

relax Kids



MONSTER PACK



EYE SPY!

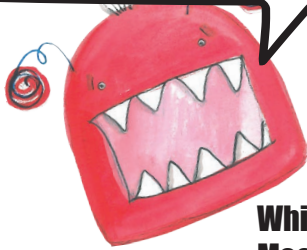
How many pairs of Monster eyes can you count in this magazine?

Answer:.....

The Monster pack has been developed to help children manage their big feelings. This pack includes exercises, games, tips, cards and an MP3 to help children feel more calm and in control.

DID YOU KNOW?

SOME FOODS CAN HELP YOUR MOODS? AS WELL AS FRUIT AND VEGETABLES THAT ARE FULL OF VITAMINS AND ANTIOXIDANTS, OILY FISH IS VERY GOOD FOR HELPING YOUR MOODS. STAY HEALTHY AND KEEP YOUR MIND AND EMOTIONS HEALTHY.



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CREDITS

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relax Kids

This magazine is sponsored by Relax Kids -
creating calm, confident kids with classes, books and CDs.

We also offer training to parents and teachers and anyone who wants
to teach relaxation and mindfulness classes to children.

WHICH TYPE OF MONSTER ARE YOU?

Are you Calm, Caring, Courageous or Creative?

1. IF YOU WERE STUCK ON A DESERT ISLAND, WHAT WOULD YOU MOST WANT TO HAVE WITH YOU?

- A = Teddy
- B = Blanket
- C = Map
- D = Pen

2. THERE'S A FIRE DRILL AT SCHOOL, WHAT WOULD YOU DO?

- A = Walk out slowly
- B = Comfort others who are scared
- C = Tell others to stay calm
- D = Organise your classmates

4. YOUR FRIENDS WOULD MOST DESCRIBE YOU AS?

- A = A soft, gentle bunny
- B = A kind, loving puppy
- C = A strong, confident cat
- D = A bright, clever monkey

3. WHAT WOULD YOU SPEND YOUR POCKET MONEY ON OUT OF THE LIST BELOW?

- A = Buy some bubble bath
- B = Get someone a gift
- C = Go on a rollercoaster
- D = Get an art kit

5. IF YOU COULD HAVE ONE WISH, WHAT WOULD YOU WISH?

- A = A Peaceful world
- B = A Happy world
- C = An Adventurous world
- D = A Colourful world

6. IF YOU COULD GO ANYWHERE FOR THE DAY, WHERE WOULD YOU GO?

- A = Go to the library
- B = Visit your family
- C = Go trampolining
- D = Go pottery painting

NOW ADD UP HOW MANY OF EACH LETTER YOU CHOSE, FIND OUT WHO YOU ARE BELOW!



Mostly A - You are a **Calm Monster**, you remain cool in all situations. Your friends go to you for advice, as you are incredibly knowledgeable.



Mostly B - You are a **Caring Monster**, you put everybody's feelings first. You go to your friends when they need help, you have the kindest soul.



Mostly C - You are a **Courageous Monster**, you never shy away from a challenge. All your friends look up to, inspired by your confidence.

7. IF YOU HAD A SUPERPOWER, WHAT WOULD IT BE?

- A = Cloak of invisibility
- B = Dust of kindness
- C = Super strength
- D = Magic wand



Mostly D - You are a **Creative Monster**, you are flowing with fun and new ideas. You are the one person in your friendship group who creates new games and activities.



EXAM SURVIVAL KIT

To help beat exam stress



DOWNLOAD NOW:

<http://www.relaxkids.com/exam-pack>

Find a monster class near you

**WWW.RELAXKIDS.COM/
CLASS-FINDER**



FEELINGS DETECTIVE

How good are you at detecting people's feelings?

Can you work out how people are feeling and why they might be feeling like that? Next time you are reading a book or watching a movie, see if you can be a feelings detective. See what emotion the character might be feeling and what might have happened to make them feel like that.

MEET THE MONSTERS



HOW MANY MONSTERS COME TO VISIT YOU?



FIND OUT HOW TO MANAGE, TAME AND TRAIN THESE MONSTERS IN OUR NEW BOOK 'A MONSTER HANDBOOK'.

