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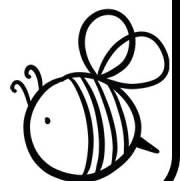
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# CALMING PUZZLES

Match the die to a puzzle piece and put the puzzle together. Which calming strategy is it? Great warm up activity or for work on coping skills. 26 puzzles included!

Think happy thoughts

Think happy thoughts

ELSA support



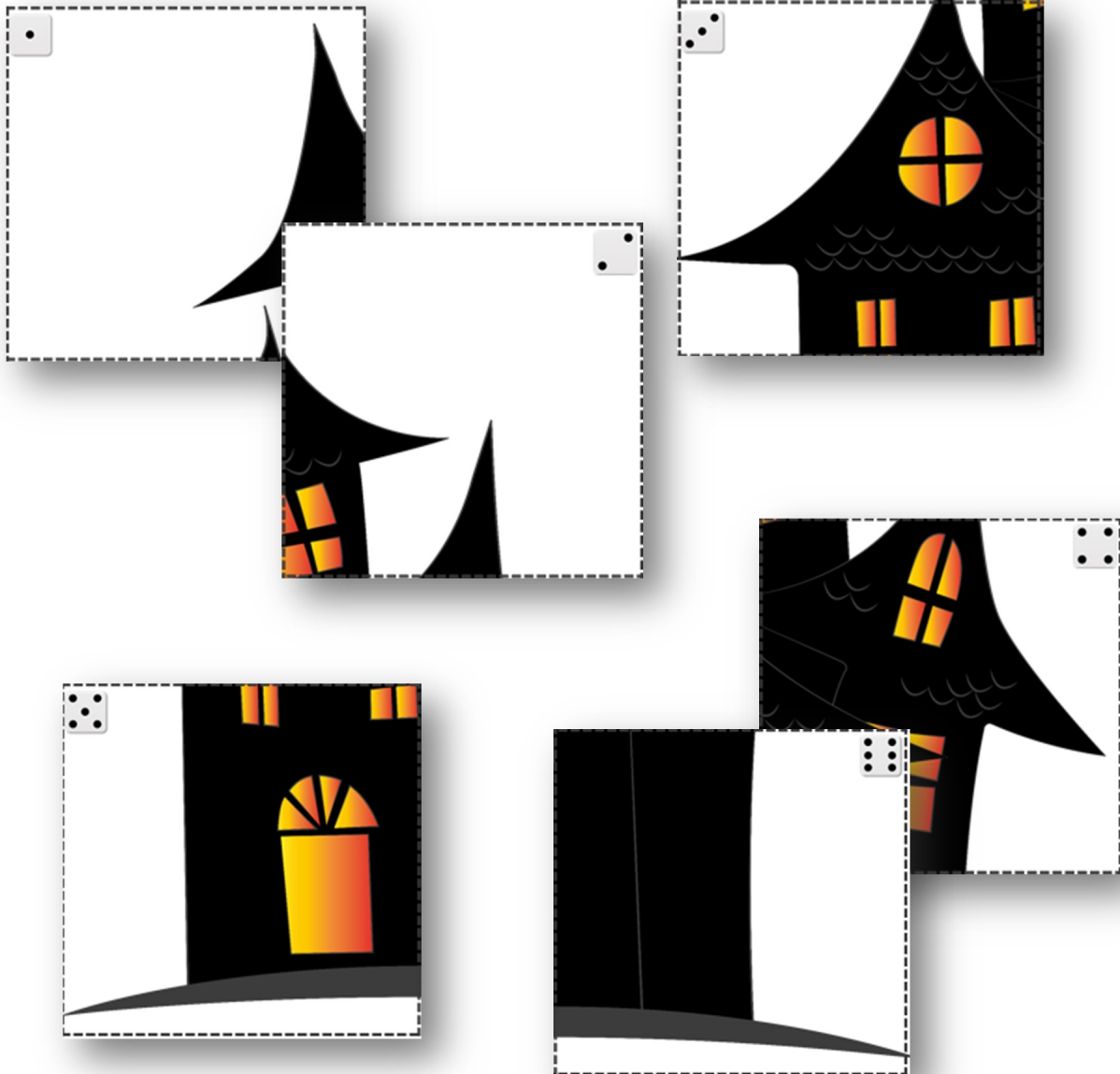
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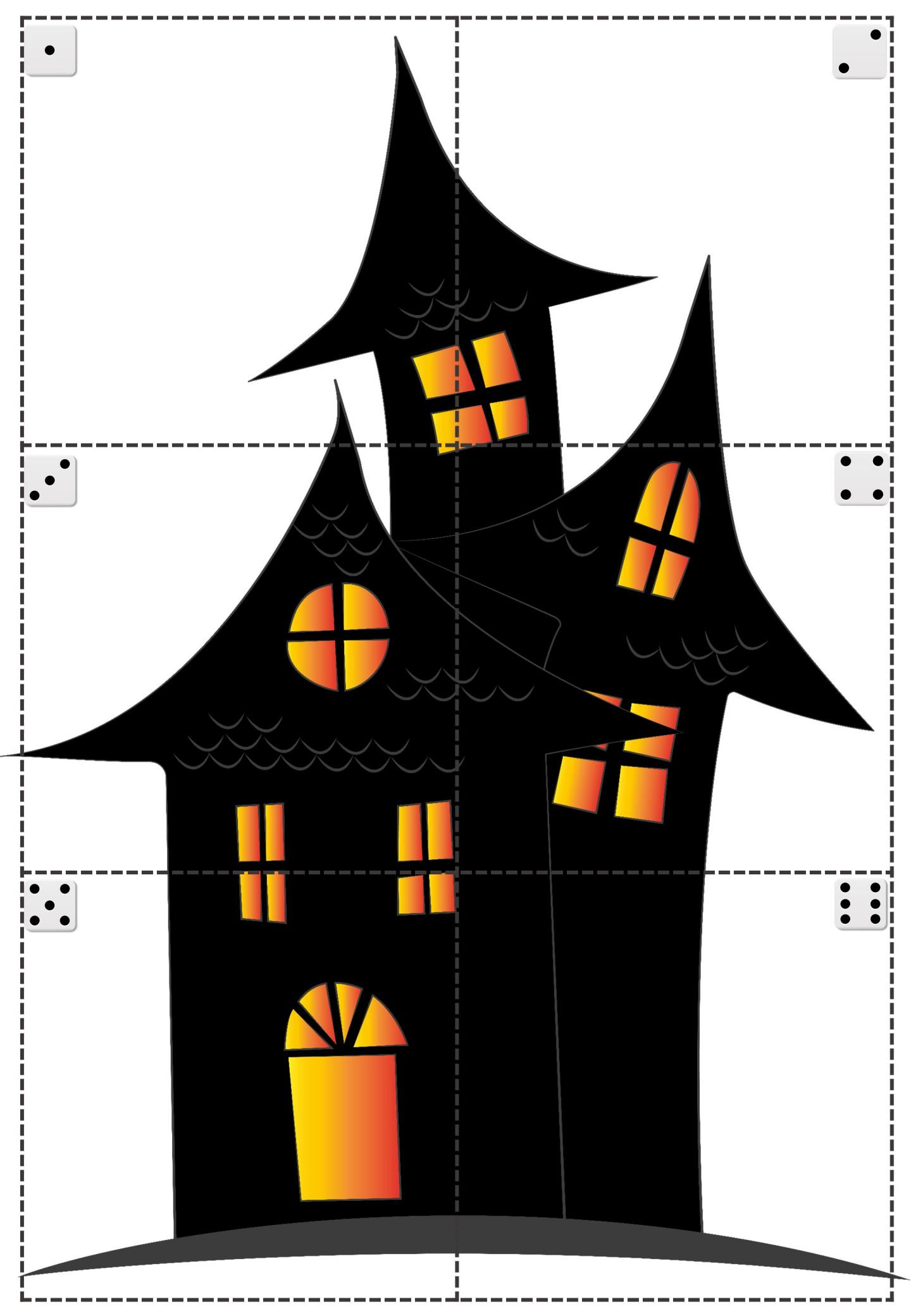


# Instructions

Please do not print the first 3 pages of this file.

Each puzzle consists of two pages printed back to back. Once you have printed them back to back please cut along the dotted lines to make a puzzle consisting of 6 pieces. Give the child a die and they throw a number. They then pick that piece of the puzzle and answer the question on the back. Once answered they can keep that puzzle piece. See if they can get all six pieces to make their puzzle picture.





