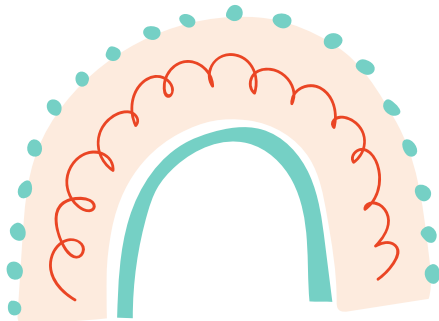


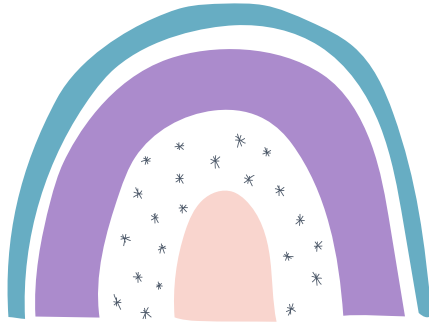
The Little Book of Hope

"For your good dreams and lovely thoughts"

Love from The Yogi Group



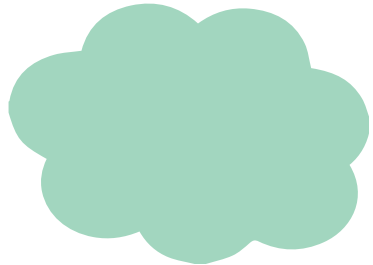
This is a little book for you to keep by your bed. We invite you to fill it with all the things that make you feel happy and loved and safe. Things feel different right now and it is completely normal for you to feel different too. We hope this book of hope will help you feel a little better when you need it.



There is always HOPE



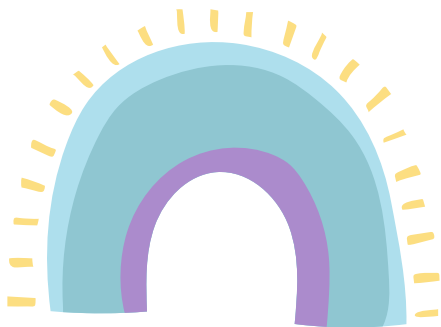
What are you looking forward to?



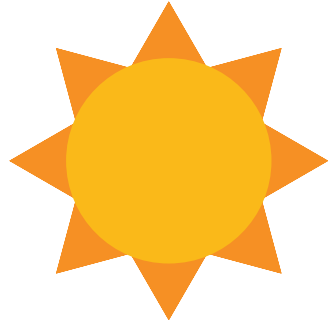
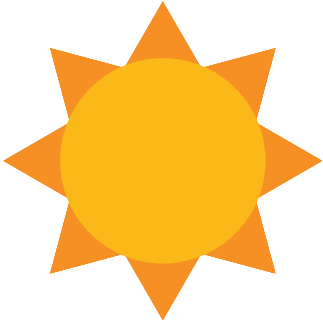


What do you dream of?

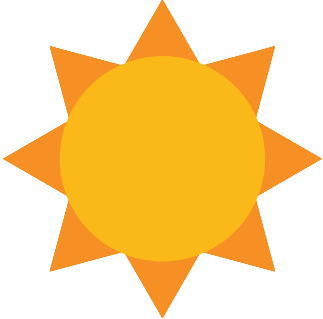




Let's say **THANK YOU** to our
Sunshine!

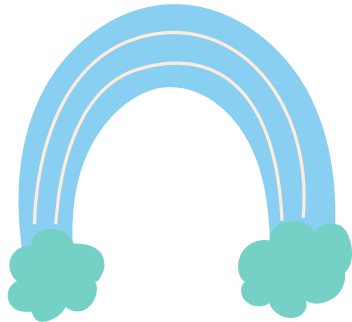


What else are you grateful for?

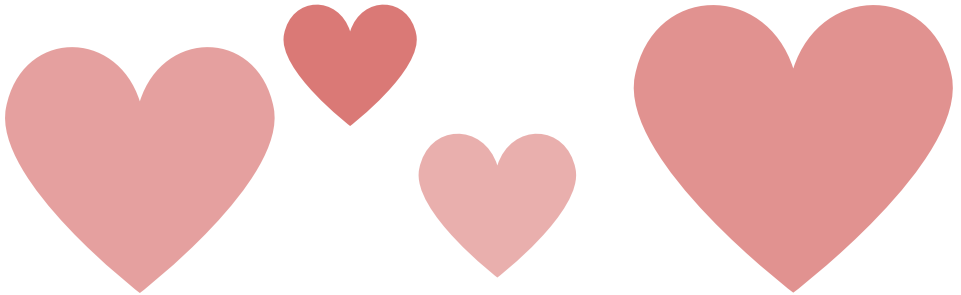




The rain brings Rainbows!

