

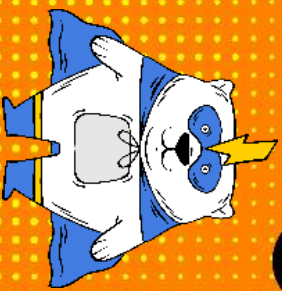
A nasty virus called Covid and it's 19 evil friends are attacking the Earth.

We need you to help stop them!

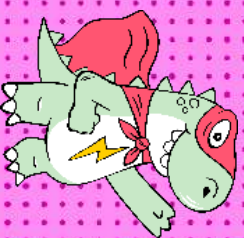
Luckily, we've assembled a team of heroes to teach you the skills you'll need. They are...

THE WORLD NEEDS YOU!

*Positivity
Polar Bear*



*Tyranno-Purpose
Rex*



*Limber
Leopard*



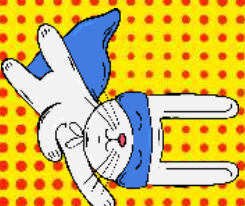
*Mindful
Moggie*



*Random Act of
Kindness Raccoon*



*Brainy
Bunny*



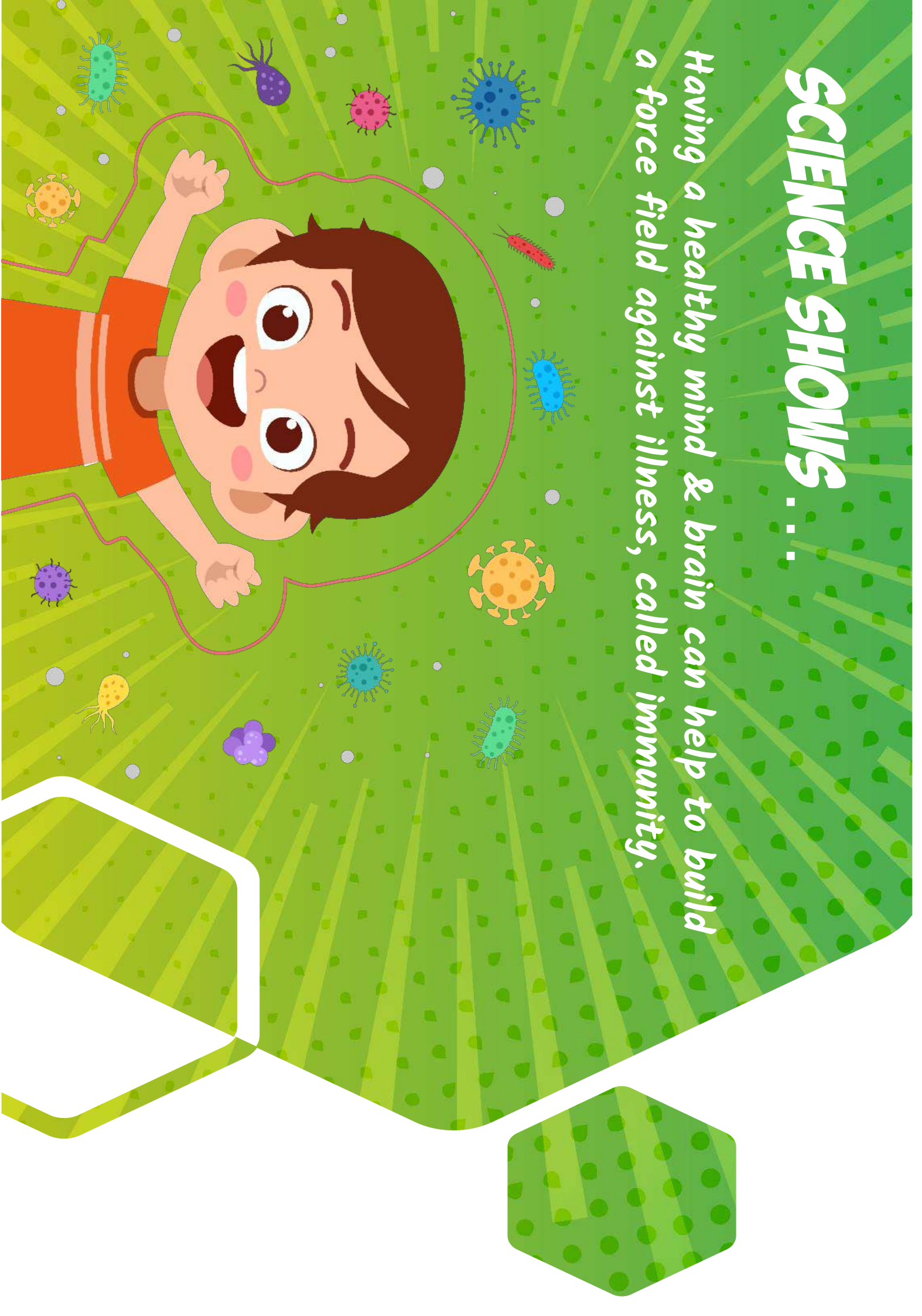
THE ANTI- BADDIES

*A team of super
heroes, each with a
unique set of skills.*

*These skills will help
build your **mental**
fitness so that we
can beat the virus
together.*

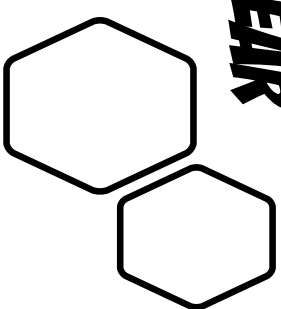
SCIENCE SHOWS ...

