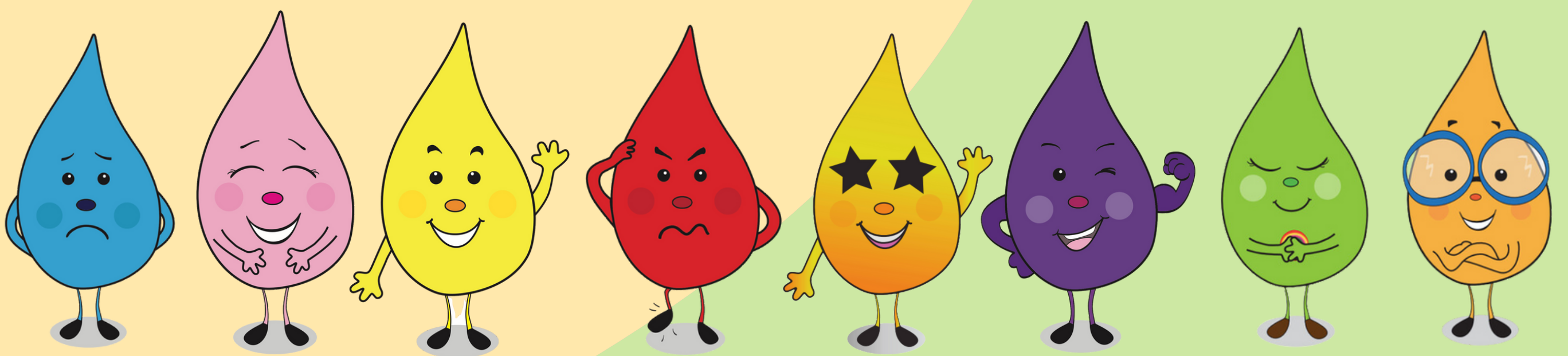


The Colour Droplets Free Taster Pack

A Wellbeing Workbook for Children



Activities for self-esteem, confidence,
resilience and controlling emotions

Emotional Wellbeing and Resilience

tools for children and families



Welcome

Hello, I'm Angela, the proud founder of **Be you to Blossom**. Our mission is to help everybody to blossom into their best ever selves!

As parents/guardians and educators, it is our responsibility to guide children towards becoming composed, self-assured, and empathetic individuals. I am hugely passionate about this myself.



www.beyoutoblossom.co.uk

angela@beyoutoblossom.co.uk

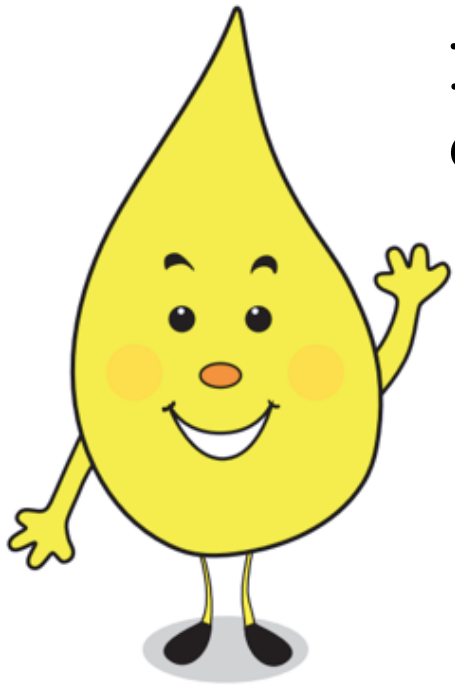


Droplet Powers



Yellow Droplet

I help you with **gratitude** by looking on the bright-side like the sunshine.



- What makes you smile?
- What are you happy about?
- What do you love?
- What do you say thank you for?
- What was your favourite part of the day?

Pink Droplet

I 'tickle pink' with **kindness**! Kindness is a superpower that makes everyone feel good!



- How can you be kind at home?
- How can you be kind with your friends?
- Do you use compliments?
- Are you helping with the chores in your house?

Blue Droplet

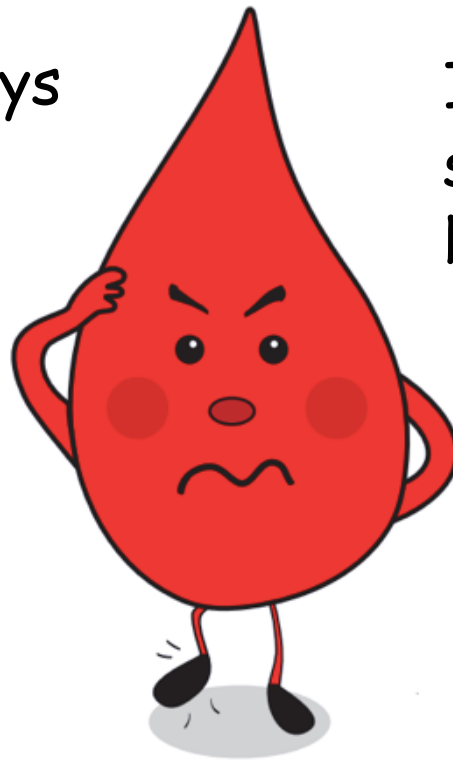
It's okay to feel **blue**. There is always something that you can do to be the best you!



- Talk to somebody
- Move your body
- Listen to music
- Share some jokes or watch something funny!

Red Droplet

It's okay to feel **red**. There is always something that you can do to calm your head.



- Count to 10
- Breathe in green and breathe out red
- Use a spot the droplet sheet or a spotting book
- Take some time away to calm yourself

Green Droplet

I am your nature droplet. I love being outside and feeling **calm** in the outdoors.



- Have you ever been on an outdoor nature hunt?
- Can you collect some outdoor treasure?
- Have you tried cloud watching?
- Do you like bird watching?

Purple Droplet

I am strong and powerful. I use **Purple Power** to help you to believe in yourself.



- Start by saying ... *I am loved, I am happy, I can handle anything!*
- Say your purple powers in front of the mirror
- Stand in a superhero pose as you say them!

Gold Droplet

I help you to feel proud to be superstar you and all that you do!



- How cool is it, that your fingerprint is unique to you!
- What are your star qualities?
- What are you proud of?
- Who makes up your family?
- What are your hobbies?
- What makes you who you are?

Orange Droplet

I use vision power to plan, dream big and set goals.



- Make a plan for the day/week/month/year
- Imagine acheiveing your goals in your mind. How does this make you feel?
- Do you have a vision board?



Disclaimer

The topic of mental health is incredibly important and should not be taken lightly. It is essential to remember that mental health is just as important as physical health, and that seeking help for mental health concerns is a sign of strength, not weakness. It is also crucial to remember that everyone's experiences with mental health are unique, and that there is no one-size-fits-all solution.

Whilst our materials, content and services here at Be you to Blossom are created to support, they are not intended as a substitute for professional advice, diagnosis or treatment.

