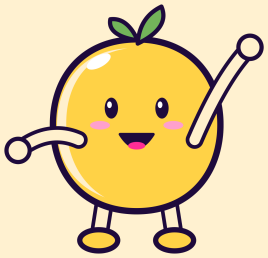
1 Belonging

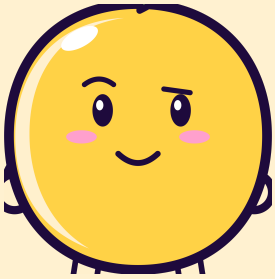


There is a seat for me.

Point to a spot where you like to sit.

Kernel's Playhouse · DRAFT · 1/52

2 Belonging

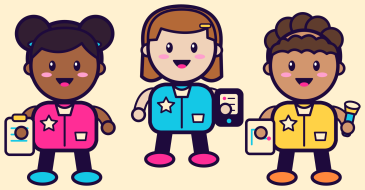


I can join in my own way.

Watch first, then wave when you're ready.

Kernel's Playhouse · DRAFT · 2/52

3 Belonging

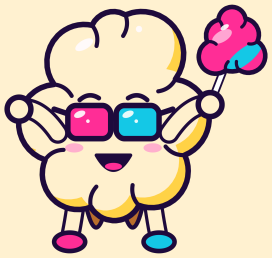


Different is still welcome.

Name one way two friends are different.

Kernel's Playhouse · DRAFT · 3/52

4 Belonging

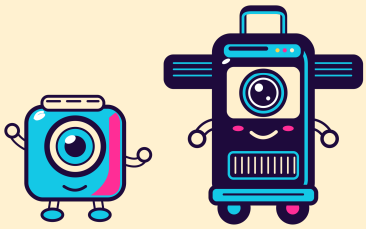


I can say hello in many ways.

Try a wave, a smile and a hello.

Kernel's Playhouse · DRAFT · 4/52

5 Belonging

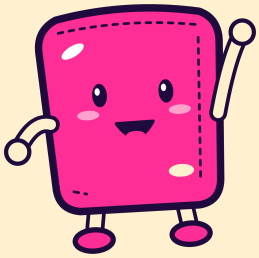


My friends can be different from me.

Find two things that match and one that doesn't.

Kernel's Playhouse · DRAFT · 5/52

6 Belonging

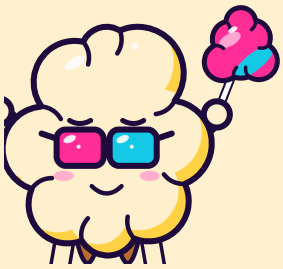


I can make room for someone new.

Scoot over and pat the seat beside you.

Kernel's Playhouse · DRAFT · 6/52

7 Belonging

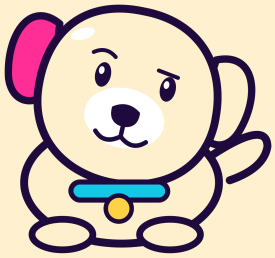


I am still me on a hard day.

Say your name and one thing you like.

Kernel's Playhouse · DRAFT · 7/52

8 Belonging

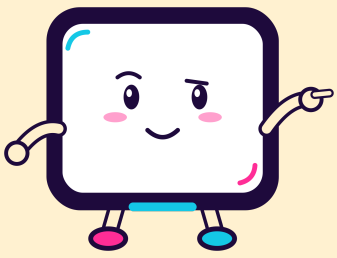


I can be quiet and still belong.

Sit together for three quiet breaths.

Kernel's Playhouse · DRAFT · 8/52

9 Belonging

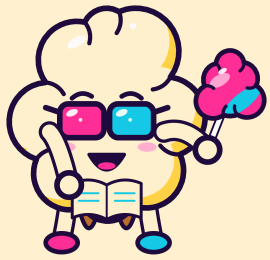


My voice belongs here.

Say one word you like the sound of.

Kernel's Playhouse · DRAFT · 9/52

10 Belonging

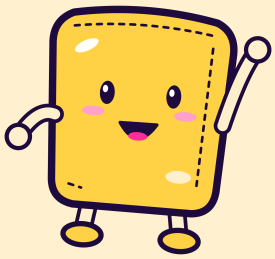


I can share a story about me.

Tell a grown-up one thing you did today.

