

WHAT ARE WONDER WORDS?

Wonder words are like magic spells that make you feel strong and happy! Let's have fun with them.

COLOUR IT

This is your wonder word tree. Colour the leaves and add some animals or shapes around the tree to make it special!

WRITE OR DRAW IT

Some leaves have wonder words on them. Can you add your own wonder words or drawings to make the tree even more special?

WONDER WORD CLAP

Say your wonder words out loud while clapping your hands. You can even make a fun rhythm for each word to help you remember them!

TREE STRETCH

Stand up and gently sway like the branches of a tree. Feel calm and strong as you move. Imagine your wonder words giving you strength.

MINDFUL MOMENT

Sit in a comfy spot and close your eyes. Take a deep breath in and slowly let it out. Imagine your wonder words floating above you. Feel the peaceful strength they bring. Take a few more deep breaths and enjoy this peaceful moment.

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart's words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you're ready to