If you or someone that you know is struggling with mental health concerns, it is important to seek help from a trained professional. There are many resources available, including you GP, counselling services, support lines, and support groups. Remember, you are not alone and help is available.

Support Contacts

<https://www.samaritans.org/how-wecan-help/contact-samaritan/>

<https://www.mind.org.uk/>

Aims of this Workbook



- To re-introduce or introduce the Droplets to the children
- To begin to support children in becoming confident in who they
- To help children to be more positive with the Yellow Droplet and the practice of gratitude
- To help children to develop positive daily habits
- To encourage you as a family to practice positive daily habits together
- To begin to understand that we have the power to change our focus
- To support you with calming techniques to use when needed

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Pink Droplet Reminder

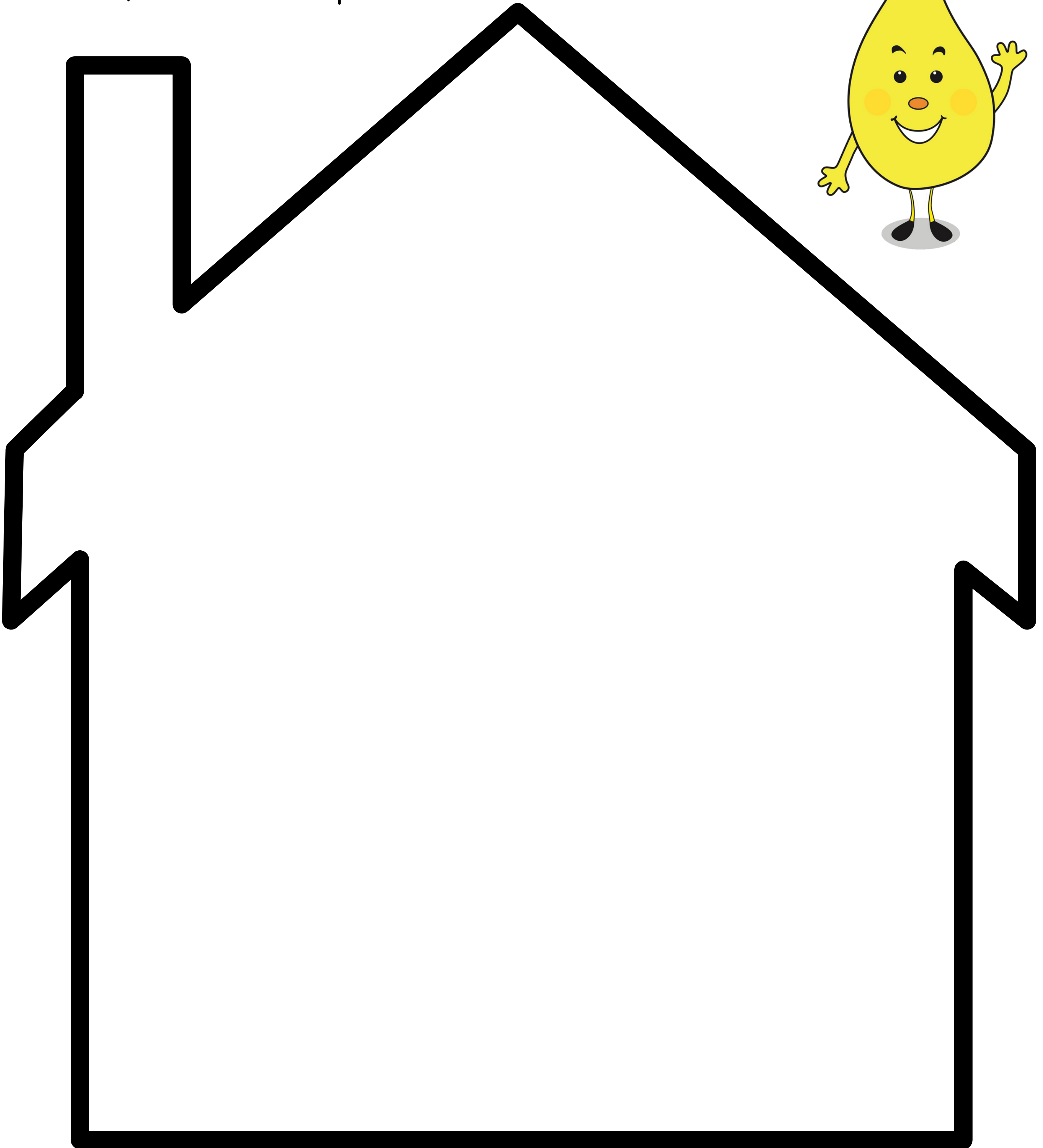
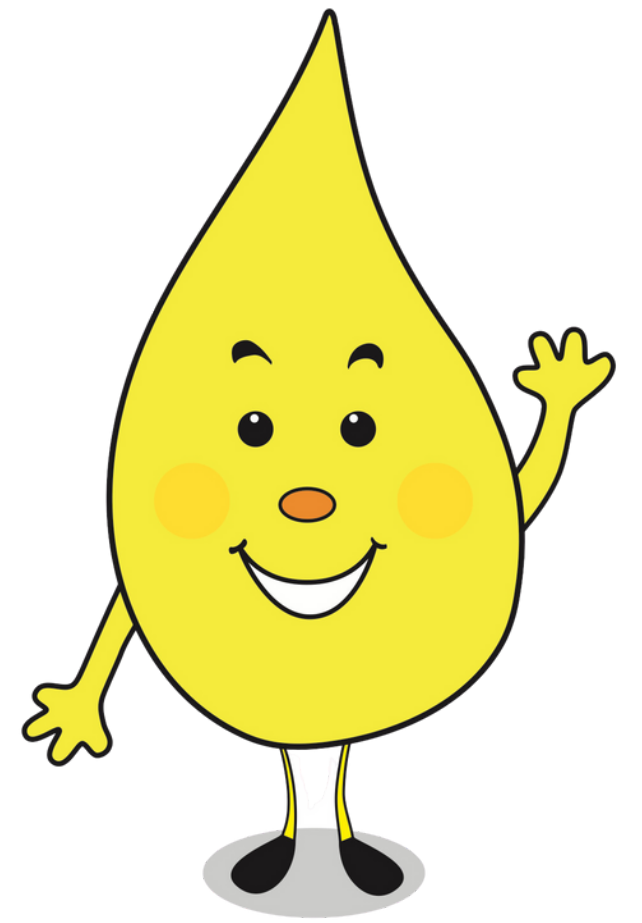


Challenge

- Count how many times you smile today...
- How many smiles do you get back?
- Maybe you could create a smile tally chart! #||

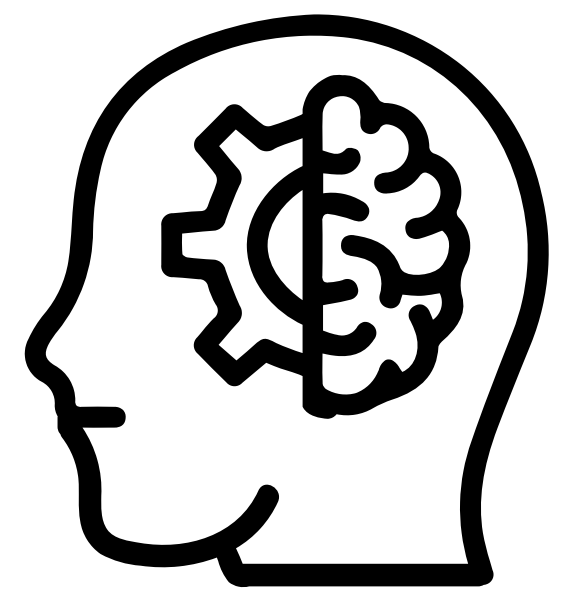
What are you grateful for in your house?