Tell me about a time  
when you felt scared

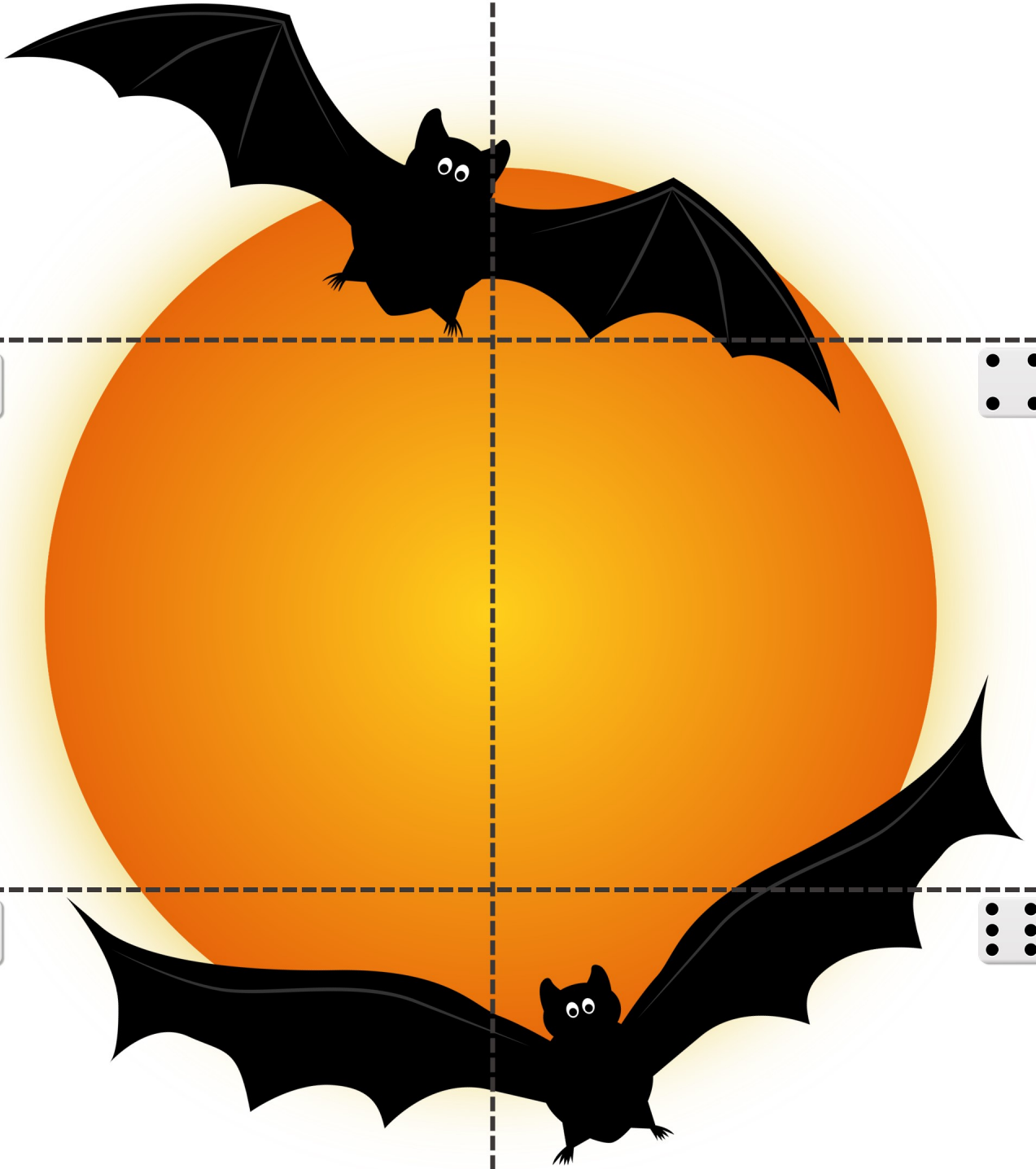
What is your  
favourite thing  
to do on  
Halloween?

Tell me about a  
Halloween memory

Tell me about a time  
when you dressed  
up for Halloween

If fear was an animal,  
which animal would  
it be?

What is the biggest  
emotion that you  
feel on Halloween?



