Hello!

After such a tough year, it’s not surprising that mental health is in the news. Everyone is doing their best to deal with the challenges that have cropped up - so we want to help and offer something that kids can actually DO to proactively learn about and take care of their mental health.

So what can a child DO to build their resilience? What techniques can they use to pick themselves up when they’ve had a bad day? How can they learn to notice their thoughts rather than become stuck in them?

Welcome to #MENTALHEALTHSUPERPOWERS, a set of brain snacks to feed mental health, build resilience and increase awareness.

Please cut them out, stick them on the fridge and talk about them!

We hope these make it easier for parents and teachers to talk with kids about mental health and also that they give kids things they can do to help themselves.
Imagine that your mind is a big pond. In that pond are lots of different kinds of fish. These are your feelings. Sad ones, happy ones, angry ones, excited ones. All swimming around together.

Your job here is to just be the pond. Be the pond! Watch all the different fish swimming by. All of them are ok. Every feeling is welcome. You be the pond and let the fish be the fish. No need to do anything with them apart from watch them swimming around.

Isn’t it amazing how many different kinds of fish we have swimming in our pond?
WANT MORE?

JAIME EXPLAINS THIS IN MORE DETAIL IN OUR VIDEO 'BE THE POND | COSMIC KIDS ZEN DEN'

TAKE A LOOK WHEN YOU HAVE A MOMENT.
SEARCH 'COSMIC KIDS BE THE POND'

#MENTALHEALTHSUPERPOWERS

MAKE A MAGIC WORRY BOX!
A Magic Worry Box
is a great way for kids to let go
of what’s bothering them.
Creating one will help them
name their worries
and give their brains a break
from holding onto them.

So they’ll have more space to
have fun, play, and learn!
How to make it:

Step 1. Wrap your box with the fun paper.

Step 2. Decorate your box however you want!

Step 3. Make sure there is a hole in the box somewhere so you can put your worries inside.

Tip!

You could make it look like a monster by adding googly eyes, teeth, & pom poms - then it’s like the monster eats your worries when you put them inside!
#MENTALHEALTHSUPERPOWERS

BUILD A TEAM OF SUPERSTARS IN YOUR BRAIN

REAL LIFE SUPERSTARS CAN BE YOUR LIFE GUIDES - AND INSPIRE YOU TO BE YOUR BEST SELF.

WHETHER IT’S SOMEONE FAMOUS YOU LOOK UP TO, OR JUST YOUR LOVELY DOG - IT’S UP TO YOU WHO’S IN YOUR TEAM!

JUST KEEP THEM THERE UP IN YOUR MIND READY TO HELP YOU, AND IF YOU NEED SOME ADVICE, ASK ANY OF THEM: WHAT WOULD YOU DO?

WHO’S ON YOUR TEAM?
GET INTO MINDFULNESS

MINDFULNESS IS A BUZZ-WORD RIGHT NOW AND KIDS ARE HEARING LOTS ABOUT IT. BUT WHAT IS IT? AND HOW DO WE EXPLAIN IT SIMPLY TO KIDS?

IN SHORT, MINDFULNESS IS LEARNING TO CALM YOUR MIND DOWN BY COMING BACK TO THE MOMENT. AND IT TAKES PRACTICE!
WANT MORE?

FOR A PROPER EXPLANATION AND A GO AT TRYING A MINDFULNESS MEDITATION, WATCH OUR VIDEO: "WHAT IS MINDFULNESS AND HOW DO YOU DO IT?"

#MENTALHEALTHSUPERPOWERS

DO A BODY SCAN!
Bring your awareness to each part of your body. Just notice them one at a time! Start with your feet and work up slowly. I like to lie down on the sofa and do it! It's relaxing and helpful for building your focus skills. Very useful for spotting when you feel things.
DANCING GETS YOU INTO YOUR BODY AND OUT OF YOUR MIND. WHENEVER YOU FEEL YOURSELF GETTING A LITTLE TOO THINKY, AND YOU WANT TO COME BACK TO YOUR BODY, STICK ON YOUR FAVOURITE TRACK AND DANCE!

IT'S GREAT EXERCISE, IT CLEARS YOUR MIND AND IT RELEASES FUN HORMONES THROUGH YOUR BODY.

IF IN DOUBT, DANCE!
DO YOGA!

KIDS YOGA BUILDS STRENGTH, BALANCE AND CONFIDENCE. IT'S INCLUSIVE, NON-COMPETITIVE AND FUN. IN KIDS YOGA, WE USE STORIES TO KEEP THE YOGA INTERESTING AND TO BUILD IN HELPFUL LIFE LESSONS FOR A HAPPY LIFE.

HAVE YOU TRIED IT YET?

