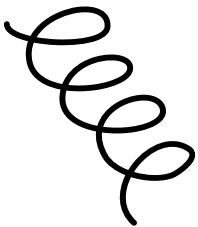


# Calm & Confident

# Girl Guide



**Journal & Interactive  
Activity Book  
For Tween & Teen Girls**



# WELCOME

## "You are enough!"

*You don't need to have it all figured out.*

*You don't need to be calm all the time.*

*And you're definitely not the only one who feels things deeply.*

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### THIS GUIDE IS FOR GIRLS WHO:

**Feel big feelings**



**Overthink**



**Care a lot**



**Sometimes feel worried, angry, awkward or unsure**

***You're not broken.***

***Your feelings make sense.***

***And you're not alone***

# “What’s Going On Inside My Head?”

**Circle the feelings you’ve felt this week:**



**HAPPY**



**LONELY**



**NERVOUS**



**OVERWHELMED**



**ANGRY**



**CONFIDENT**



**EXCITED**



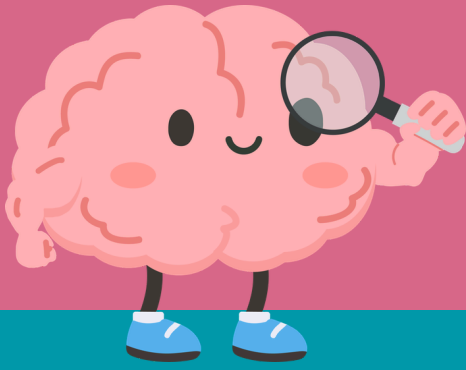
**CONFUSED**

**WHEN I FEEL OVERWHELMED, IT USUALLY HAPPENS WHEN...**

*(Write or doodle )*

# The Feelings & Body Connection

## “Feelings Don’t Just Live in Your Head”



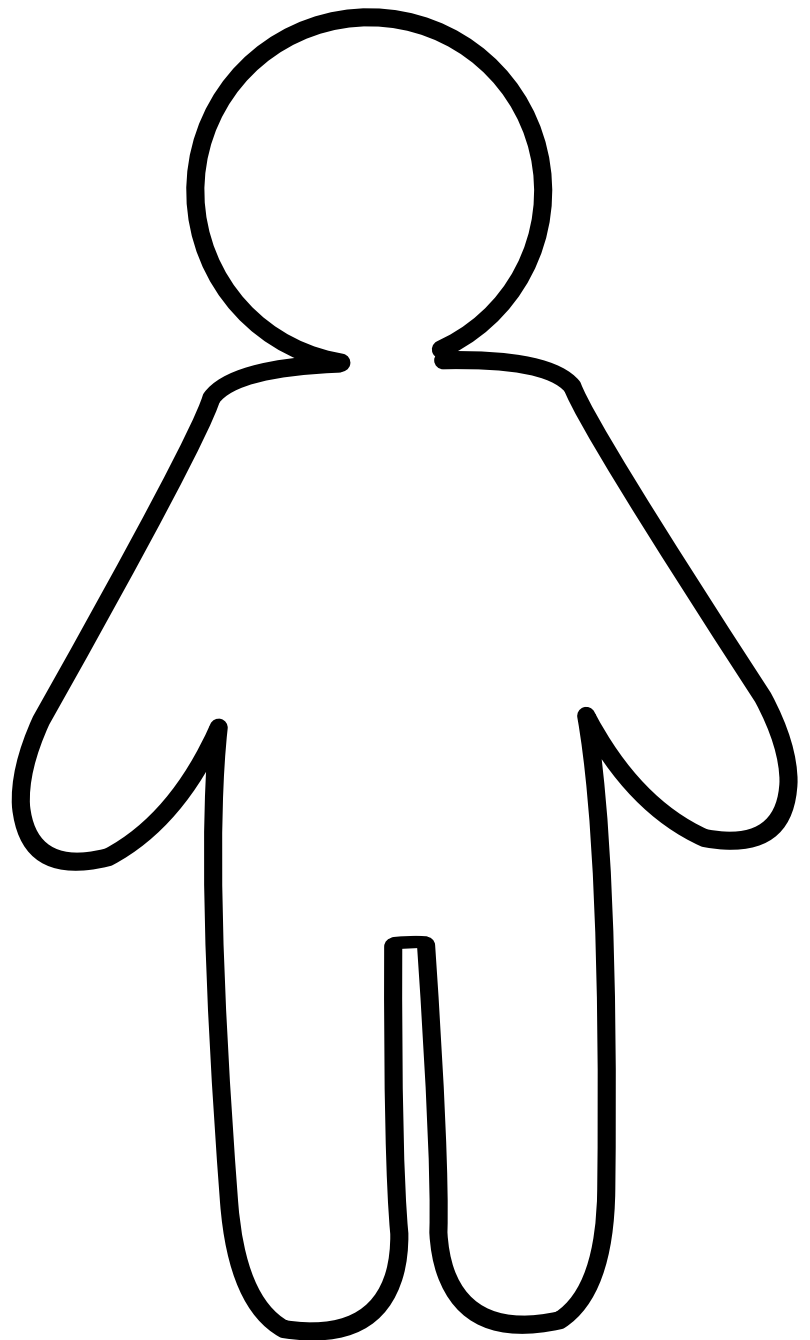
**Feelings show up in our bodies as :**

- **Butterflies**
- **Tight chest**
- **Wobbly legs**
- **Hot face**
- **Fast heart**

**That doesn’t mean something is wrong – it means your body is trying to tell you something and is trying protect you.**

### **ACTIVITY**

*Draw where you feel emotions in your body.*



# Calm Tools That Actually Help

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**“Try These When Things Feel Too Much”**

**Practise  
the  
Pawse**

**Move**

**Shaking  
Cats**

**Breathe**



**Toolkit**

**Stretch**

**Stretch**

**Imagine  
&  
Create**

**Safe Place  
Imagination**

**The calm tool I want to try first is...**

## Practise the Pawse

.....  
Hold your paw (hand) out in front of you. Begin slowly tracing around your hand, starting from the bottom of your thumb. Inhale as you go up and exhale as you go down. Once you reach your little finger, go back the other way finishing at your thumb.

### Extra

You could make a hand print or draw around your hand and use these to trace around instead.



# Practice The Pawse

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## Breathe

Draw around your hand below

# Shaking Cats



## Shaking Cats

.....