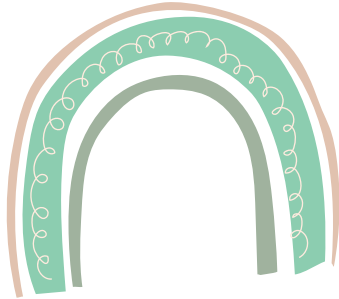


YOU ARE LOVED



Write the names of the people who love
you and care for you

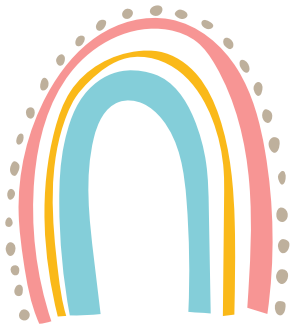




DREAM WILD

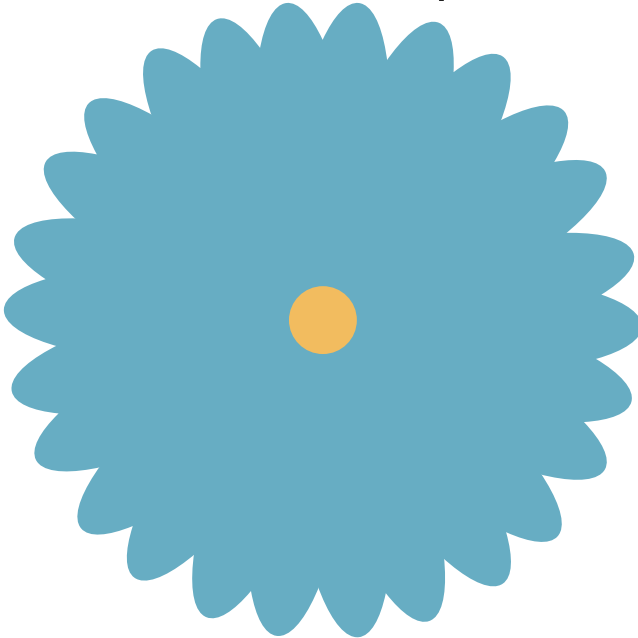


What is your biggest wildest dream?

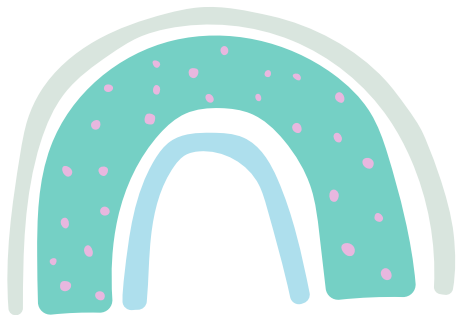


YOU ARE SAFE

What or who makes you feel safe?



Write them or draw them on this page

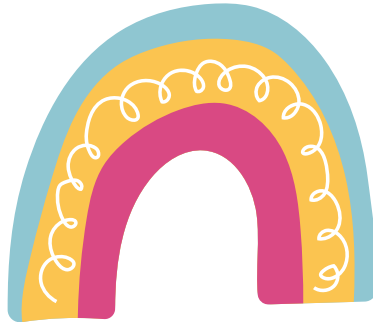


YOU ARE AMAZING



Ask your family and friends what they think is amazing about you

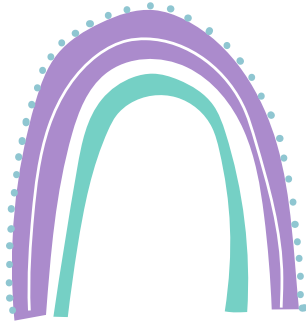




IMAGINE YOUR BEST DAY EVER

What would you do? Who would you be with? What would you eat? Where would you be?





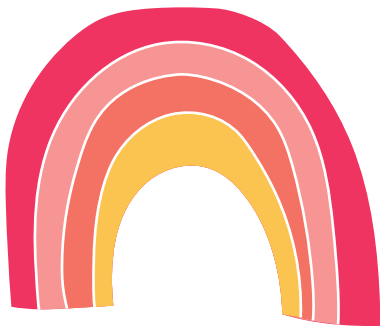
What makes you happy?

Write makes you happy here





You are the HOPE



BREATHE IN
BREATHE OUT

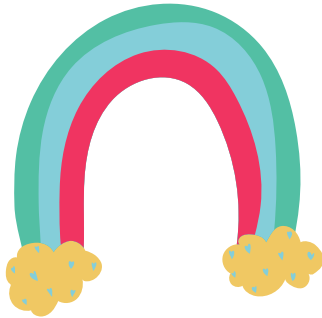
Can you practice the TEN BIG BREATHS?

Lie down on your back and get super comfortable.

Put your hands gently on your tummy.

Breathe all the way into your tummy and feel it going up
and then breathe all the way out nice and slowly as your
tummy goes back down.

This type of breathing can help you feel calm.

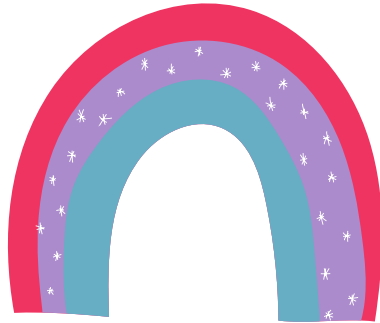


BELIEVE IN YOURSELF
YOU CAN DO IT



Sweet Dreams

Can you think of your favourite things as you drift off to sleep?



MAKE A WISH



YOU ARE AMAZING

Love Everyone at The Yogi Group