Kernel's Playhouse · DRAFT · 10/52

11 Belonging

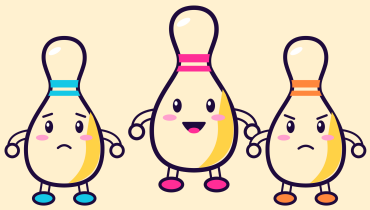


I can be a friend.

Draw a picture for someone.

Kernel's Playhouse · DRAFT · 11/52

12 Belonging

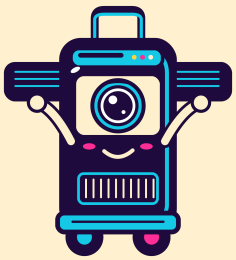


There is room for everyone.

Count the seats around the table.

Kernel's Playhouse · DRAFT · 12/52

13 Belonging

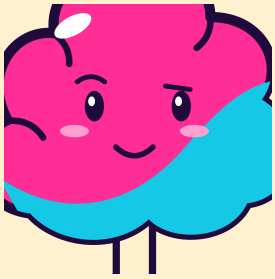


I can welcome a friend.

Practise a warm welcome with a toy.

Kernel's Playhouse · DRAFT · 13/52

1 Feelings

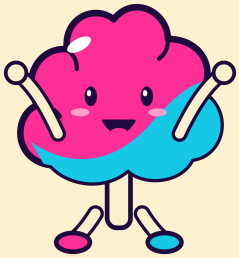


My feelings can have names.

Name the feeling on this card's face.

Kernel's Playhouse · DRAFT · 14/52

2 Feelings

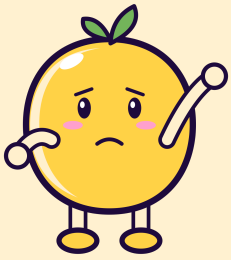


My feelings can change.

Make a happy face, then a calm face.

Kernel's Playhouse · DRAFT · 15/52

3 Feelings

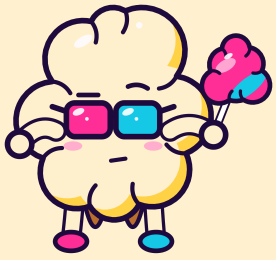


I can ask for help.

Practise saying: "Can you help me, please?"

Kernel's Playhouse · DRAFT · 16/52

4 Feelings



Big feelings can slow down.

Say it together: Pause. Plan. Play!

Kernel's Playhouse · DRAFT · 17/52

5 Feelings

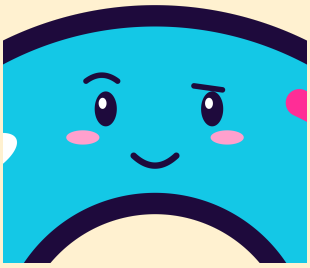


I can tell someone how I feel.

Finish the sentence: "I feel..."

Kernel's Playhouse · DRAFT · 18/52

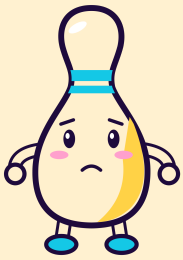
6 Feelings



It's okay to feel two things at once.

Name two feelings you had today.

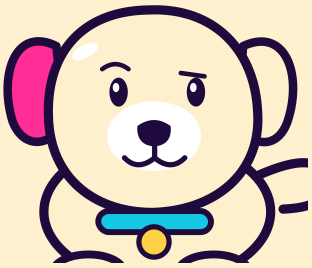
7 Feelings



I can be upset and still be kind.

Squeeze your hands, then let them go.

8 Feelings



I can notice how my friends feel.

Look at a friend's face. What might they feel?

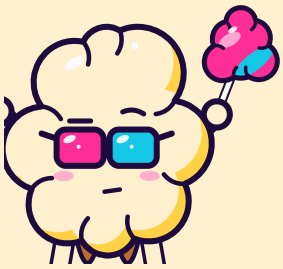
9 Feelings



I can take a breath when I need one.

Breathe in like smelling a flower, out like blowing a feather.

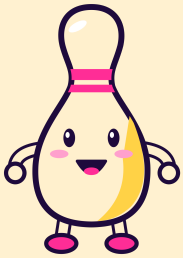
10 Feelings



I can change my mind.

Pick a colour, then pick again.

