

Skills Checklist

Have you displayed one of these skills today?

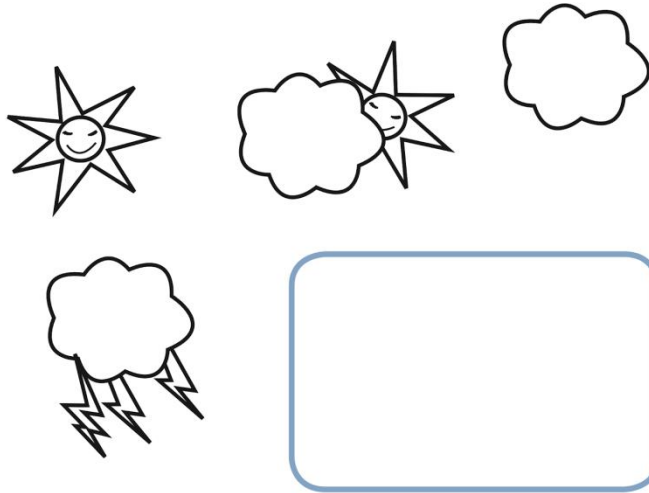
If you have seen your sister or brother show one of these skills today, tell them!

Give them a high 5!

<p>Love</p> 	<p>Curiosity</p> 	<p>Gratitude</p> 
<p>Self-control</p> 	<p>Creativity</p> 	<p>Emotional intelligence</p>
<p>Humour</p> 	<p>Teamwork</p> 	<p>Fairness</p> 
<p>Helped a sibling</p>	<p>Helped a parent</p>	<p>Had some quiet alone time</p>
<p>Planned a creative meal</p> 	<p>Did some creative writing</p> 	<p>Organised my space</p> 

Weather
Inside

Sometimes we feel sunny and
sometimes we feel cloudy and stormy.
Circle the weather you feel inside
today or
draw your own. Remember, there is no
wrong type of
weather to feel inside.



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Simple Tips to Create your own Breathing Space



1. Find a chair/cushion/corner of a room
2. Pick a bunch of greenery/flowers, pop into a vase
3. Find perfume/hand cream/candle anything that is a little bit luxurious and place beside your Breathing Space
4. Find some cosy cushions/blanket
5. Enjoy 5 minutes of undisturbed peace before re-entering parent mode.



If you're having an especially tough
day with your kids let them know.
As you tuck them into bed say,
"Today was rough.
We will try again tomorrow"
Kiss them goodnight, remind them of
your endless love, and give your heart
a rest because not every day can be easy
and we will have days that wear on us
Be gentle to yourself.
Be gentle to your children,
and just try again tomorrow.

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