Go on a search around your home.
What makes you happy? What makes you smile?
Then, record in the space below : -





Where's the droplet?

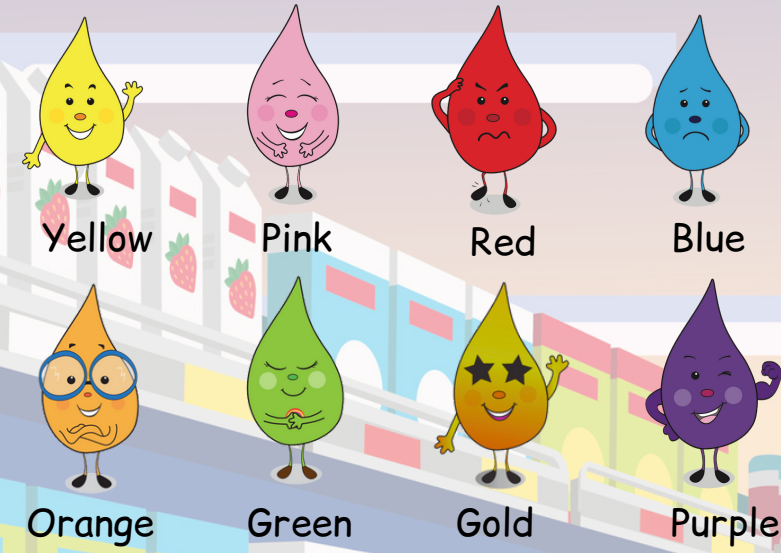


Did you know that when we use our concentration powers, we are distracting our minds too?

If you are feeling like Red or Blue Droplet, then this is a great way to re-focus and feel better.

Can you find the hidden droplets below?

Can you find the hidden Droplets?





It's ok to feel blue...



It's OK to be blue. There is always something that you can do to be the best you!

Laughter is the best Medicine

Why not try telling some jokes to cheer yourself up?
Here are some below for you...

If you would like to record yourself as a joke teller or share a photo of your jokes, we'd love to see and hear them - Tag @_beyoutoblossom_ Use the hashtags #bluedroplet #laughteristhebestmedicine

(Only with your grown ups permission of course)

What do you call a bear with no teeth?

A gummy bear



What did one eye say to the other?

Something smells between us



Where do cows go on a Friday night?

To the moo-vies



CHALLENGE - Why not try creating your own Joke Book or Joke Poster?

Cloud Watching



Green droplet loves being outside in nature!

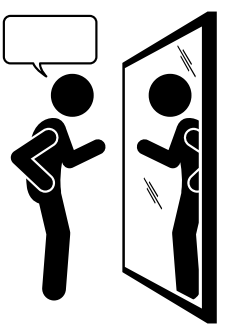
Have you ever tried cloud watching? It can really help your mind to feel calm. (just be careful not to look directly at the sun of course! ☀️)

- What shapes can you see?
- How fast/slow are the clouds moving by?
- Can you spot any patterns?

Another good idea is to 'let go' of any worries that you may have. Imagine placing your thoughts on the clouds and imagine them floating away. They are leaving your mind.



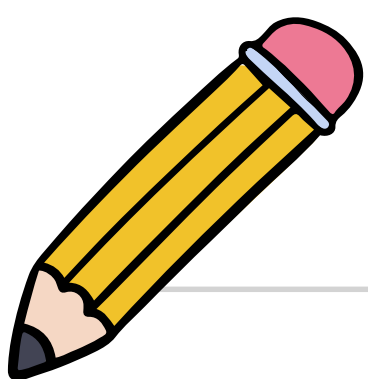
Copy out this power statement. Repeat it lots of times, each day. A good place to do this is also in front of the mirror...



Purple Power Affirmation Handwriting Practice

I am happy and loved

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.



Practice Time!

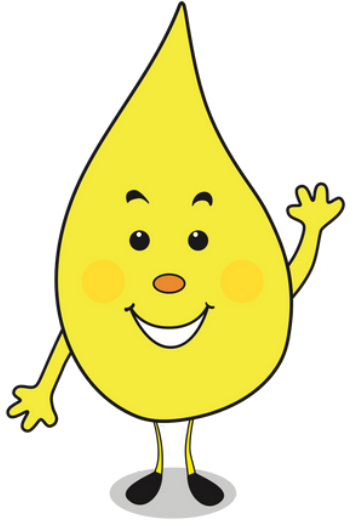
Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

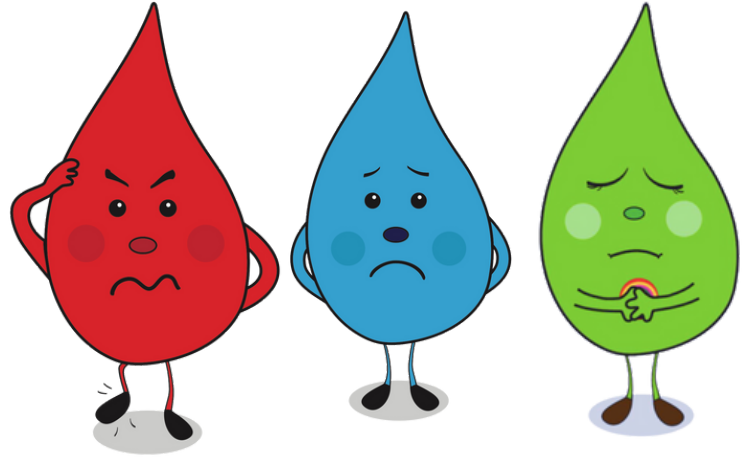
Look on the bright side!