11 Feelings



Happy feelings are fun to share.

Share a big smile with someone.

12 Feelings



I can say sorry and try to fix it.

Think of one way to help fix a mix-up.

13 Feelings



I can feel better a little at a time.

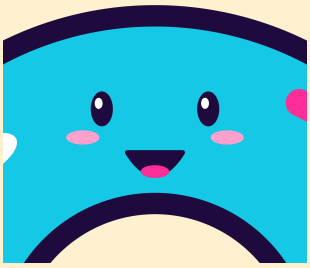
Hold something soft for a moment.

1 My Body, My Choices



My body belongs to me.

Put a hand on your heart.



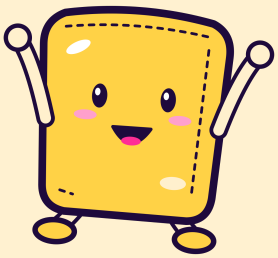
I can say "no, thank you."

Practise a kind, clear "no, thank you."



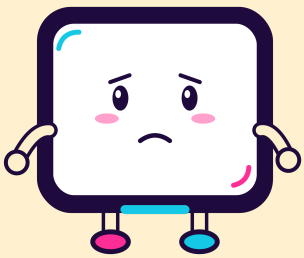
I can ask before a hug.

Ask: "Can I have a hug?" Wait for the answer.



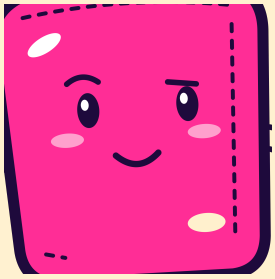
A high five or a wave is a choice too.

Choose: wave, high five or thumbs up.



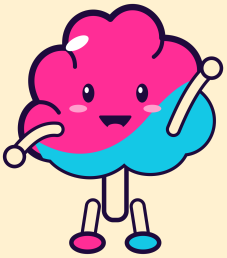
My voice can be gentle and clear.

Say "stop, please" softly, then clearly.



I can listen when a friend says no.

Play a game where "stop" means freeze.



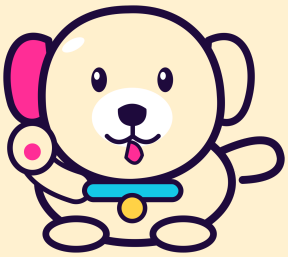
I can move my body in my own way.

Wiggle, stretch or sway, your choice.



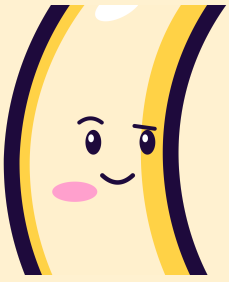
I can tell a grown-up I trust.

Name a grown-up you can talk to.



I can listen to what my body needs.

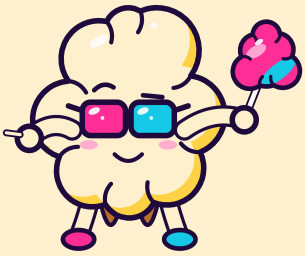
Is your body hungry, thirsty or tired?



I can ask for space.

Practise: "I need some space, please."

11 My Body, My Choices

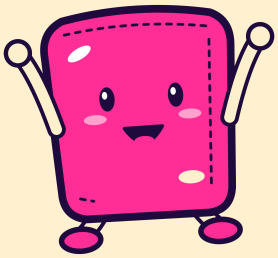


I can make choices for me.

Pick one thing to wear or play with.

Kernel's Playhouse · DRAFT · 37/52

12 My Body, My Choices



Kind hands, kind words.

Give a gentle thumbs up.

Kernel's Playhouse · DRAFT · 38/52

13 My Body, My Choices



I can take care of my body.

Stretch up high like Halo's ring.

Kernel's Playhouse · DRAFT · 39/52

1 Trying and Resting

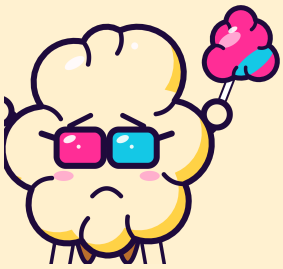


I can take one small step.

Take one tiny step together.