*Having a healthy mind & brain can help to build
a force field against illness, called immunity.*



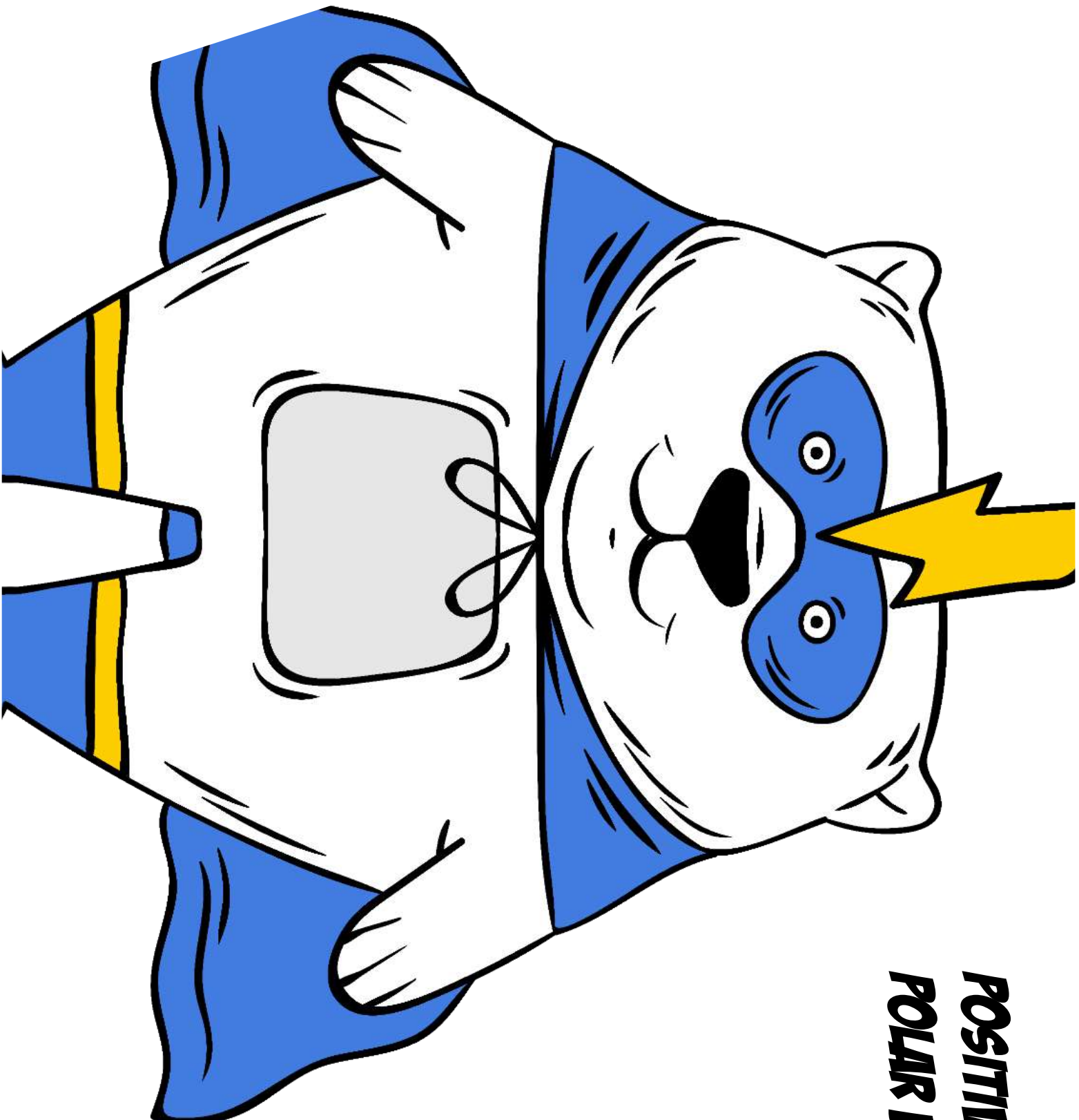
POSITIVITY

POLAR BEAR

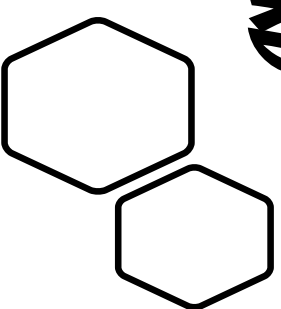


The leader of the crew, Positivity Polar Bear is always having a good day.

His skill is to focus on what went well, he always says thank you, and he even has a time machine!