What does fear look like to you?

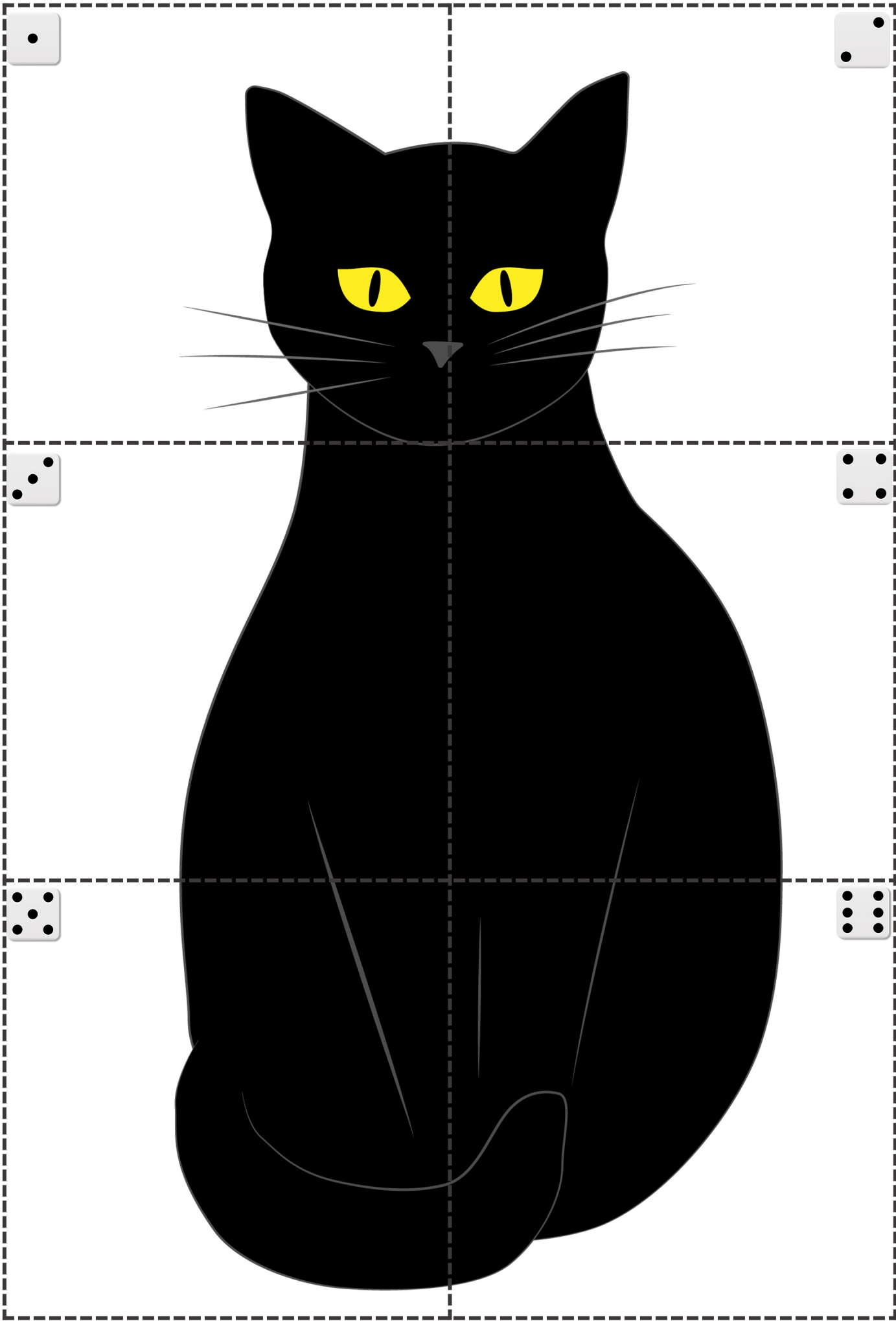
What can you do if you feel afraid of something?

How do you feel in your body when you are scared?

Make a 'scared' face right now

Has fear ever stopped you from doing something?

What triggers fear for you?





What thoughts go  
through your mind  
when you  
are scared?

