

# Brain games

To do a good job helping others, you need to take care of yourself. Start with your brain. Take care of you.

Here are some fun ways to keep your brain in great shape:

## The turtle method

When you're feeling angry, do what turtles do when they feel threatened.

1. Go inside your shell. (Stop and be still.)
2. Take three deep breaths. (Breathe in 1-2-3 and breathe out 1-2-3.)
3. Walk away.
4. After you calm down, think about what happened and work on a solution.

## Breathe big

Need to relax? Try deep breathing.

1. Breathe in to a count of three (1-2-3).
2. Hold your breath for a second or two, and then breathe out 1-2-3.
3. Repeat three times.

As you inhale, breathe in positive energy and calm. As you exhale, imagine any negative feelings—sadness, boredom, anger—leaving your body through your nose.

## Think happy thoughts

Thinking of places, people and memories that make us feel happy and safe trick the brain into feeling good. Write down a place, person and event that make you feel happy and safe.

Place: \_\_\_\_\_

Person: \_\_\_\_\_

Event: \_\_\_\_\_

Close your eyes and picture your "happy place" when you need a boost. It really works!



Sources: National Sleep Foundation (U.S.), [www.innerhealthstudio.com](http://www.innerhealthstudio.com), *Helping Kids Handle Anger* by Pat Huggins and Ernie Hergenroeder

## Download a Happy Book

Think about things that make you feel good. The K-Kids Happy Book can help. Download a Happy Book template at [www.kkids.org/happybook](http://www.kkids.org/happybook) and create your own book to keep with you whenever you need it.