Shake out any fizzy wizzy, bubbly energy whirling around inside you. Begin by standing tall. Take a deep breath in and as you breathe out, shake your arms high, shake them wide and shake them low. Shake your body to the left, shake it to the right. Shake your whole body! Shake your legs, to the front. Shake your legs to the back.

Flop down into your seat and let out a big meooooow breath.



# Stretch

## Standing Cat

.....

Stretch your arms up as high as you can, keep stretching and breathe in through your nose and out through your mouth for 5 breaths.

Relax your arms down by your side. Repeat 3 times.



## Scared Cat

.....

Stretch your arms and legs out as wide as you can. Hold that position and breathe for a count of 5 breaths, in through the nose and out through the mouth.

Relax your arms down by your side.

The cats arms need to be stretching out to his side.



## Cat Curl

.....

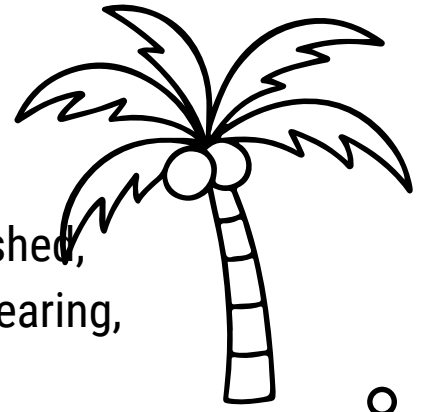
From a hands and knees position, sit back onto your feet into a kneeling position. Place one hand on top of the other with elbows out to the side.

Rest your head on your hands and breathe, slow, deep breaths.



# Safe Place Imagination

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Create a picture of a safe place below. When finished, close your eyes and imagine being there seeing, hearing, touching and smelling everything imagined

A large rectangular area defined by a dotted line, intended for drawing a safe place.



**Imagine  
&  
Create**

# Friendships, Fitting In & Being You

**"FRIENDS CAN BE AMAZING...  
AND TRICKY"**

---

*Friendships change. People change.  
Outgrowing people doesn't mean you're mean.*

**SOMETHING I WANT IN A FRIENDSHIP IS...**

**SOMETHING THAT MAKES ME FEEL  
UNCOMFORTABLE IS...**

**ONE BOUNDARY I'M ALLOWED TO HAVE IS...**

# Confidence Builder

*"Things That Make Me, Me"*

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SOMETHING I'M PROUD OF



SOMETHING I'M GOOD AT



SOMETHING KIND I'VE DONE



SOMETHING THAT MAKES  
ME LAUGH



# “Want More of This?”

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## Join Calm Cats Girl Circle

***Calm Cats Girl Circle is a relaxed, supportive space where girls can:***

**Talk**

**Breathe**

**Move**

**Laugh**

**Create**

### **Learn Calm Tools Together**

*No pressure.*

*No sharing unless you want to.*

*Just a space to be yourself.*

### **Ask your grown-up to find out more.**

*Parent Note: Facilitated by Calm Cats – supporting emotional regulation, confidence and wellbeing through therapeutic activities.*