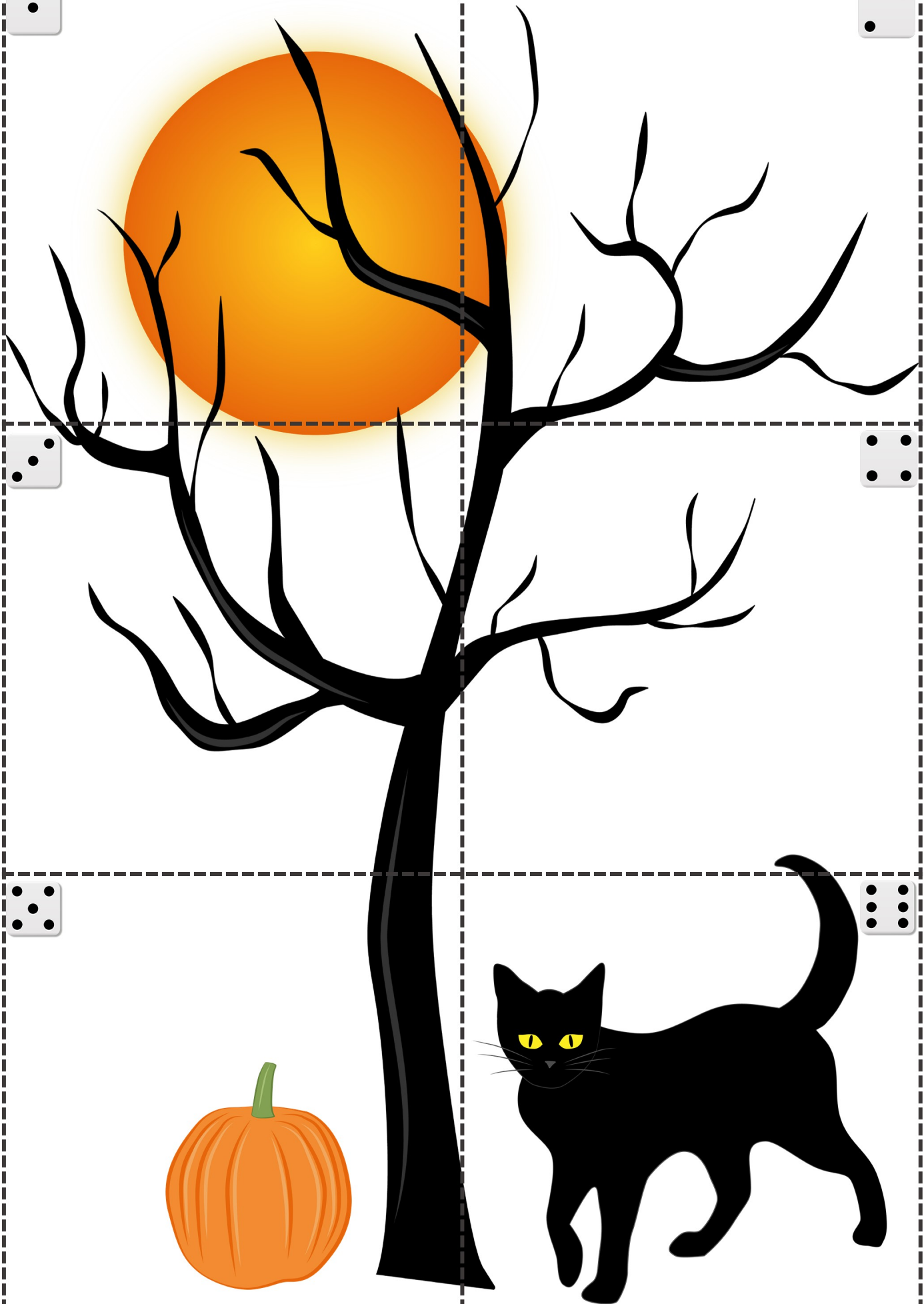
Can you think of  
another word  
that means the  
same as scared?

What tone of voice  
do you use  
when you are  
scared?

What might you  
say when you  
are scared?

If fear was a  
colour, what colour  
would it be?

Who can you  
talk to when  
you are feeling  
scared?



How would you help someone who was feeling scared?

What help would you want if you were feeling scared?

If fear was a smell, what smell would it be?

What scares you just a little?

What purpose do you think fear has? Why do we feel fear?

What coping strategies can you use when you are feeling scared?