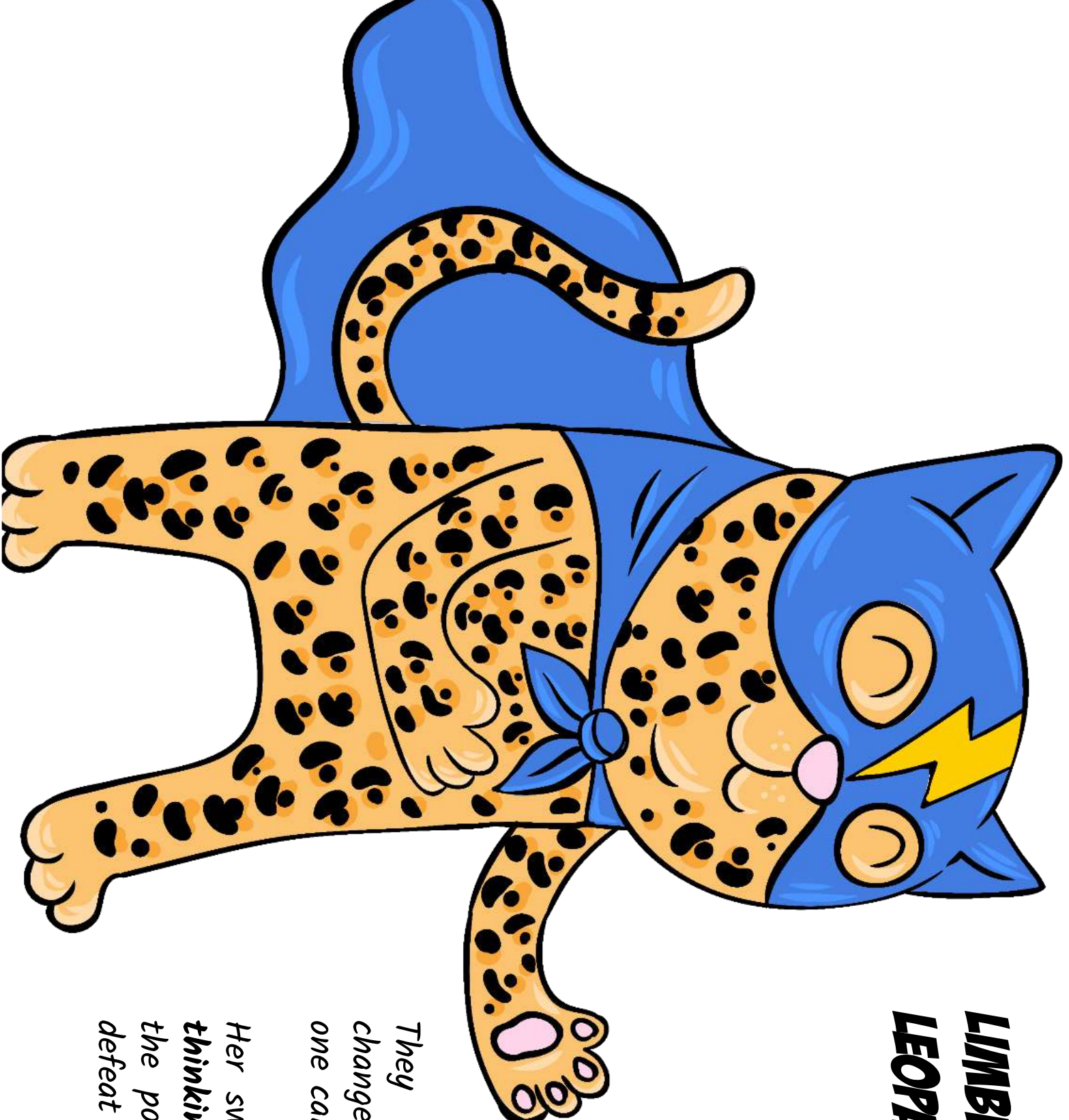


LIMBER LEOPARD

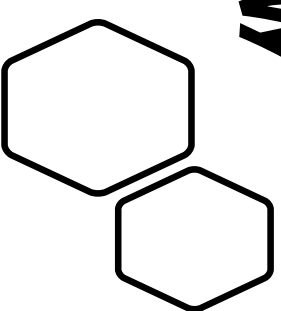


*They say leopards don't
change their spots, but this
one can change **thoughts**.*

*Her sworn enemies are the
thinking germs. She uses
the power of **reframing** to
defeat them.*