COLOUR

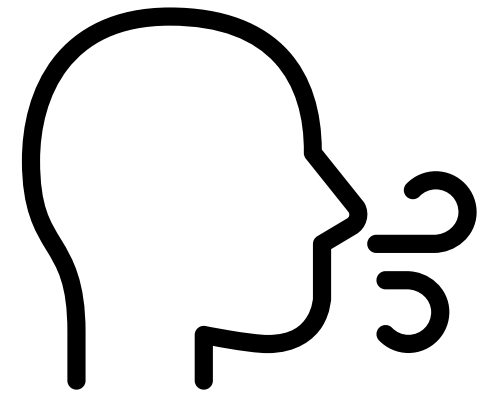
&

CALM



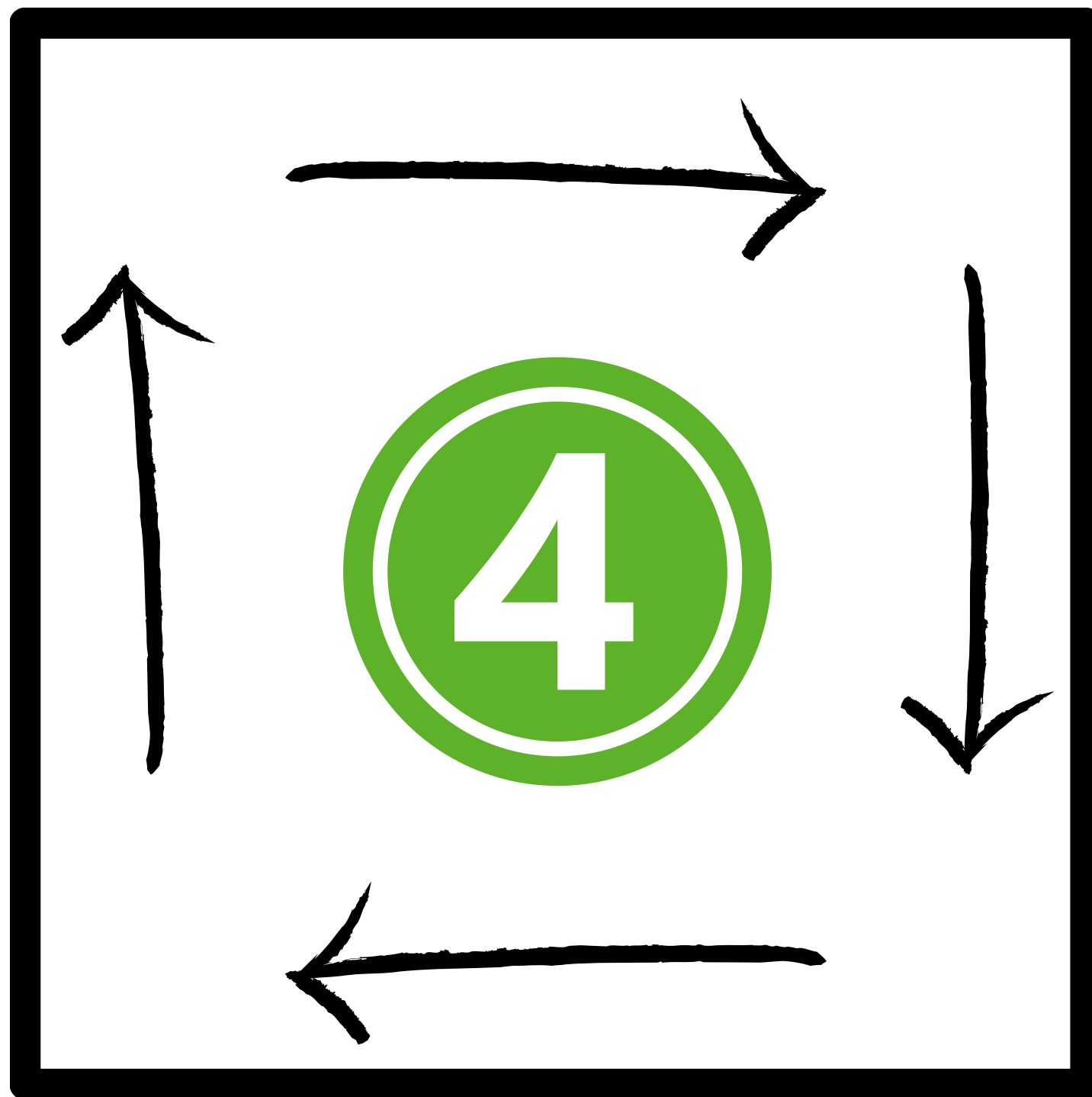


Breathing Toolkit



in

hold



