

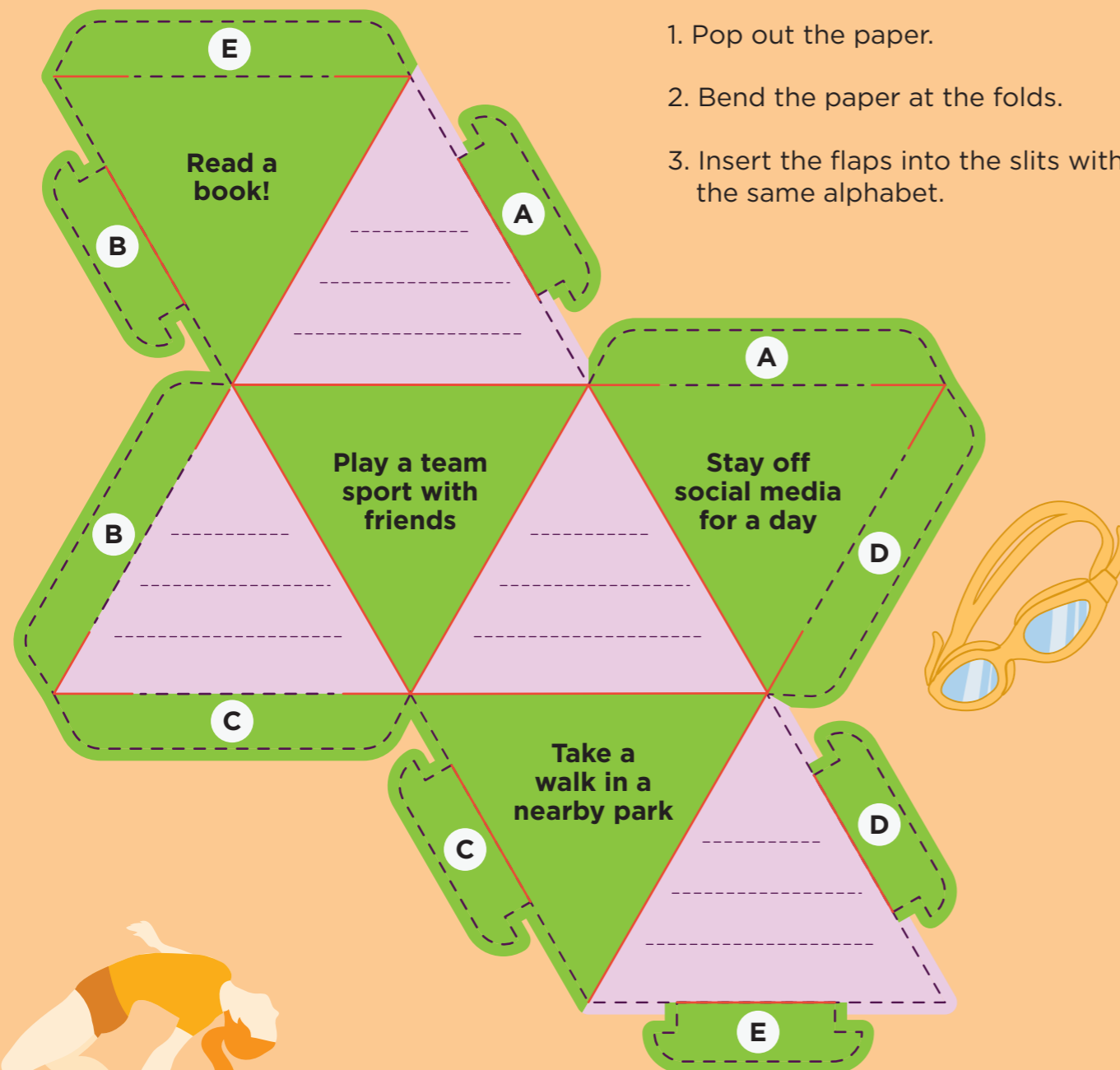
Challenge 1: Safe Places

Unsure of the ways with which you can improve your mood? The next time you feel stressed or low, roll the dice below to cope in healthy ways.

You can fill in the blank spaces with your own preferred ways of relaxing, too!

INSTRUCTIONS

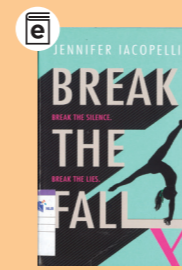
1. Pop out the paper.
2. Bend the paper at the folds.
3. Insert the flaps into the slits with the same alphabet.



Keep Calm and Reach Your Goals!



Secondary



Book

Title: Break the Fall, pages 114-115

Author: Jennifer Iacopelli

Call No.: Y IAC

Publisher: Hodder Children's Books, 2020

Excerpt

"This morning's session was successful. From what I've seen, you're all extremely well prepared physically, but my concern is about your mental and emotional well-being. What I'd like now is for you all to spend the remainder of the day in meditation and visualization."

"What?" Sierra and I say at the same time and simultaneously cringe at our lack of self-control.

"You heard me. Meditation and routine visualization for at least an hour. Put some music on if you need to, but I want you all resting your bodies and working your minds. Picture the Olympic arena and imagine yourself becoming comfortable with it as an environment. Make it a safe place for you mentally, and once you're there physically, you'll be fine."

Let's Discuss

1. In the passage, the coach asked the team to re-imagine the Olympic arena as a safe place, to help them relieve stress and improve their mental well-being. What are some things you do to destress and boost your mental wellness?

Answer:

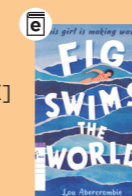
2. When trying to achieve a goal, why do you think mental and emotional well-being are just as important as hard work?

Answer:

Check out these books:



Title: Dragon Hoops
Author: Gene Luen Yang
Call No.: Y 741.597 -[CMX]
Publisher: First Second, 2020



Title: Fig Swims the World
Author: Lou Abercrombie
Call No.: Y ABE
Publisher: Stripes Publishing, 2020



Title: The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit and Live Your Best Life
Authors: Jeffrey Bernstein
Call No.: Y 155.9042 BER
Publisher: New Harbinger Publications, 2019

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Challenge 2: *Visualising Your Goals*

Write or draw some of your personal goals in the Polaroid frames below!