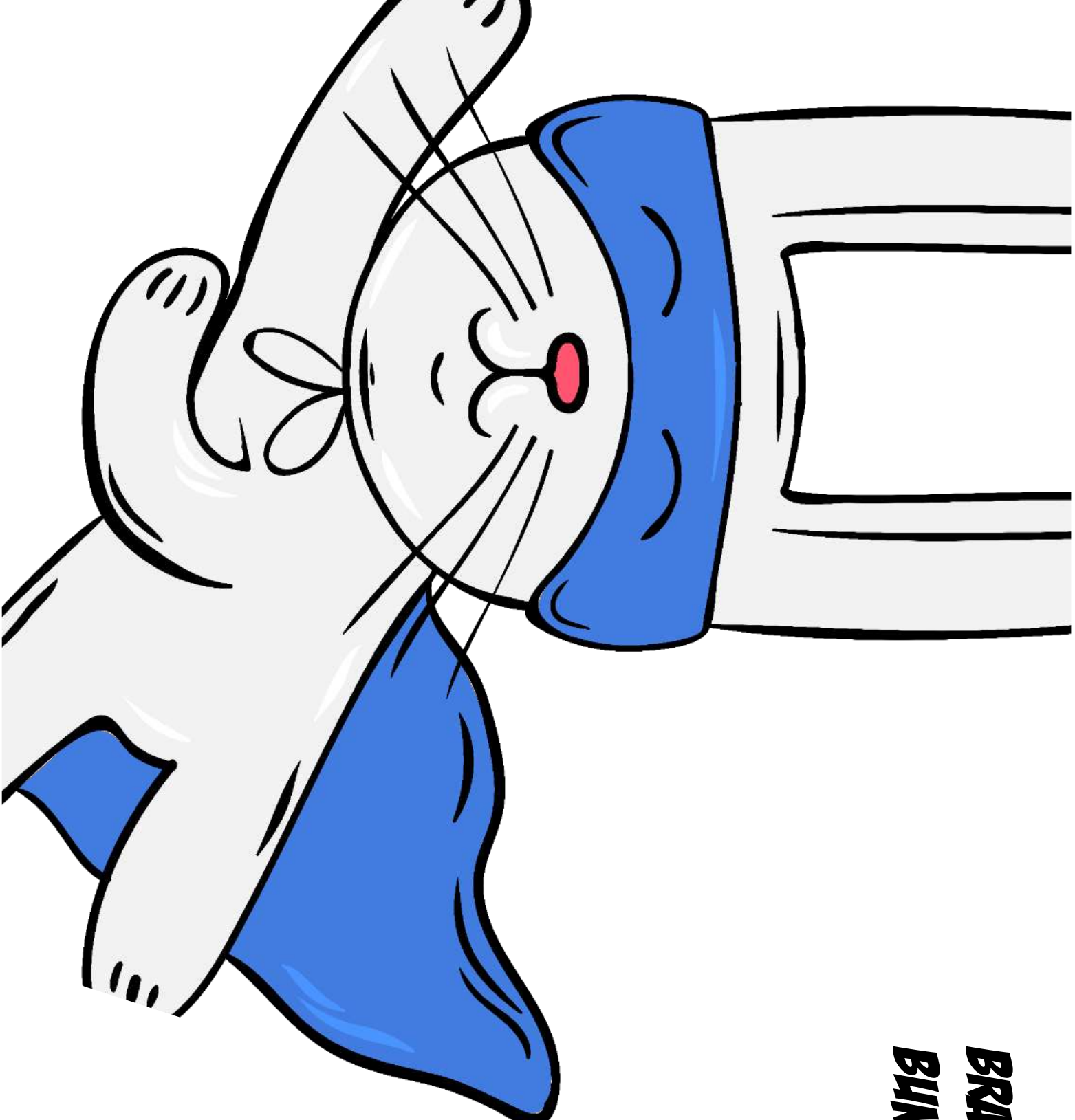
BRAINY BUNNY



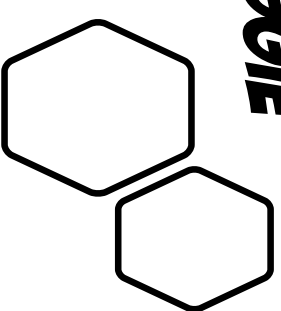
*This is one **smart** little bunny!*

*He knows all about the **brain** – and how we can model it like clay!*

*He also knows how we can feed our brain by **eating** the right things, **moving** around and getting good **sleep**.*



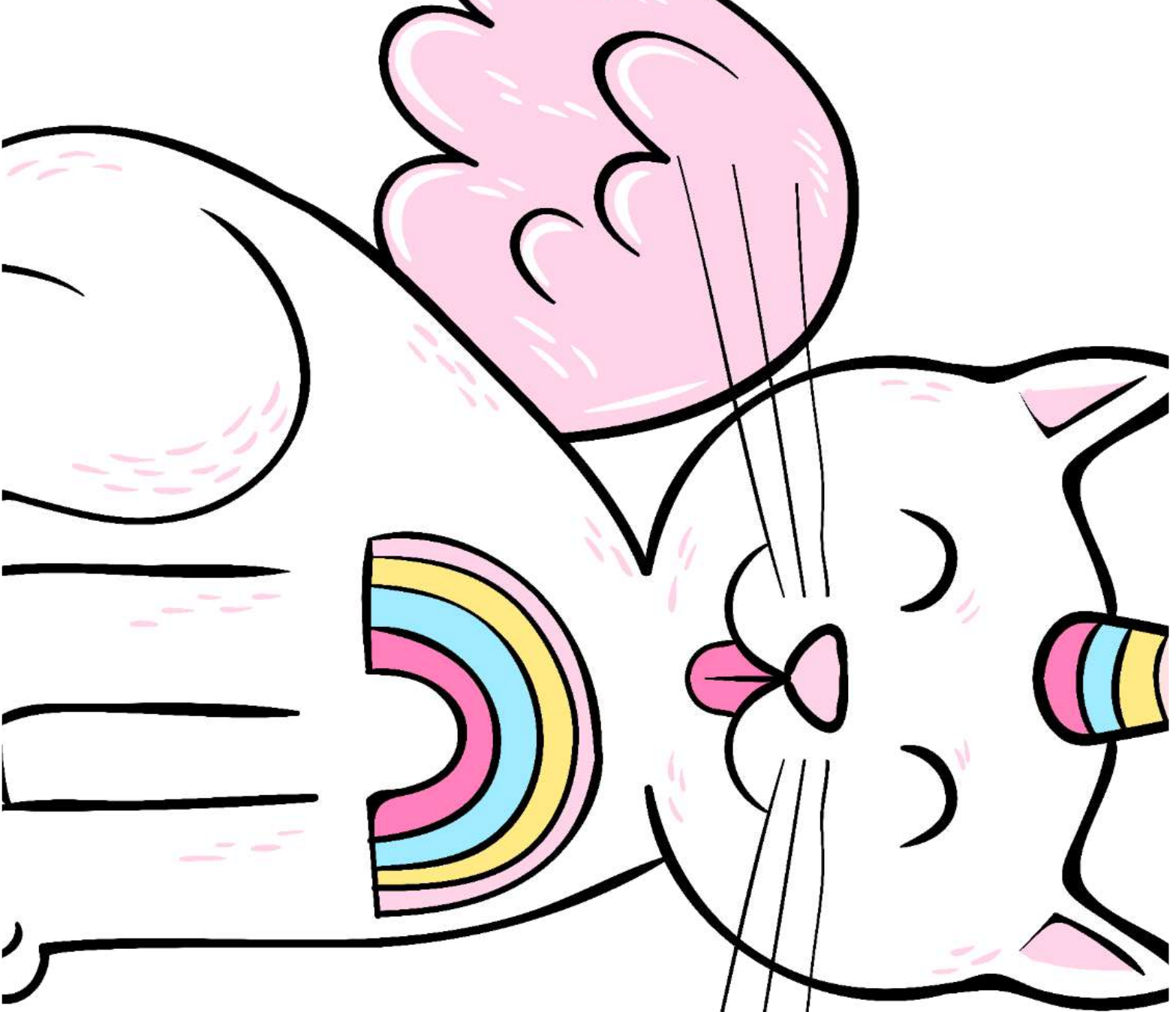
MINDFUL MOGGIE



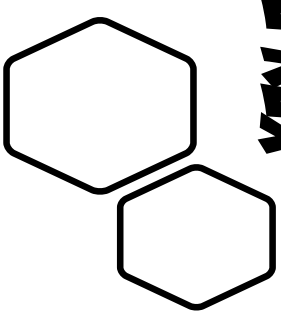
*Hummm, quiet please
Moggie is **meditating**.*

*This zen cat takes time for
herself every day to practice
her breathing and stay
super chilled.*