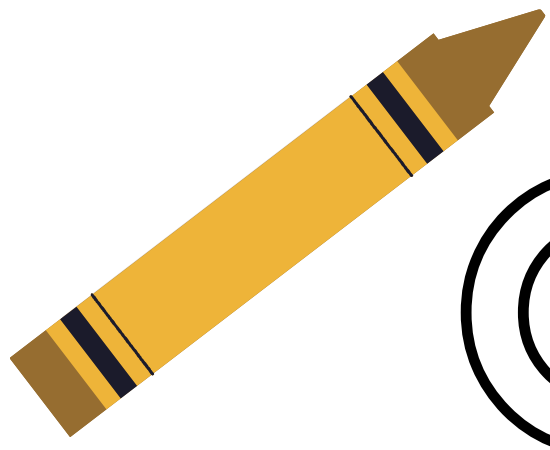
hold

out

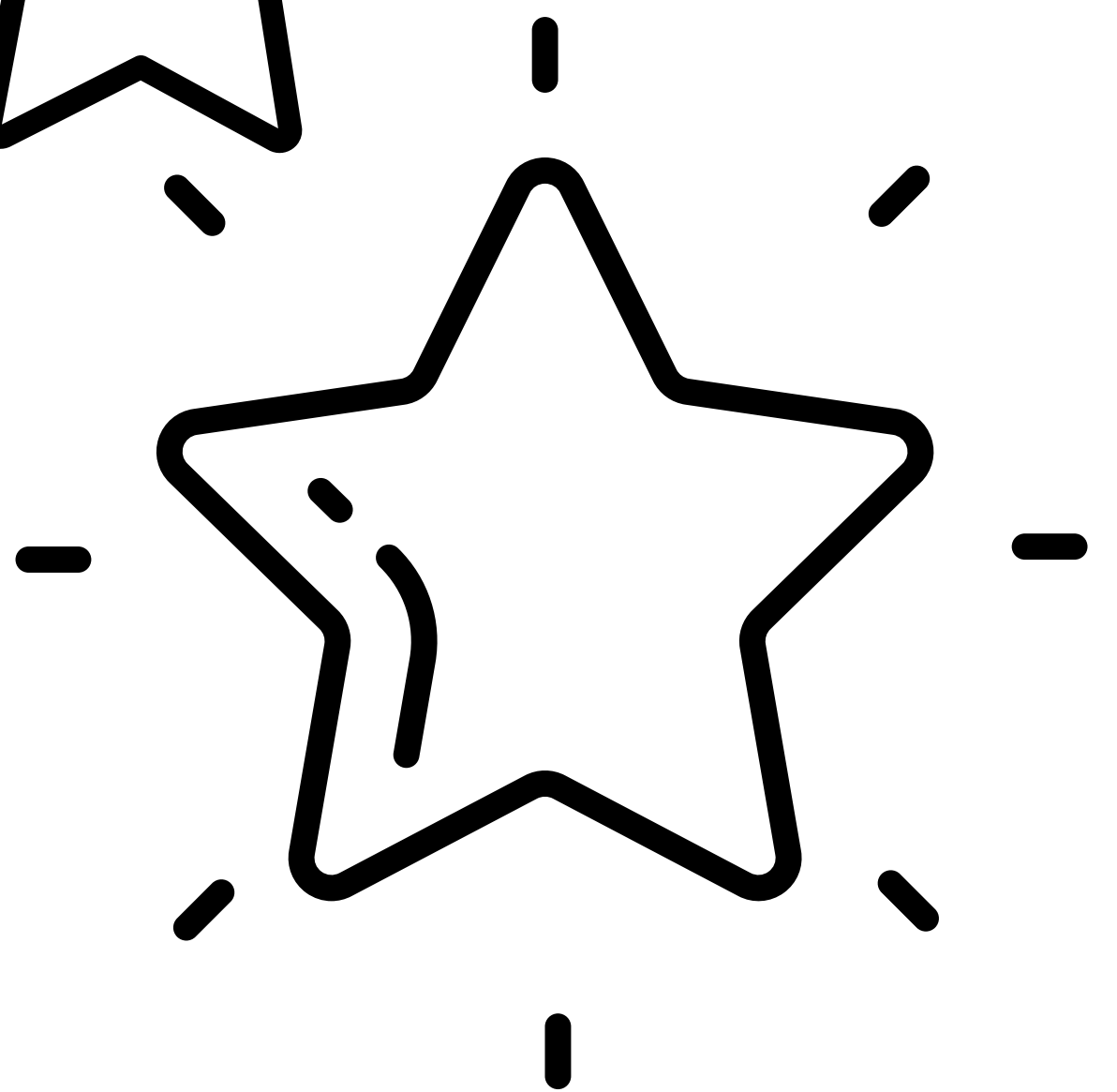
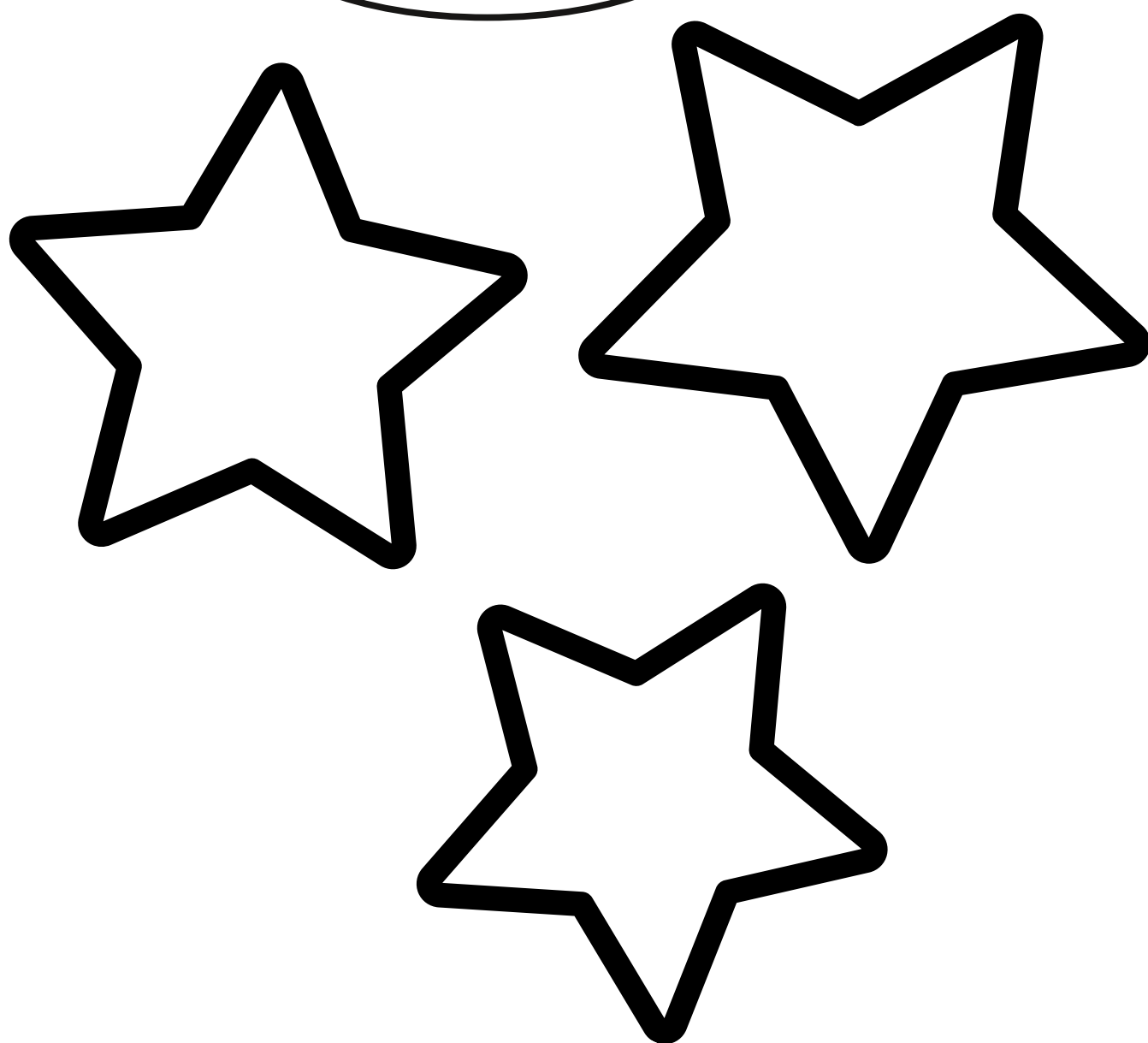