WE HAVE MORE THAN 75 YOGA ADVENTURES TO CHOOSE FROM.

GO TO APP.COSMICKIDS.COM FOR MORE!
SOME OF THE BENEFITS OF KIDS YOGA

- Helps develop the right balance of muscle tone and strength throughout the body to support the joints. Builds core strength for good posture and overall physical fitness. Helps to maintain flexibility and mobility in all joints and muscles.
- Encourages the retention of calcium to help build strong bones through weight-bearing postures. Supports and strengthens the immune system by reducing stress and stimulating the lymph system (the body's highway of white blood cells which fight viruses and infections).
- Improves balance, alignment, and coordination. With practice, postures help children develop a positive image of their body and an awareness of how to look after it. Helps balance energy levels and calms the nervous system with rhythms that stimulate the spinal cord and regular practice of relaxation develops sensory awareness.
- Kids learn to notice what's going on in their body and mind. They can accommodate all body shapes and sizes and is not competitive. So it's a good form of exercise for non-sporty kids too. Keeps the heart and respiratory system fit and strong.
- Encourages better circulation by getting the heart pumping and using more of the space in the lungs with deeper breathing. Improves the digestive system with yoga postures that get things moving in the gut and by stimulating the parasympathetic nervous system during relaxation, triggering important acids in the stomach to be released for breaking down food.
- That's why you hear everyone's tummies start to rumble during savasana. A reduced risk of injury in sports and games with better overall fitness and coordination gained through yoga practice.
- And better flexibility in the joints. Increases attention span and improves concentration through the story, structure, and the inclusion of multiple learning styles. Yoga through seeing the story and yoga performed, auditory through hearing the instructions and the narrative, and kinesthetic through feeling the body in all postures and connecting emotionally to the story. Kids build compassion and empathy for themselves and others through exploring the stories' meanings in a non-competitive environment in class.
- More oxygen circulates round the body and brain during yoga practice and breathing exercises, so improving memory retention and learning ability. Kids build self-confidence because they can do the yoga, and by relating to inspirational stories and role models. The stories encourage self-expression with the use of imagination and creativity.
- Physical postures and vocal sound effects kids get better at dealing with anxiety and stress because they learn to incorporate relaxation and breathing techniques into daily life. The stories support curriculum learning—particularly personal, social, health, and economic education (PSHE). Improves relationships and social awareness through group and partner work and role-playing in stories.
- Encourages healthy sleep patterns with the practice of relaxing the body and lengthening the breath. Increases confidence with speech in interactive parts of the stories and improves vocal ability as the voice is exercised in tandem with postures.
- Encourages joy and a positive outlook with fun stories and a happy experience during their yoga class.

#MENTALHEALTH SUPERPOWERS

LOVING KINDNESS

COSMIC KIDS!
ONE OF THE EASIEST WAYS TO FEEL USEFUL AND POSITIVE IS TO GIVE LOVE TO OTHERS. SEND YOUR LOVE OUT INTO THE WORLD AND YOU WILL GET IT BACK WITH INTEREST! EVEN IMAGINING SENDING LOVE OUT INTO THE WORLD FEELS WONDERFUL AND BUILDS HAPPINESS!

YOU CAN TRY IT NOW YOURSELF: JUST CLOSE YOUR EYES AND THINK OF SOMEONE YOU LOVE. IMAGINE YOU ARE SENDING THEM A BIG BALL OF LOVE AND KINDNESS. ALL THAT WARMTH...LIKE A BIG HUG. HOW MUCH JOY IT BRINGS!

WANT MORE?
SEARCH FOR OUR GUIDED RELAXATION ‘PEACE OUT | FRIENDLY WISHES’ AND ENJOY SENDING OUT THOSE POSITIVE VIBES!
WE ALL HAVE A CUP THAT NEEDS TO BE FILLED. IN IT WE NEED LOVE, SECURITY, AFFECTION AND ATTENTION.

SOME KIDS SEEM TO HAVE A FULL CUP MOST OF THE TIME - OR THEY'VE WORKED OUT WAYS TO GET A REFILL THEMSELVES.

ALL KIDS GET A LITTLE NERVOUS WHEN THEIR CUP IS NEARING EMPTY THOUGH. AND THEY GIVE US CLUES LIKE MISBEHAVING TO GET ATTENTION, BOUNCING OFF THE WALLS AND THINKING THEY HAVE TO FIGHT OR COMPETE FOR EVERYTHING.

CAN YOU HELP THEM FILL THEIR CUP?
#MentalHealthSuperpowers

**Finger Breathing**

Sit with your hand open, palm facing you. Place the pointer finger on your other hand at the base of your thumb on your open hand. Breathe out to get empty. As you breathe in, trace the line of your thumb up to its tip. Pause at the top, then breathe out as you trace down the other side. Carry on breathing in as you trace the outside of each finger and breathe out as you trace down the other side. When you get to the base of your hand on the pinky finger side, you can go back up the other way. Repeat 3-5 times.