*She also loves **nature** and
the world around her.*

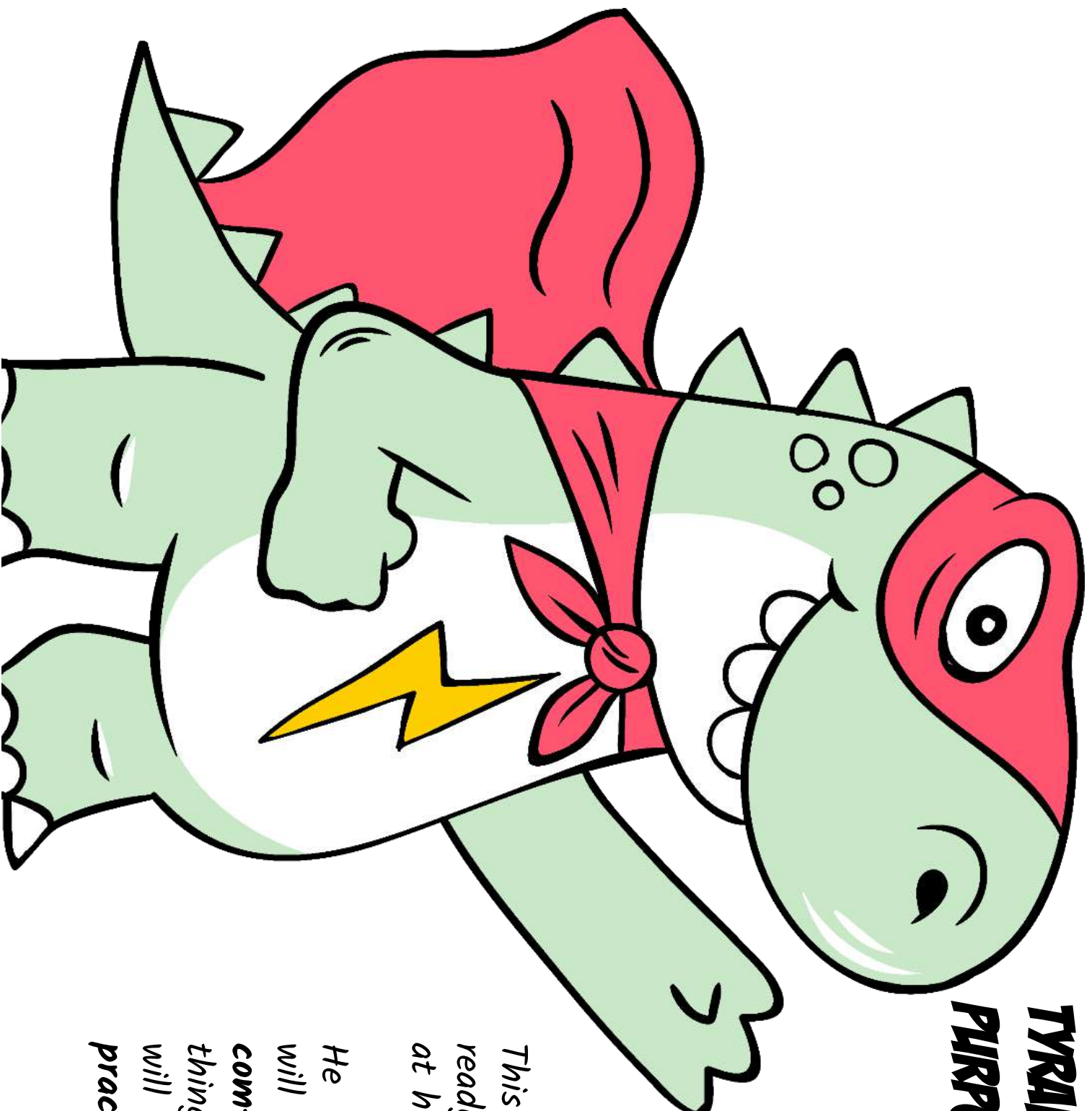


TYRANNO- PURPOSE REX

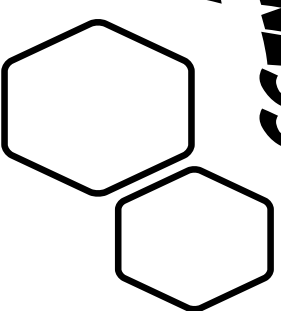


*This **determined** dinosaur is ready for what life throws at him!*

*He loves a **challenge**, and will push himself out of his **comfort zone**. He tries new things and knows that he will get better with **practice**.*