Kernel's Playhouse · DRAFT · 40/52

2 Trying and Resting

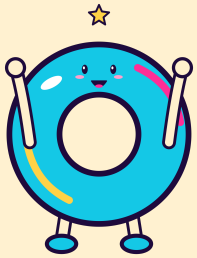


A mistake is not my name.

Say: "Oops. Let's try again."

Kernel's Playhouse · DRAFT · 41/52

3 Trying and Resting



I can try again.

Try something one more time.

Kernel's Playhouse · DRAFT · 42/52

4 Trying and Resting

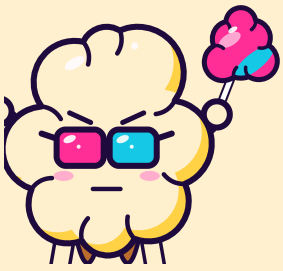


I can notice my effort.

Tell a grown-up one thing you tried today.

Kernel's Playhouse · DRAFT · 43/52

5 Trying and Resting

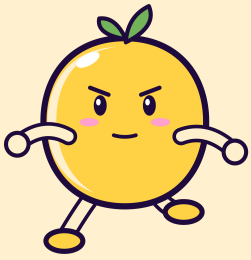


I can make a plan.

Say it together: Pause. Plan. Play!

Kernel's Playhouse · DRAFT · 44/52

6 Trying and Resting

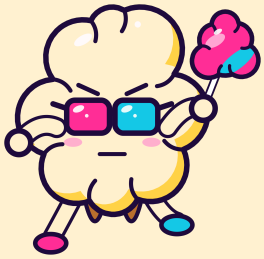


Practice helps me grow.

Practise one thing for one minute.

Kernel's Playhouse · DRAFT · 45/52

7 Trying and Resting

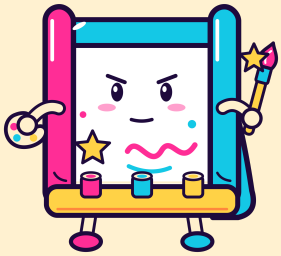


I can be brave in small ways.

Name one brave thing you could do.

Kernel's Playhouse · DRAFT · 46/52

8 Trying and Resting

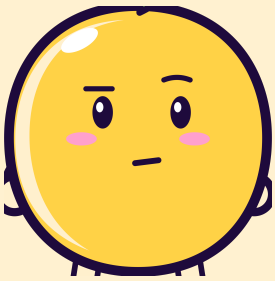


I can make something new.

Draw a star, any way you like.

Kernel's Playhouse · DRAFT · 47/52

9 Trying and Resting

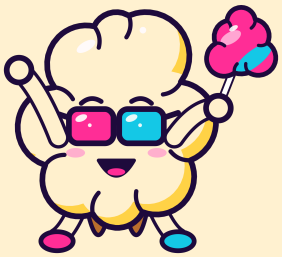


It's okay to go slow.

Walk across the room as slowly as you can.

Kernel's Playhouse · DRAFT · 48/52

10 Trying and Resting



I can celebrate a friend's try.

Clap for someone who tried.

Kernel's Playhouse · DRAFT · 49/52

11 Trying and Resting



Rest is part of my day.

Lie still and count six slow breaths.

Kernel's Playhouse · DRAFT · 50/52

12 Trying and Resting

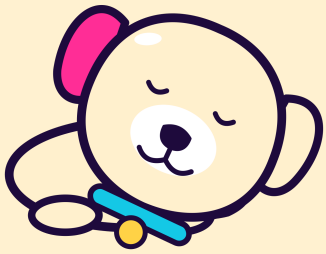


I can be calm and cosy.

Find your cosiest spot.

Kernel's Playhouse · DRAFT · 51/52

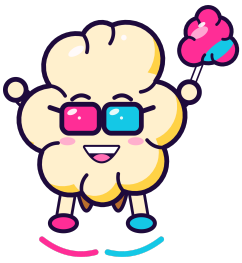
13 Trying and Resting



Tomorrow is a new day to try.

Say one thing you'd like to do tomorrow.

Kernel's Playhouse · DRAFT · 52/52



Kernel's Playhouse Affirmation Cards

52 cards · 4 suits

DRAFT – not approved – BUS-11

For grown-ups

Pick one card a day. Read it together. Try the small action if you like. Joining in is always optional. These cards are conversation starters, not therapy or treatment.

DRAFT – not approved – BUS-11