

“Relax”

MISSION DESCRIPTION

It's important that children play, stay active and release energy, but they also need some relaxing moments to calm down, take it easy and rest. Most of them don't have the necessary resources to do it, and that's why we have to teach them how to achieve it.

Developing the following mission will help specially those children who show an active behaviour in general, don't calm down easily and have problems when controlling their impulses.

HOW TO USE THE MAP

When you are about to finish every Tip, you should award them with a particular amount of points. You will see how in every Tip it will be pointed out exactly how many.

Then you should go to the corresponding mission map and write down the points (or colour the star, as you prefer) in the Tip number you have already completed.



AREAS



Impulse Control



Self-Control

LEVEL OF DIFFICULTY



AGE : 4 to 8 years old

DURATION : 21 days

TIPS AMOUNT: 14

CRYSTALS: 10



REMEMBER...

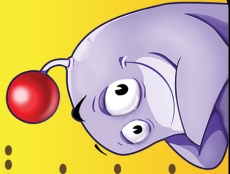
The more immediate you do it, more chances there will be they repeat the right behaviour. You shall only award them with points when the mission goal you agreed in advanced is been achieved, not otherwise.

Let them write down the points or colour the star, so they'll be aware of their improvements and will be more motivated to go on until the end.

“Relax”

Name:

A motto:



Prize:

Sign:

END OF
THE MISSION