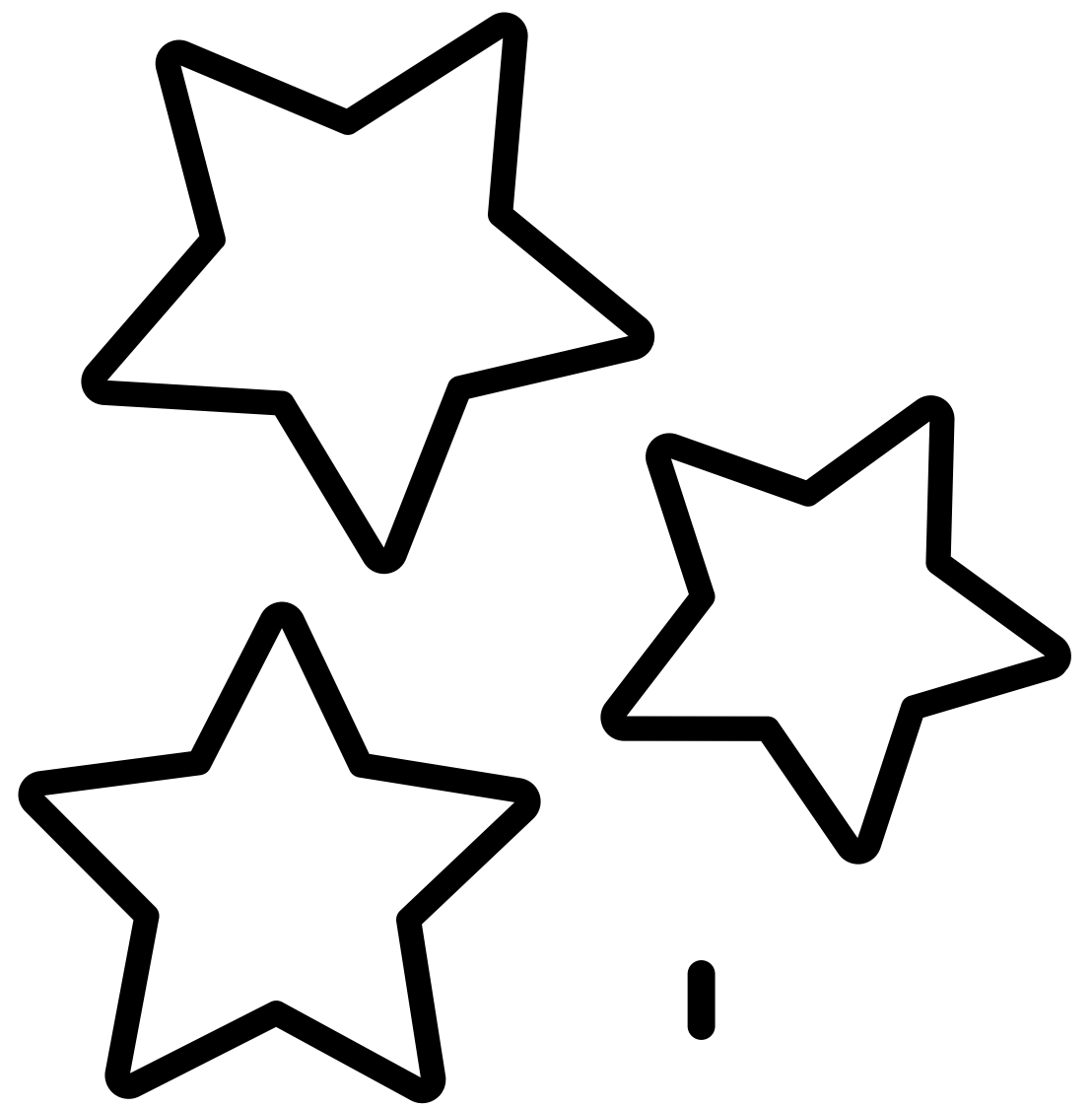
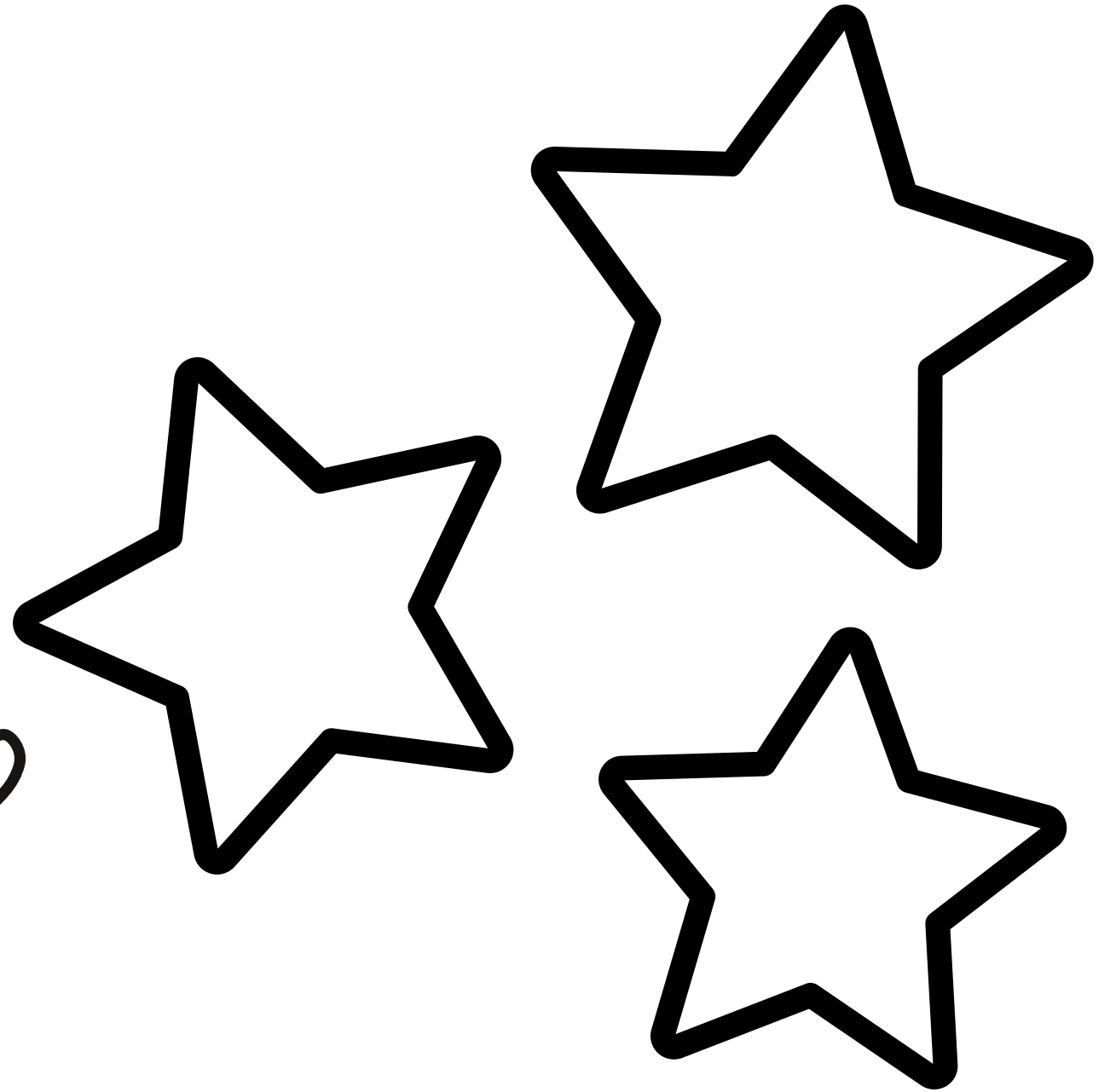
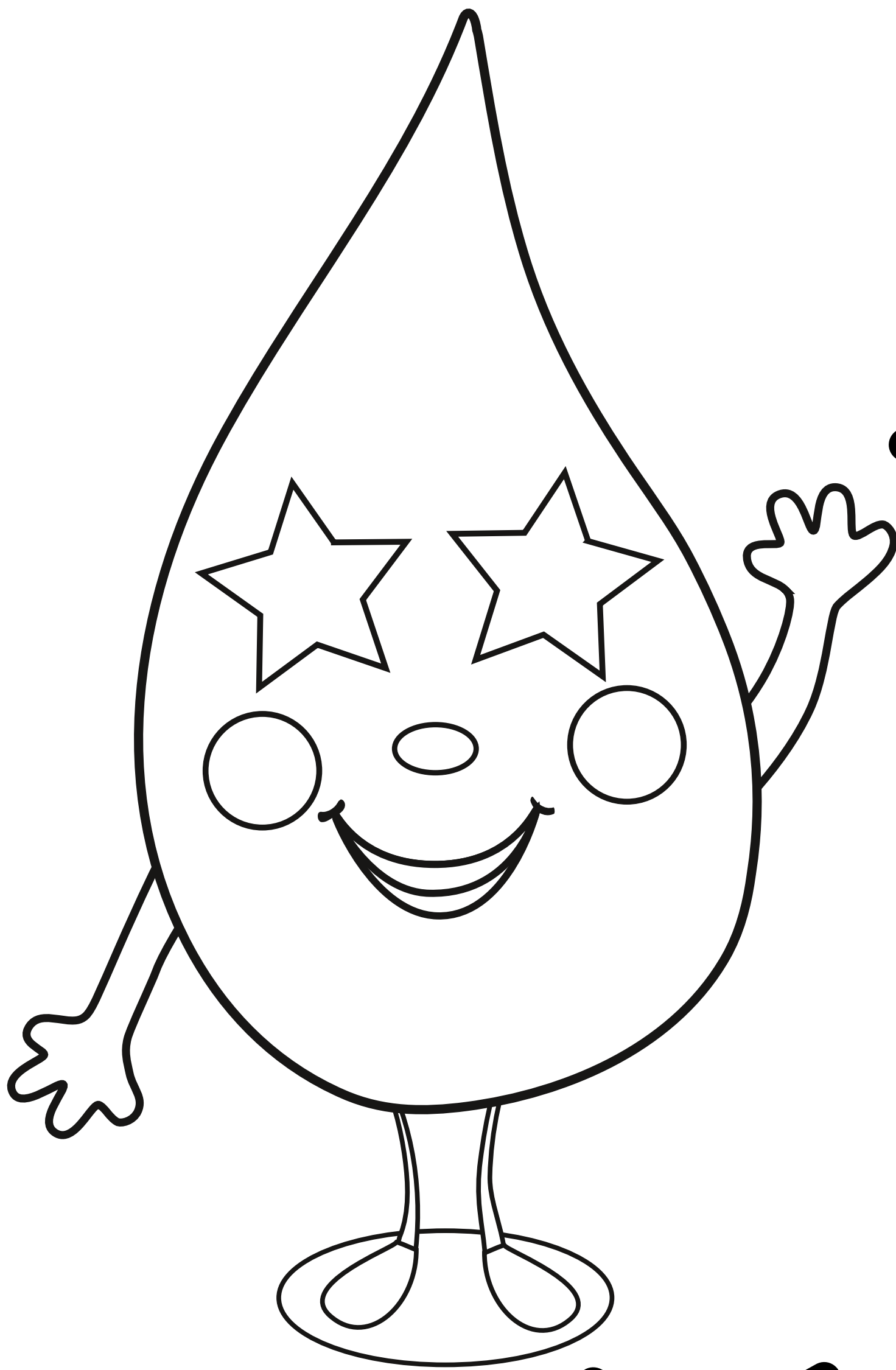
Box Breathing

