

MY SECRET POWERS OF THE UNIVERSE

FUN ACTIVITY BOOKLET

Print, colour, learn and grow

Elisabeth Fairbairn, Children's Author

HELPFUL HINTS FOR PARENT'S

Page 4 Have your child think about what great qualities they have and what qualities are good in a friend and mentor. Depending on their age they may need some help with thoughts like funny, kind, caring. With older children you can then discuss what are signs someone ISN'T that great a choice.

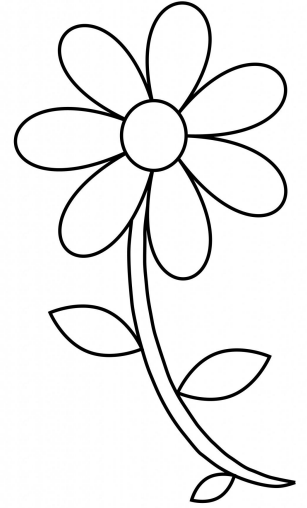
Page 6 You can use this page again and again for positive and negative emotions. Depending on their age you can then discuss how to change and work on this for older children with negative emotions. Younger children may need some guidance identifying how they 'feel' in themselves - give examples of how you feel such as "When I feel happy but my body feels warm and sunny and I imagine it is a lovely yellow colour"; "when I feel giggly my body feels tingly and like its glittery with different colours"; "when I feel sad my body feels heavy and tired and grey" "when I feel angry my body feels hot and red"

Page 8 choose an affirmation from the book or use your own chosen with your child. You know your child best and what you want to work on. Children struggling with new strong emotions may find an affirmation such as the following helpful: "I control me. I accept things I can't control" . Short and simple is key to start with then build on things as you go.

Lastly - I hope you enjoy the book! Look out for the next in the series. And in the meantime - do send me any photos of your children's wonderful colourings and drawings (include their name and age) and I'll post them on my website for them to see how amazing they are!

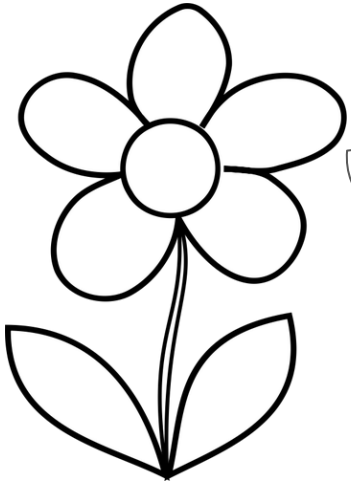
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YOU GROW



WHAT

YOU SOW



Draw a picture or write some things that are GREAT about you!

What do you love in a friend? Write some ideas or draw a picture

I am.....

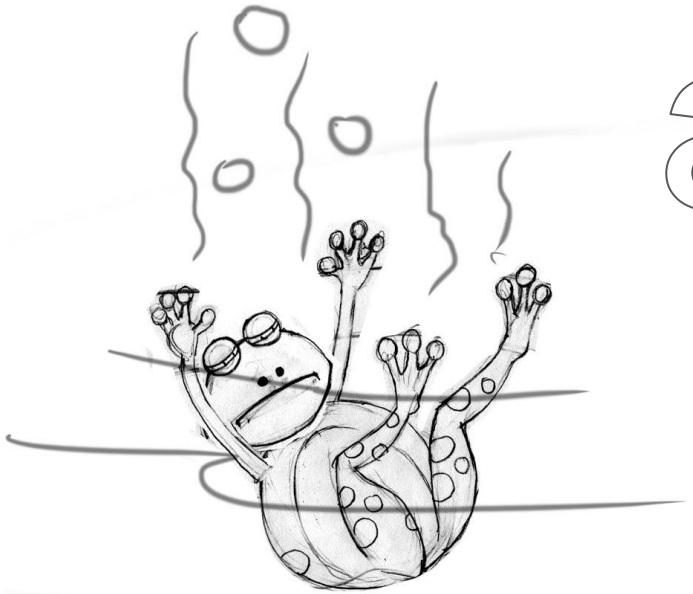
Good friends are....

My favourite teacher or
mentor is
because they



Fill in the blanks, colour it how you want and then cut out the poster!

Be like Freddy....



and
just

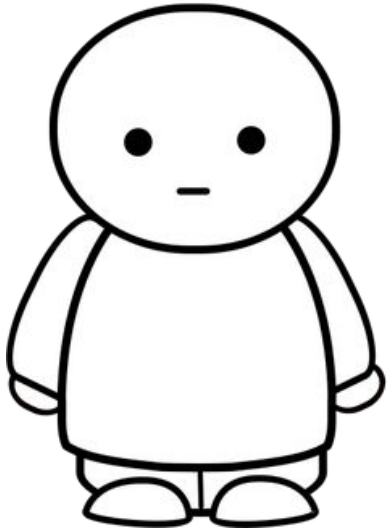


keep
swimming

When I feel

My body feels

These things make me feel that way:



Special Powers Wordsearch

P O S I T I V I T Y G

G N I K N I H T A L N

G N I O D Y Z W W L I

B E L I E F Z B A I Y

W X B Q E C N Q R W R

D O J O K C X R E Z T

N O I T A N I G A M I

Can you find all these
awesome powers in the grid?

AWARE BELIEF

DOING WILL

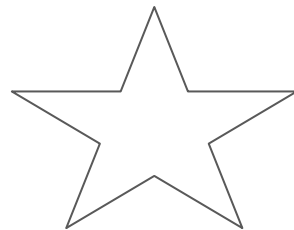
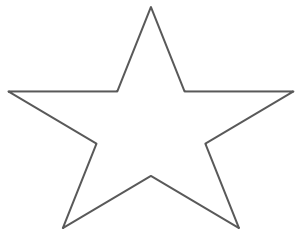
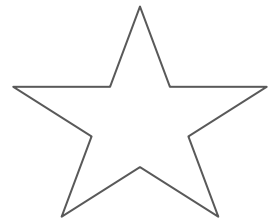
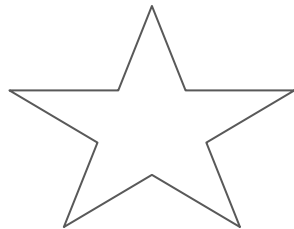
IMAGINATION

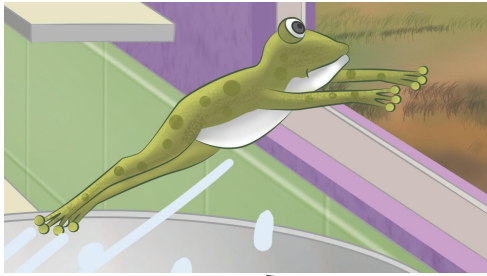
POSITIVITY

THINKING TRYING



My favourite affirmation...





Help Flippy and
Fred escape out
the window!



Help Alvin get
out of the
hole!