Your breath is the best tool for taking care of yourself and being ready for any situation!
A MIND JAR IS A FUN PROJECT AND A HELPFUL ONE. IT SHOWS KIDS HOW YOUR MIND GETS STIRRED UP AND THAT CALMNESS CAN BRING IT BACK TO FEELING CLEAR AGAIN.

WITH YOUR HELP, THEY CAN HAVE FUN MAKING IT AND WHENEVER THEY FEEL THEIR MIND IS GETTING BUSY, THEY CAN SHAKE IT UP!

THEN WATCH IT, CALMLY AS THE SPARKLES SETTLE AS IT GOES FROM BUSY TO CLEAR.
Mind Jar

What you will need:

1 empty jar with a lid and no labels

Some hot water
(be careful and ask a grown-up to help you)

2 tbsp of glitter glue

How to make it:

1. Pour the hot water into the jar and add the glitter glue

2. Put the lid on and shake up the jar
**Top Tip!**

Next time you feel upset or angry, give the jar a good shake. Then sit, be still, and wait for the glitter to settle. This will also help you calm your mind.

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**WANT MORE?**

SEARCH FOR OUR VIDEO
**WHIRLY BURLY SNOW STORM**

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JAIME TALKS ALL ABOUT HOW OUR MIND BECOMES BUSY LIKE A SNOW STORM WHEN WE’RE FEELING STRESSED - AND HOW TO CALM IT DOWN!
IF YOUR BASIC NEEDS AREN’T BEING MET, IT’S TOUGH TO STAY RESILIENT AND HAPPY.

SO IF A CHILD IS HUNGRY OR THIRSTY, TIRED, OR COLD, HAS A TOOTHACHE OR NEEDS TO GO TO THE TOILET, TRY TO LOOK AFTER THAT BEFORE FOCUSING ON THEIR MENTAL HEALTH.

ALWAYS PUT BASIC NEEDS FIRST.
WANT MORE?

TRY TINY THE T-REX - A COSMIC KIDS YOGA ADVENTURE ABOUT A YOUNG TYRANNOSAURUS REX WHO LEARNS TO LOOK AFTER HIS TEETH.

TRY SPARTZ 24 A YOGA ADVENTURE ALL ABOUT A ROBODOG WHO SHUTS DOWN WHEN HIS BATTERIES RUN LOW...
WHEN WE’RE FEELING STRESSED, OUR BRAIN TRIES REALLY HARD TO PROTECT US.

IT’S REALLY NICE OF IT BUT IT CAN SOMETIMES GO A BIT FAR AND MAKE US PANIC!

IT’S HELPFUL TO UNDERSTAND HOW OUR BRAIN SOMETIMES OVER-REACTS LIKE THIS AND TO LEARN HOW TO BRING OURSELVES BACK! (CLUE: WE DO THIS WITH OUR BREATHING.)

SEARCH FOR OUR ZEN DEN VIDEO, ‘THE OWL AND THE GUARD DOG’ IT EXPLAINS THIS REALLY NICELY.
#MENTALHEALTHSUPERPOWERS

REMEMBER:
THOUGHTS ARE LIKE BUBBLES!

THOUGHTS COME AND GO.
IF WE GET HUNG UP ON THEM, THEY CAN CHIP AWAY AT OUR MENTAL HEALTH.
SO, INSTEAD OF FOCUSING ON YOUR THOUGHTS - AND TRYING TO SOLVE THEM - JUST NOTICE THEM PASSING BY LIKE BUBBLES!
WANT MORE?

TRY OUR VIDEO ZEN DEN | THOUGHT BUBBLES FOR MORE ON THIS!

JAIME SPENDS A FEW MINUTES TALKING ABOUT DIFFERENT TYPES OF THOUGHTS AND HOW TO WATCH THEM PASSING BY.

#MENTALHEALTHSUPERPOWERS

TUNE IN TO YOUR SENSES!
TUNE IN TO YOUR SENSES!

BY GETTING TO KNOW OUR SENSES – MAKING THEM REALLY SENSITIVE – WE START TO NOTICE HOW WE RESPOND TO THINGS AND SO WE START TO SEE OUR PATTERNS. IT’S FUN TO EXPLORE YOUR SENSES – EVEN MAKE A GAME OUT OF IT. IT’S A PRACTICE AND IT HELPS US UNDERSTAND OURSELVES BETTER.

WANT MORE?

