

THINGS THAT HELP WHEN I WAKE UP SCARED

If you wake up from a bad dream you can read through your dream recipe cards to help you to go back to sleep

SOMETHING I CAN DO

THINGS TO SAY TO MYSELF

5 THINGS I CAN SEE IN MY ROOMS

4 THINGS I CAN TOUCH IN MY ROOM

MY FAVOURITE BREATHING EXERCISE

SOMETHING I CAN DO

