

The Rockhopper Toolkit:

Catching Fish

1. Think of four activities that help calm you, or that you enjoy doing.
2. Write your ideas on the four big fish.
3. Whenever your feelings get too big, look at the ideas on your fish. Choose something to help calm yourself.



Get in touch

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This resource was developed by the Centre for Children and Young People at Southern Cross University in collaboration with The MacKillop Institute.