



Just Breathe Kids Buddha's Belly

When you feel down, hurt sad or even angry your mind creates thoughts and words that are negative.

You may not notice at the time, but the words and thoughts you are saying to yourself are having a direct impact on your mind and body.

When we tell ourselves negative things or even say negative things about someone else the words and thoughts we say and think are actually having an impact on our own wellbeing.

To change your brain and your mood you can mindfully say, think and even write down positive thoughts, ideas and feelings. Positive words help you feel happier and will help you to make new friends and think more creatively.

To retrain your brain try the activity!

Exercise

Fill in Buddha's Belly with words, thoughts and ideas that make you feel good inside. You can share your words and thoughts with your family, classmates or friends. Don't be shy in saying positive and powerful things about yourself. When you feel good about yourself you help other people feel good too.





Buddha's Belly

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HJ

HORATIO'S WAR