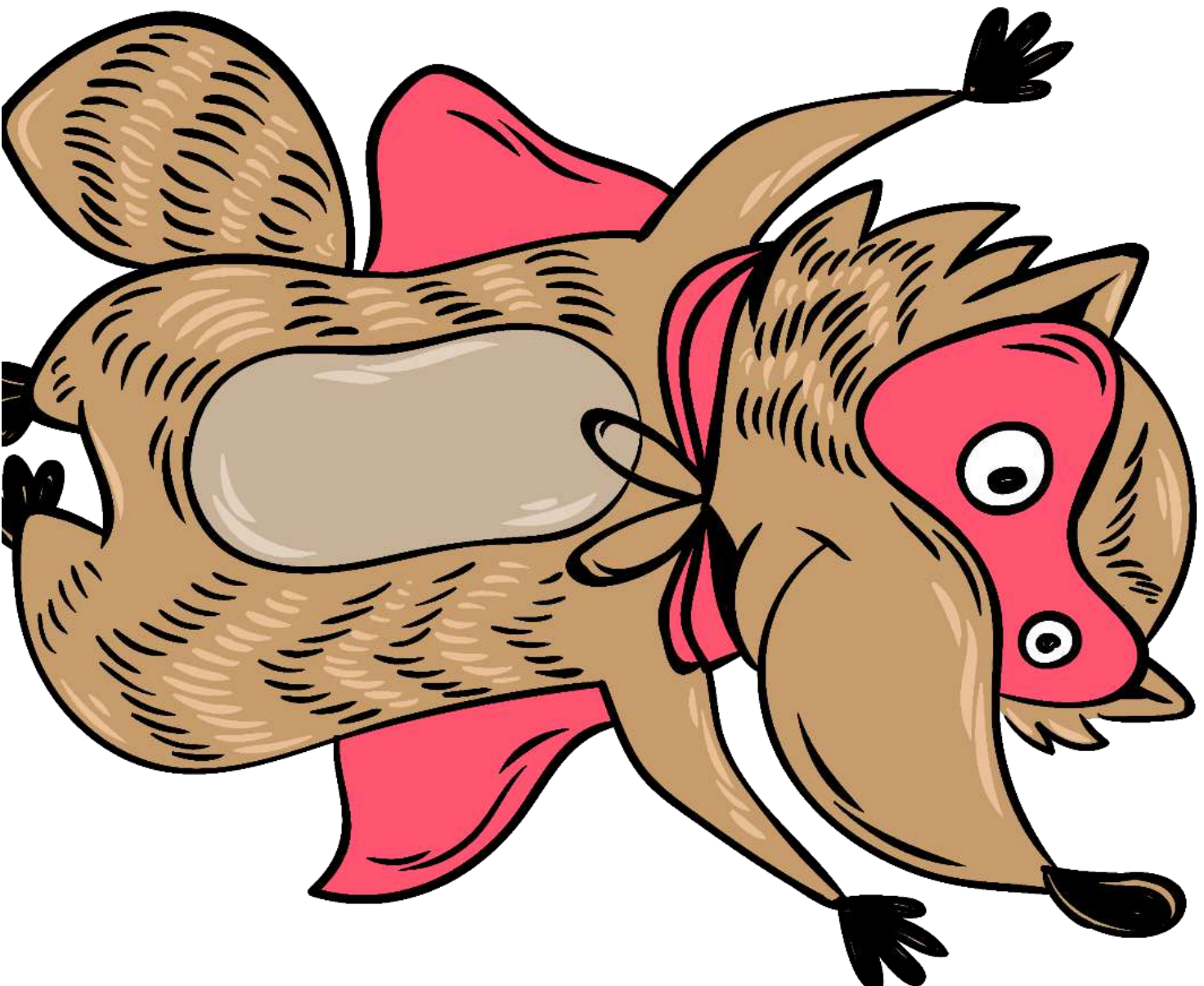
RANDOM ACT OF KINDNESS RACCOON



*The nicest creature you will
ever meet is Raccoon.*

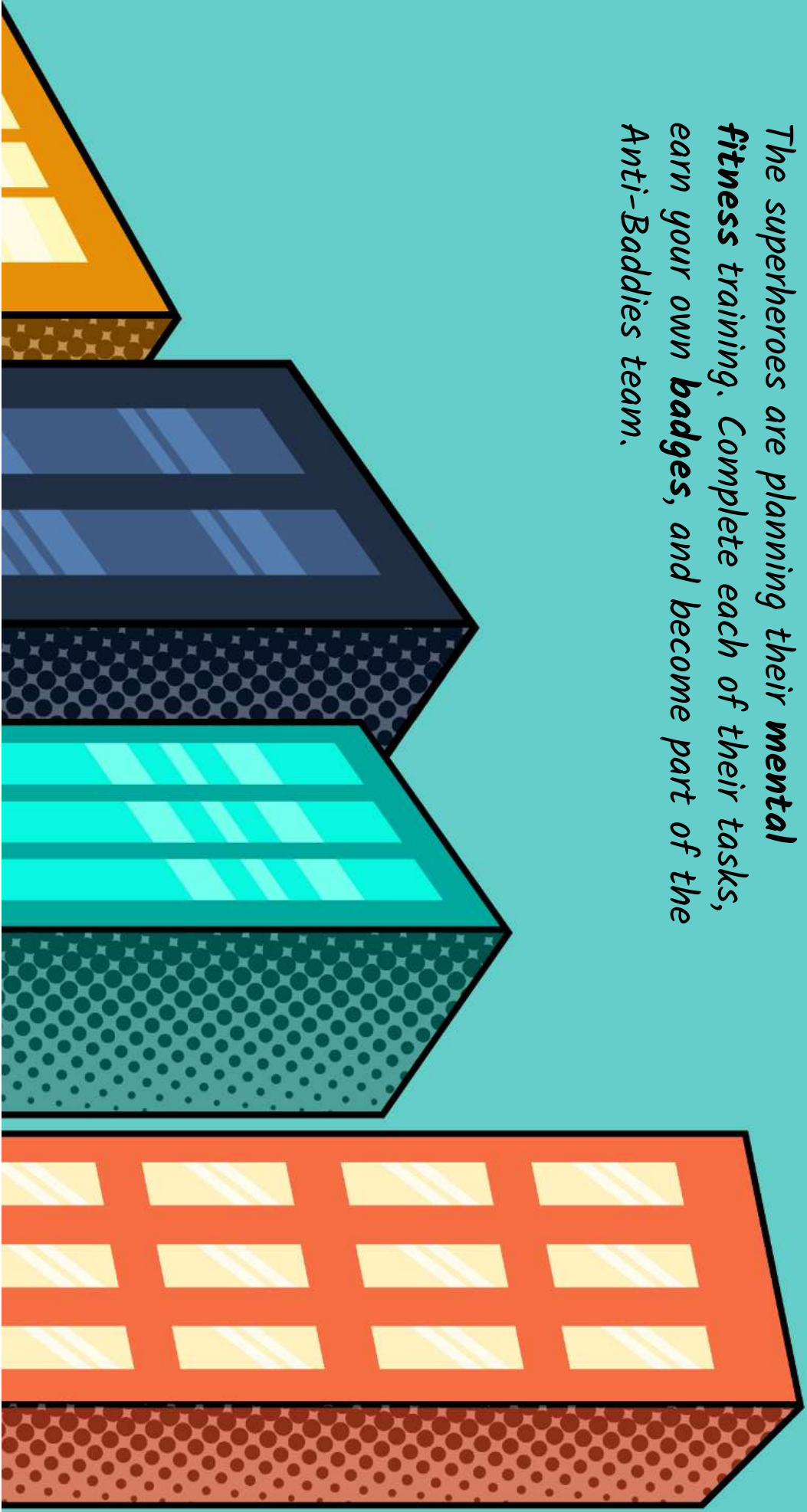
*She keeps her family and
friends close to her heart.*

