

THINGS THAT RAISE MY QUILLS!



Sometimes, we don't feel our best, and are not quite sure why...

Noko and his friends are **CURIOUS** and decided to explore some of the things that make them feel unhappy, sorrowful, grumpy or even scared...

Once they found out what those things are (inside of them, or in the world around them) they came up with some powerful ways to help them feel better **AND** brighter - they calmed their quills!

Let's do the same for you!

Psst... This activity works for adults too!



Instructions:

1. Cut out the quills on **page 2** and glue them on **page 3**. Some are little, and some are **BIG**, just like some of the challenges we face...
2. Glue the quills with them standing upright or even shooting out all over!
3. For each quill, write (along the long side) a reason that may, or that has, raised your quills. Do that for each quill. **Did you know, that with practice, we can control how we think about these quills/issues and how we respond to them? This is one of your superpowers!**
4. On page 4, list some of the activities you like to do to try calm your quills. What do you like to see, smell, touch, hear or taste?

MY QUILLS!

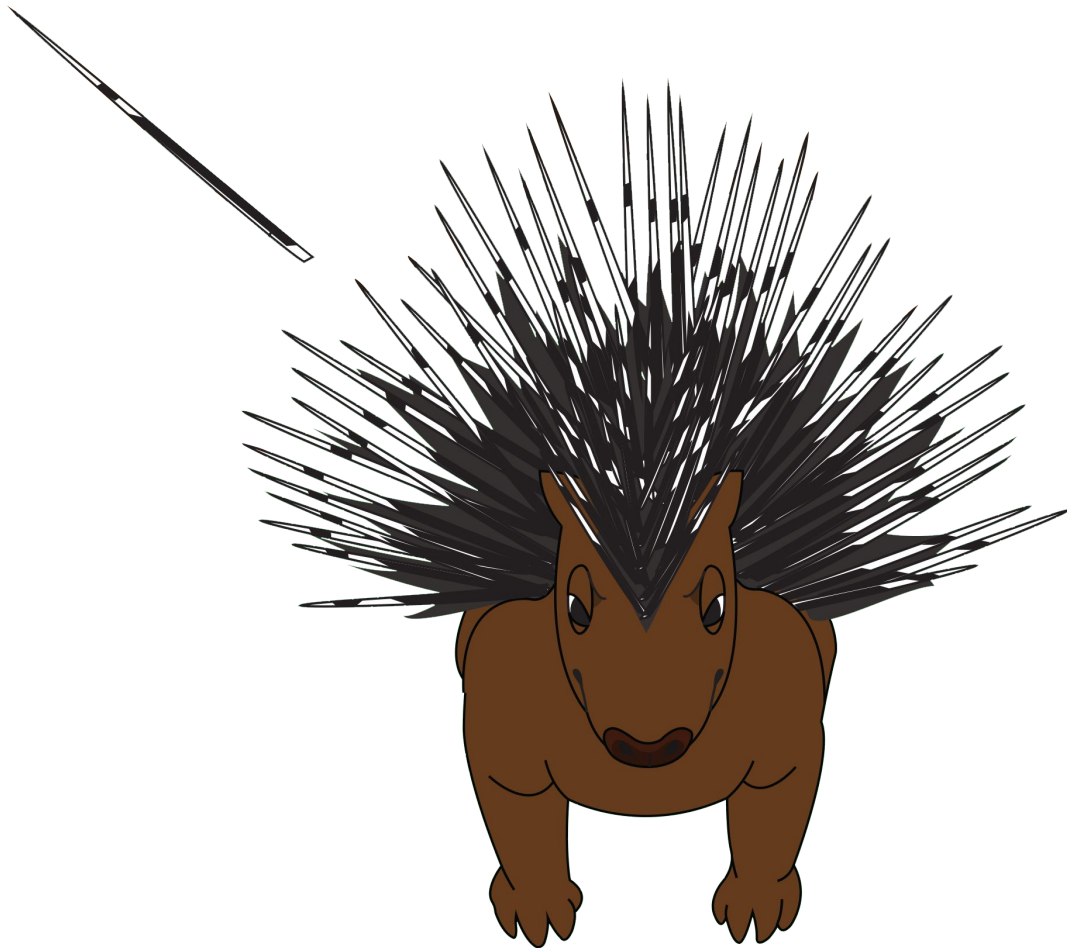
Some of the reasons why I might be upset...

Sometimes, it could be a **little quill** (or a little thing/s) that affects us.

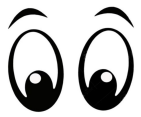


Sometimes, it could be a **BIG quill** (or a BIG thing/s) that affects us.

NAME: _____



HOW I CALM MY QUILLS



With my eyes, I like to see _____



With my nose, I like to smell _____



With my hands or feet, I like to feel _____



With my ears, I like to listen to _____



And, I like to taste _____



Scan this code to learn how
Noko The Knight activates HIS calming
superpowers when he feels overwhelmed...