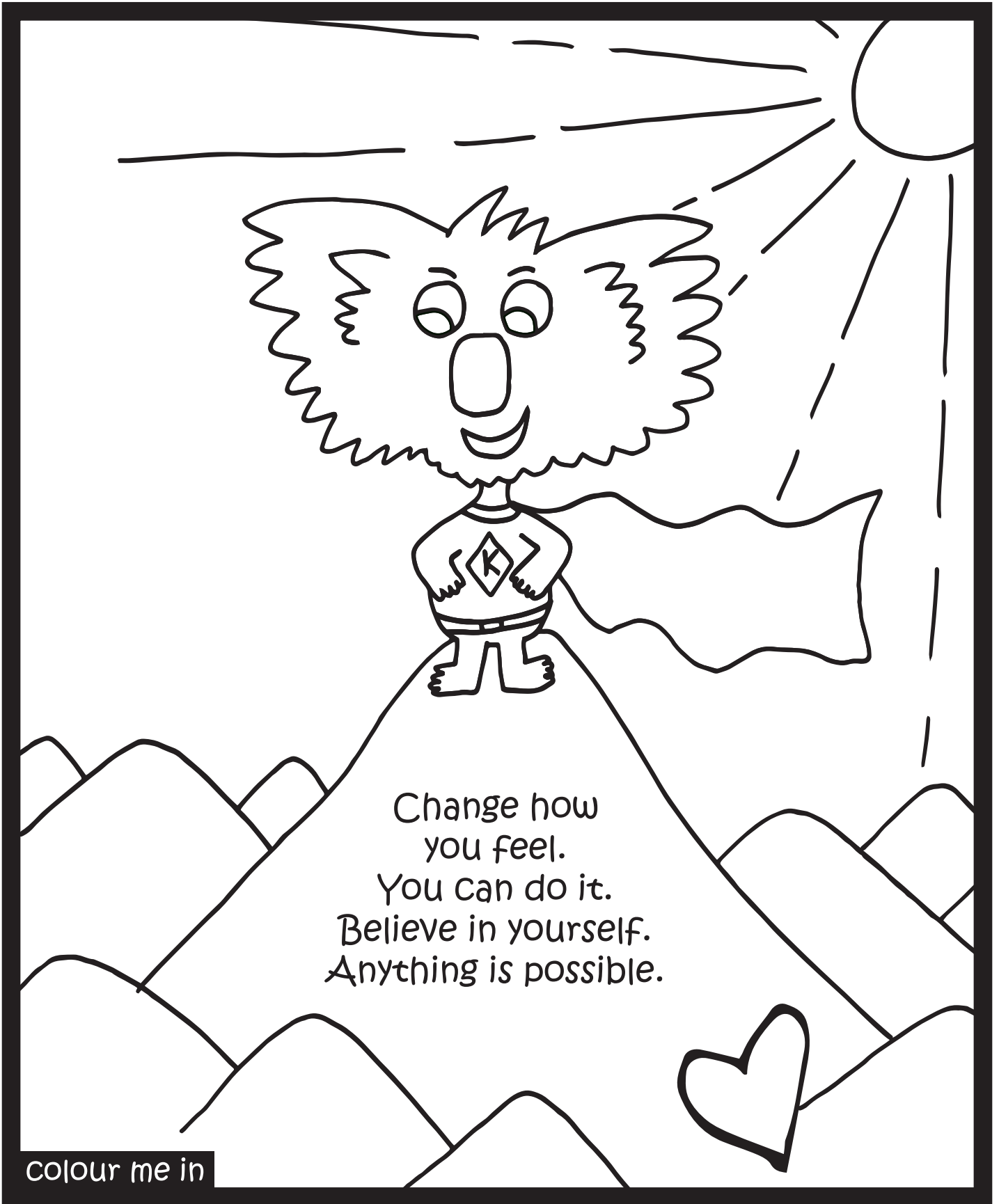
Write or Draw

A large empty rectangular box for writing or drawing.

On the previous pages circle the **KilKo** tools you tried.

How do you feel after **KilKo**'s help?





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Four
Books
Available