- Breathe in for the count of four
- HOLD your breath to the count of four
- Breathe out for the count of four
- HOLD your breath

Repeat as needed

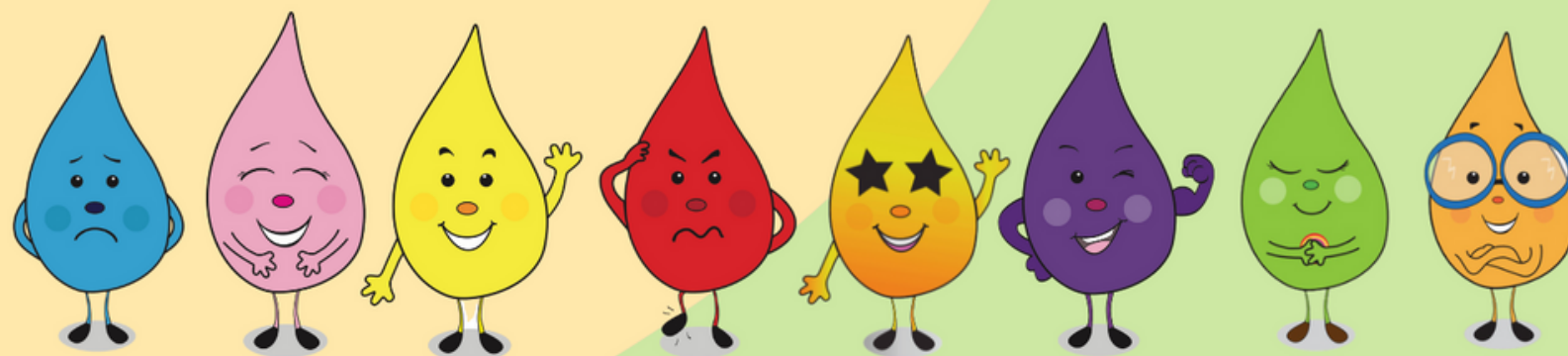


Gold Droplet



The Colour Droplets Wellbeing Workbook

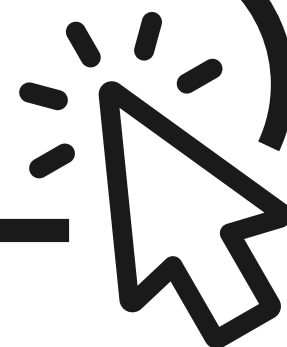
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Activities for self-esteem, confidence, resilience and controlling emotions