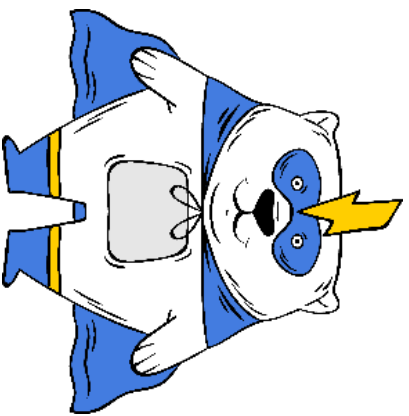
*She does good things for
others to make them feel
great!*



MEANWHILE, AT THE ANTI-BADDIES HQ...

*The superheroes are planning their **mental fitness** training. Complete each of their tasks, earn your own **badges**, and become part of the Anti-Baddies team.*





*Earn your Thumbs-Up badge by being like
Positivity Polar Bear.*

Try the tasks below and record your progress.



What Went Well?

*It's sometimes easy to
focus on the things that
didn't work or go as well
as we'd have liked.*

*But Positivity Polar Bear
wants you to do the
opposite.*

Say Thank You

*There's a super skill
known as **gratitude**. This
means saying thank you
to a special person who
is important to you.*

*Try writing a letter or a
postcard saying thanks
to that person for
everything that they
have done.*

*Positive Mental Time
Travel*

*When we are faced with
a challenge it can often
seem that the hard
times will last forever.
But we know this is not
true.*

*Fire up your own **mental
time machine** and write
down two or three
positive things that
could happen to you in
the next week.*

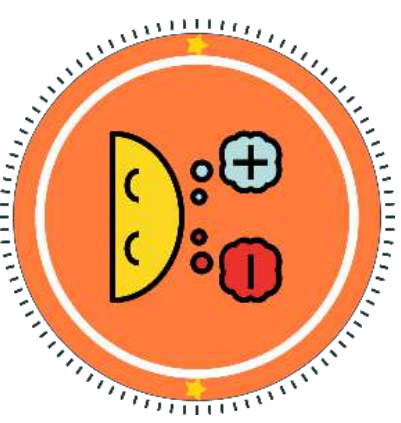
*Write down **three things
each day that went well**.
The great stuff you
enjoyed and want to
remember.*

*Record them in a journal
that you can keep forever.*

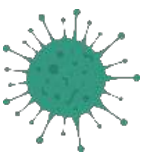


**Earn your Switch-Up badge by being like
Limber Leopard.**

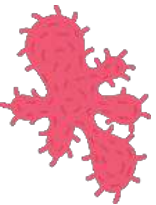
Try the tasks below and record your progress.



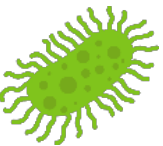
**Covid has sent his minions to mess with your
thoughts. Look out for the thinking germs below:**



Catastrophising
Blowing things up, making a really big deal out of
something small.



Permanence
Thinking something bad will last forever.



Internalising
Thinking bad things that happen are always your
fault.



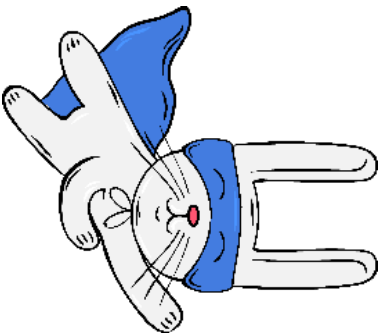
Feelings as facts
Believing that if you feel something it must be
true.

Try it out

Write down or share your
thoughts about Covid-19
spreading. How does it
make you feel?

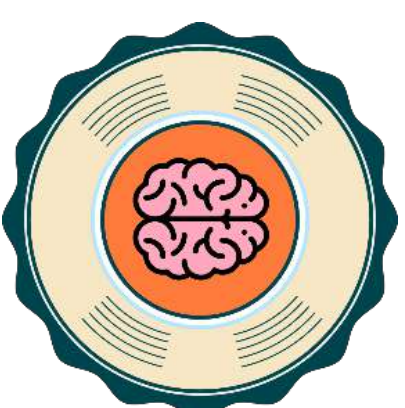
Now look at the thoughts.
Have any of the thinking
germs affected how you
are feeling? Can you
change these for more
positives?

And remember to try to
focus your efforts on the
things you can control,
rather than the things
you can't.



Earn your Brain badge by being like Brainy Bunny.

Try the tasks below and record your progress.



Your Plastic Brain

Did you know that your brain can be modelled like clay?

Your brain is not fixed and can be changed if you put your mind to it.

Grab some modelling clay and make your own version of what you think your brain looks like. Share it with someone and talk about the differences.

Let's Get Physical

Your brain and body are linked. Just 30 minutes of exercise per day can help you to think more positively and be happier.

Luckily Brainy Bunny knows Joe Wicks, The Body Coach. He is running daily PE sessions to help keep you active over the next few weeks.

<https://www.youtube.com/watch?v=K6r99N3kXME>

Eat Yourself Happy

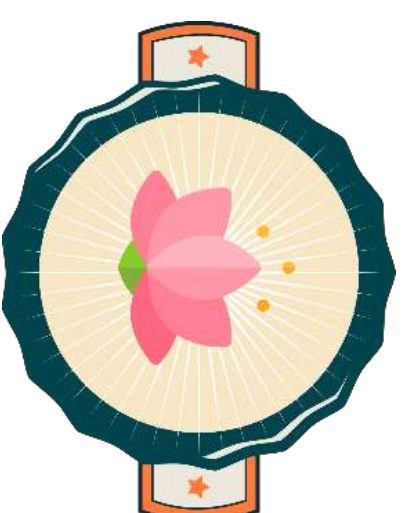
It's said that you are what you eat. Fruit and vegetables are an important part of our diet. We need them to stay healthy.