WE MAKE TUNING INTO OUR SENSES FUN IN OUR ZEN DEN MINDFULNESS SERIES, AND IN ‘PEACE OUT’ OUR GUIDED RELAXATIONS...

STAND STRONG LIKE A STAR

WHENEVER YOU WANT TO FEEL LIKE A STAR, TRY STANDING LIKE ONE!
POSITION YOUR BODY INTO ´STAR POSE´ AND IT WILL HELP YOU FEEL STRONGER RIGHT AWAY.
IT´S AMAZING THAT YOUR BODY CAN MAKE YOUR BRAIN THINK YOU ARE STRONG AND CONFIDENT - BUT IT CAN.

TRY IT NOW! STAND STRONG LIKE A STAR!
WANT MORE?
THE HERO HACK IS ‘POWER POSE’ IN CAPTAIN MARVEL | SUPERHERO KIDS YOGA IN SPACE

CHECK IT OUT AT APP.COSMICKIDS.COM AND SEE HOW IT WORKS!

#MENTALHEALTHSUPERPOWERS
DON'T CATCH 'THE MEAN BUG'!
DON'T CATCH 'THE MEAN BUG'!

SOMETIMES PEOPLE ARE UNKIND TO US. USUALLY IT'S BECAUSE SOMEONE HAS BEEN MEAN TO THEM IN THE PAST AND THEY FEEL THE URGE TO PASS IT ON TO OTHERS.
WE CALL THIS THE 'MEAN BUG'.
WHEN SOMEONE'S MEAN TO YOU, TRY TO UNDERSTAND WHY THEY FEEL THIS URGE.
IT'S BETTER THAN REACTING AND BEING MEAN BACK TO THEM OR PASSING THE BUG ON TO SOMEONE ELSE.

#MENTALHEALTHSUPERPOWERS

WANT MORE?
WATCH JAIME EXPLAIN 'THE MEAN BUG' IN MORE DETAIL IN OUR ZEN DEN VIDEO, 'WHY ARE SOME PEOPLE MEAN'
THE CALMING COUNTDOWN

If you're feeling wound up or stressed, try this simple technique to bring yourself back to calmness.

Count down (out loud if you can) from ten to one slowly – breathing steadily. When you get back to one, notice how much calmer you feel.

#MENTALHEALTHSUPERPOWERS
WANT MORE?

IN THE COSMIC KIDS YOGA ADVENTURE | LULU
THE LION CUB, LULU LEARNS TO CALM HERSELF
USING THE 10 TO 1 COUNT, IN TIME TO SAVE
EVERYONE FROM A VOLCANO THAT’S_ERUPTING!

#MENTALHEALTHSUPERPOWERS
‘ANCHORING’
(FINDING YOUR HAPPY PLACE)
ANCHORING - FINDING YOUR HAPPY PLACE

DO YOU KNOW WHAT MAKES YOU REALLY HAPPY?
IT COULD BE A PLACE, OR A PERSON, OR A PET.
IT COULD BE A SONG OR A DANCE MOVE YOU JUST LOVE TO DO.

ONCE YOU KNOW, YOU CAN BRING THAT PLACE, PERSON OR PET TO YOUR MIND ANY TIME YOU LIKE. JUST SAY THEIR NAME OR CLOSE YOUR EYES TO SEE THEM IN YOUR MIND, OR PUT ON THAT SONG AND TURN UP THE VOLUME AND DO YOUR DANCE MOVE AND BING THE HAPPINESS THEY BRING WILL ARRIVE!

THINK ABOUT IT NOW!
FIND YOUR HAPPY PLACE! YOU CAN GO THERE WHenever YOU LIKE.

THIS IS A TECHNIQUE CALLED ANCHORING.
IT'S A GREAT WAY OF HELPING YOUR MENTAL HEALTH WHenever YOU NEED A BOOST!

WANT MORE?
HEAD TO THE COSMIC KIDS APP
AND LEARN MORE ABOUT ANCHORING
AND JAIME'S HAPPY PLACE IN OUR ZEN DEN VIDEO, FINDING YOUR HAPPY PLACE

APP.COSMICKIDS.COM
As a kid, it can feel like you don’t have many choices. But you make choices every day and they can make a big difference to everyone around you. The key to being able to choose well is to **STOP and THINK** before you **GO** like a traffic light.

Imagine you’re about to do something. You **STOP**. Then the amber light comes - you take a big deep breath and **THINK** about what you’re going to do. Now you’re calm, the wise owl in your mind can help you figure out the best choice for you and those around you. Then the **GREEN** light pops on and you do the thing you’ve decided to do which will be kind to them and to you.
WANT MORE?

SEARCH FOR OUR ZEN DEN VIDEO, ‘HOW TO MAKE GOOD CHOICES’
IT EXPLAINS THIS REALLY WELL.