

The background is a vibrant, abstract composition of thick paint strokes and splatters in shades of blue, green, red, and yellow. A large, light grey circle is centered on the page, containing the main title and subtitle.

A CREATIVE WORKBOOK

REMARKABLE ME

WEEK 3
COPING WITH CHANGE

7 WEEK TRANSITIONAL SUPPORT PROGRAMME

WEEK 3 RESOURCES



1

ARTS & CRAFTS INCLUDING PENS & PAPER

2

WORRY BOX

3

COMFORTABLE CLOTHES

4

CRASH MATT OR PILLOWS

5

STONE

6

GLITTER & GLUE

7

DICE

8



NINJA TRAINING CAMP

FOR THIS ACTIVITY PLEASE MAKE SURE YOU
ARE WEARING COMFORTABLE CLOTHES

WELCOME TO NINJA TRAINING CAMP

20 BURPEES
20 PUSH UPS
20 SQUATS
20 STAR JUMPS

Welcome to Ninja Training Camp
We will be testing you to see if you
are ready to become a Ninja.
You need to perform each exercise
when your Ninja leader tells you to
start.... Good Luck!



POWER STONE

YOU WILL NEED A STONE, SOME PENS, GLUE, GLITTER AND ANY CRAFT EMBELLISHMENTS YOU WOULD LIKE TO ADD



WRITE A POSITIVE STATEMENT ON YOUR POWER STONE



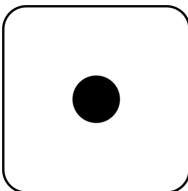
Using a stone you have collected write a positive statement on it and decorate it however you like.

This will be your power stone and you can hold it whenever you feel stressed or anxious.



CONNECT TEAMS

ROLE & TELL GAME
YOU WILL NEED A DICE

If you get a  share a worry that makes you feel SCARED or NERVOUS

If you get a  share something that makes you feel HAPPY or EXCITED

If you get a  share something that makes you feel CONFUSED

If you get a  share something that might help you feel SAFE

If you get a  share a worry about feeling LONELY

If you get a  share a time when you felt LOVED

Worry

Solution



CONNECT TEAMS

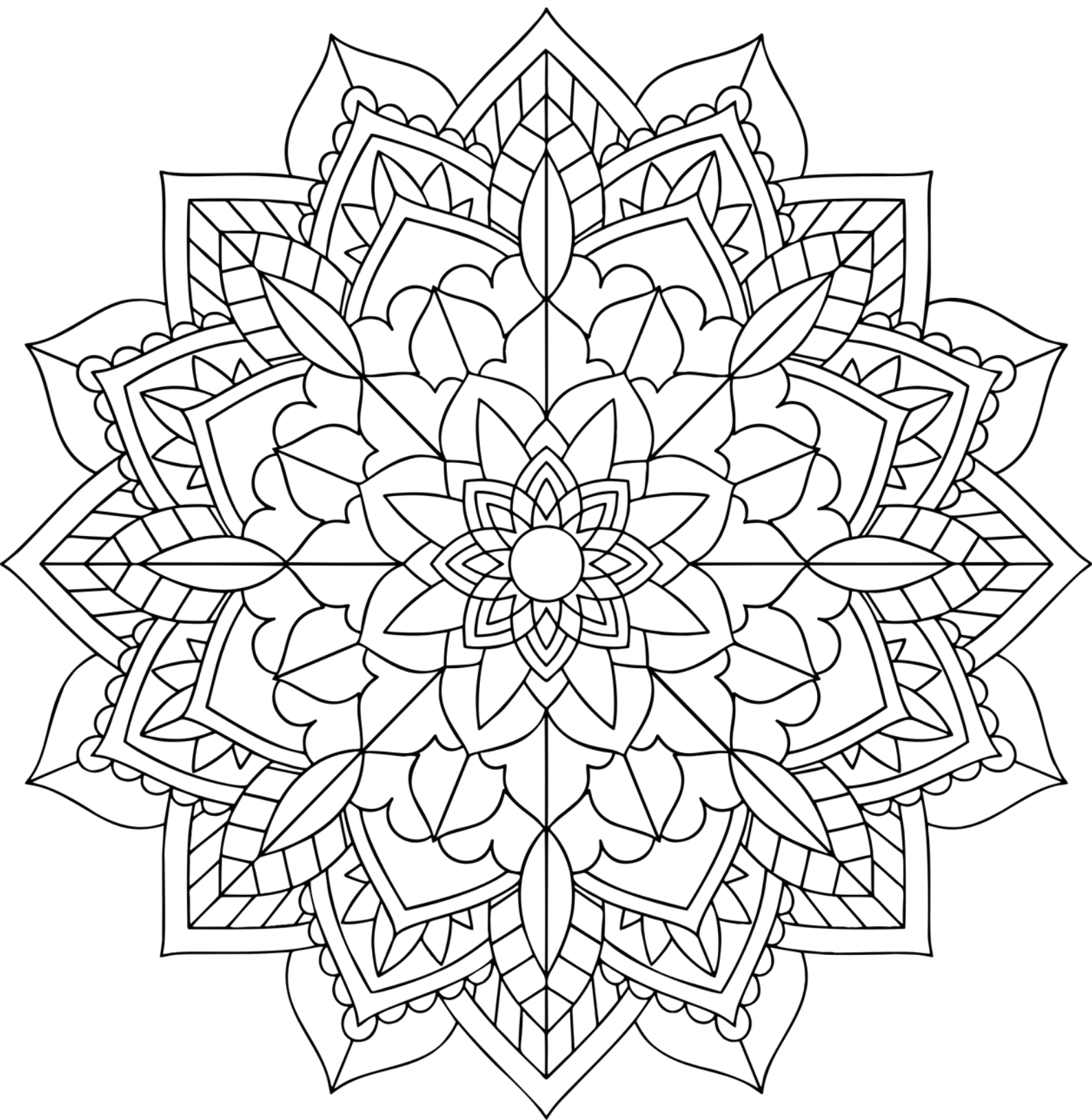
YOU WILL BE PUT INTO YOUR CONNECT TEAM



DESIGN YOUR OWN
MANDALA AND GET AS
CREATIVE AS YOU LIKE



Mandalas require focus, stillness, and attention to the present moment and help us to be calm and present.





TRUST FALL

FOR THIS ACTIVITY WILL NEED A PARENT OR SIBLINGS AND A CRASH MATT OR PILLOWS ON THE FLOOR

YOU WILL BE THE FALLER
AND YOUR PARENT WILL BE
THE CATCHER

CLEAR COMMUNICATION IS KEY

The faller must be standing upright and stiff with feet together and hands placed across the chest.

The catcher should be spotting with one leg in front of the other, arms extended and take the weight through the legs.



REMARKABLE ME CIRCLE

TIME TO SHARE WHAT YOU FEEL WORRIED ABOUT AND WHAT YOU ARE GRATEFUL FOR WITH THE GROUP

THANK YOU

THINK ABOUT SOMEONE
IN THE GROUP WHO YOU
WANT TO APPRECIATE

Put your hand up & wait to be chosen. Say someones name in the group and say why you want to thank them.