Complete your food diary checklist and award yourself a tick on the badge if you manage to eat five in one day.



Earn your Lotus badge by being like Mindful Moggie.

Try the tasks below and record your progress.



One Minute Mindfulness

Get into a comfortable position and set a timer for 60 seconds.

Next, close your eyes and imagine you are at a bus stop in your brain. Watch as the thoughts and feelings that you have come and go like buses.

Remember you can't control the buses. But what you can do is choose whether you jump on board. Whether you make a thought real, or simply watch as it passes by.

Breathing Buddy

Mindfulness is all about staying in the present moment.

Choose a cuddly toy to be your breathing buddy.

Rest it on your tummy as you lie in a space. With each breath watch your buddy rise and fall on your tummy. Go carefully so that you don't lose your buddy!

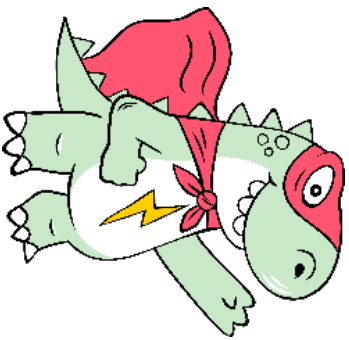
Yoga-t This

Yoga is an ancient form of exercise that focusses on strength, flexibility and breathing.

Head over to Cosmic Yoga and Go Noodle for real practice.

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/channel/UC2YBT7HYqCbbyzu3KKZ3wnw>



Earn your Bullseye badge by being like Tyranno-Purpose Rex.

Try the tasks below and record your progress.



Learn Something New

*We feel good when we
push ourselves to learn
something new.*

*Pick something that you
have been meaning to
try for a while and give
it a go.*

*Remember when things
get hard, don't give up.
And record your progress
for a badge.*

Set a Target

*Think of something you
already do regularly.*

*Set yourself a target to
improve that skill.*

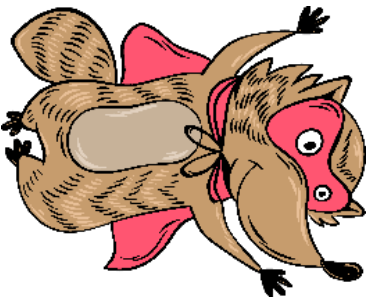
*Maybe you want to do
20 keepee-uppies with a
football or cycle further
than you have done
before.*

Nature Calls

*Practice saying Biophilia
– “Bye Oh Fill Ee Yah”.*

*This is the study of our
connection with nature.*

*Go on an environmental
walk outside or in your
garden. Listen carefully
to the sounds around
you, smell a flower or
make a collection of
leaves to put in a nature
bag.*



Earn your Peace badge by being like Random Act of Kindness Raccoon.

Try the tasks below and record your progress.



Random Act of Kindness

We feel good when we help others.

Think of ways to surprise somebody important to you with an act of kindness.

You could try leaving a nice note for somebody to find, drawing them a picture or tidying up!

Map Your Support

It's good to know who we can rely on and ask for help.

Make a support tree with you in the middle. Surround yourself with pictures and names of the people you can turn to when you need them.

Remember to include family, friends, teachers or even pets!

Connect

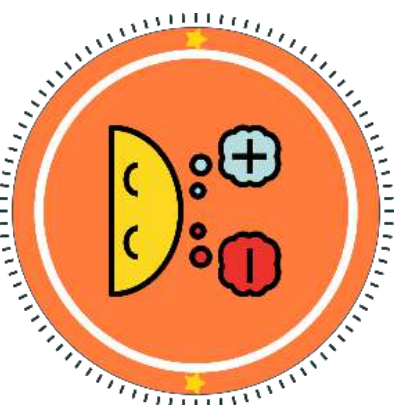
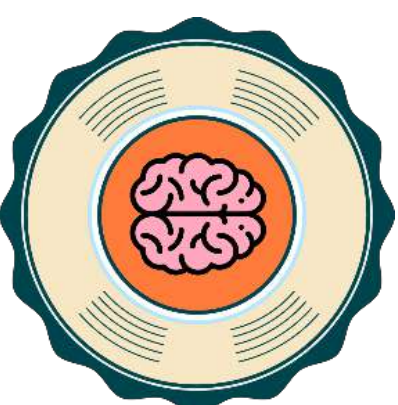
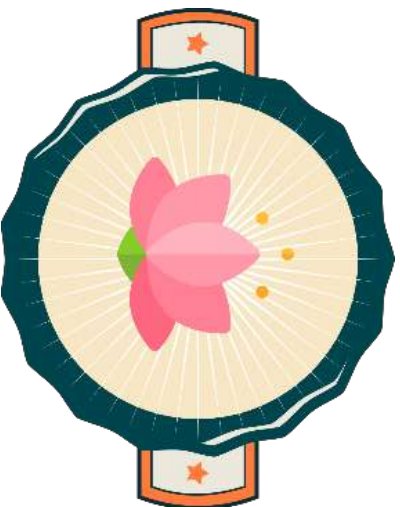
Social distancing doesn't mean being alone.

Just because you can't visit your friends and family, doesn't mean you can't connect with them.

Try a video call with someone important to you.

TRACK YOUR PROGRESS

Every time you complete a task from the Anti-Baddies, reward yourself by colouring in one circle for the right badge below. Once you have five in one area you have earned a badge! Can you collect all six?

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Don't forget to take a snap of your activities and send to the crew on Twitter: @AntiBaddies



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