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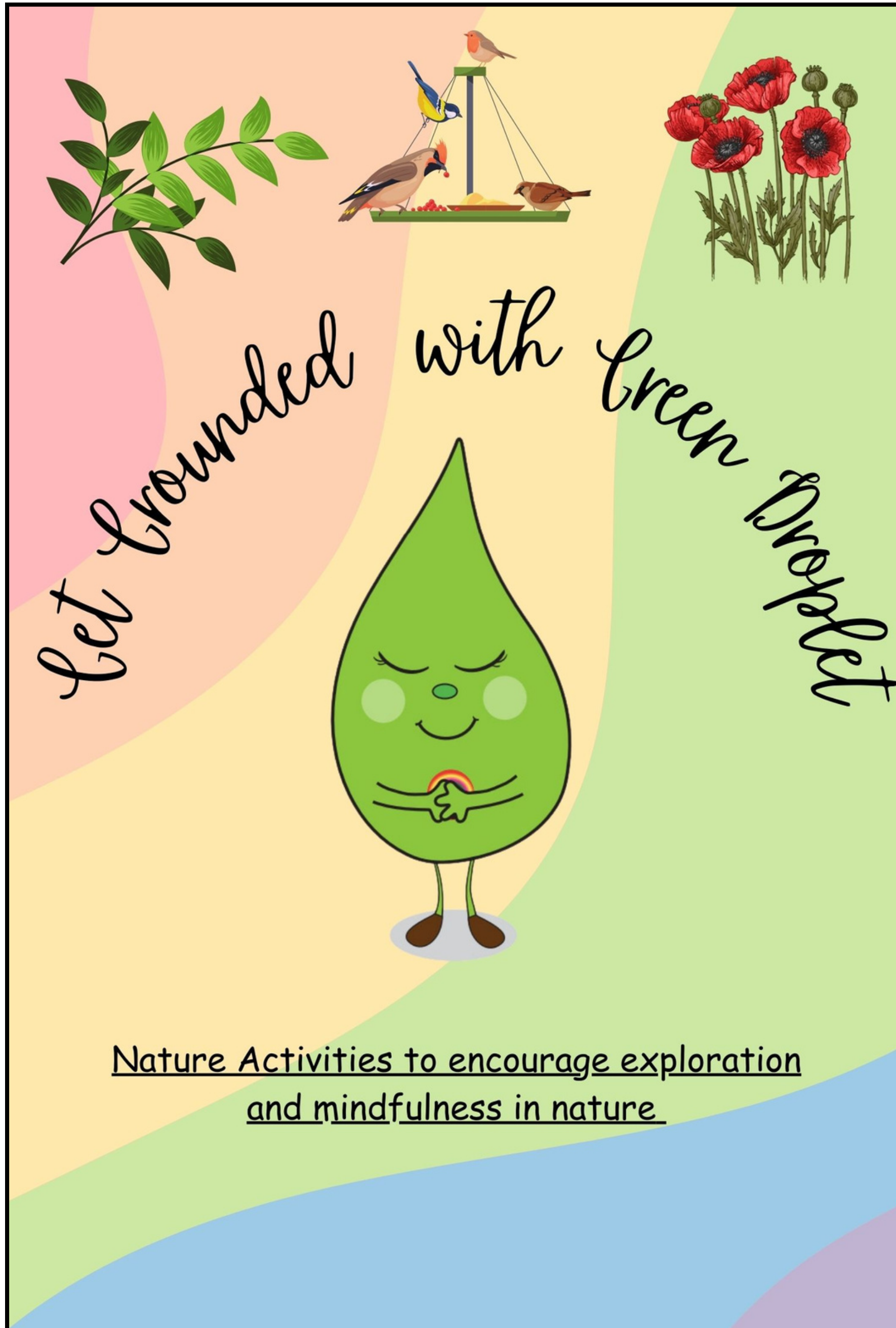
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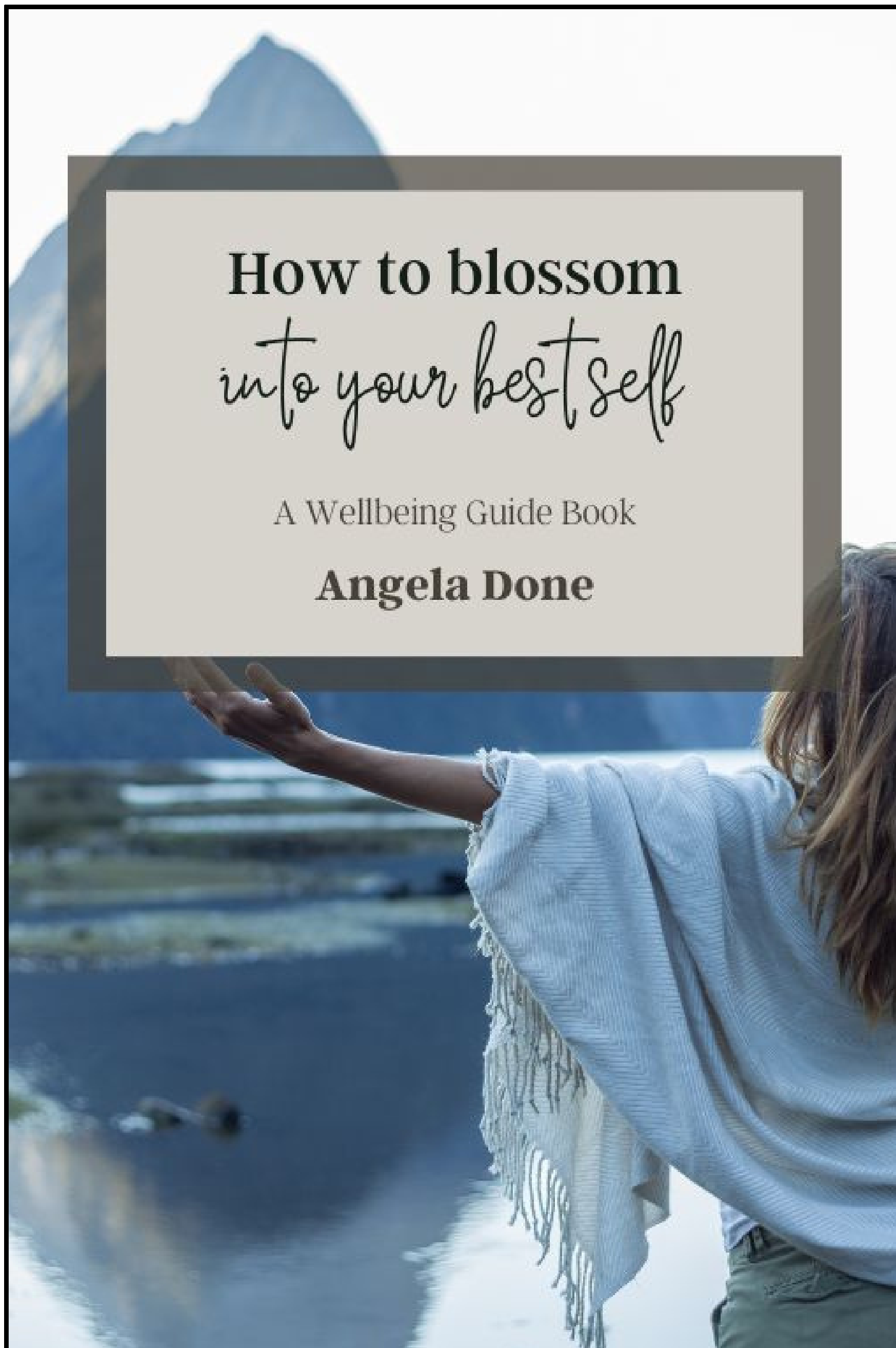
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Inside every child is a rainbow waiting to shine



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