DID YOU KNOW?

YOU CAN ACTUALLY SMELL FEAR. WHEN WE ARE SCARED, OUR BODIES RELEASE A CHEMICAL PHEROMONE IN OUR SWEAT. DOGS ARE EXTRA GOOD AT SMELLING FEAR.



READ THIS WHEN YOU FEEL UPSET OR MOODY. BETTER STILL ASK SOMEONE TO READ IT TO YOU WHILE YOU ARE NICE AND RELAXED.

HAPPINESS SWITCH

Close your eyes and be very still. Breathe in and out slowly. Breathe in and blow all the way out slowly and steadily. Think about something that makes you really, really happy. See if you can remember a happy memory. It might be playing with friends or being on holiday with your family. It might be sitting out in the sunshine or dancing or running. As you remember your happy memory, stay very still and imagine that you are there. Think about what you felt like and how happy you were and really remember how great the time was. Try and make everything in the memory really bright and exciting, make all the colors brighter and the noises louder. Make all the tastes stronger and the smells stronger too. See if you can really feel that you are there. What was it that made you feel happy? Try to imagine yourself back in that situation. Where are you? Who is with you? What are you wearing? What can you see? Try and remember as many details as you can. How were you feeling? Were you laughing or smiling? Try to remember how you felt in your stomach.

How did you feel in your mind? Did you feel bubbles of happiness in your stomach? Did your heart tingle with happiness? Stay as still as possible and recall how you felt. Now, try to bring all these feelings back. Feel the tingling and bubbling sensations in your heart and stomach. Take in a deep breath and breathe in a feeling of happiness. And breathe out. Hold on to this happy feeling as you remember your special memory. Feel yourself smiling inside as you remember your happy memory. When your memory is very strong, gently squeeze your thumb and first finger together. Take in a deep breath, holding the memory as you squeeze your thumb and finger, and breathe out as slow as you can. Next time that you feel sad, all you have to do is close your eyes and put your thumb and first finger together again and you will remember your happy memory. This is your happiness switch. You can be anywhere in the world and take this with you and feel great.

And now, when you are ready, wiggle your fingers and toes and have a big stretch.

I am happy, I am happy.



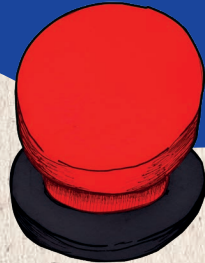
MOOD MASKS

PEOPLE ARE VERY GOOD AT HIDING THEIR EMOTIONS. THEY WEAR MOOD MASKS TO COVER UP WHAT THEY ARE FEELING. FOR EXAMPLE SOMEONE MIGHT LOOK HAPPY, BUT UNDERNEATH THEY ARE ANGRY OR FEELING SAD. DO YOU WEAR MOOD MASKS? CAN YOU SPOT WHEN ANYONE IS WEARING A MOOD MASK? THEY MAY NEED SOME EXTRA LOVE AND CARE.



MOOD BUTTONS

Did you know we all have mood buttons and when other people say things or do things, our mood buttons can be pressed. Do you know what your mood buttons are? What upsets you? What makes you angry? What makes you sad? When you know your mood buttons you can be prepared and remember to breathe so you can control your moods.



Think about it!

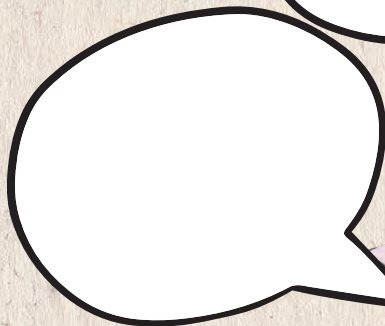
WHAT HAPPENS WHEN THE MONSTERS COME.
WHAT IS IN YOUR MIND? WHAT DO YOU SAY?



WORRY



ANGER



SAD





Your questions answered!

DID YOU KNOW?

WHAT'S REALLY INTERESTING TO KNOW ABOUT EMOTIONS AND HOW WE FEEL IN THE BODY, IS THAT IT'S VERY INDIVIDUAL FOR EACH PERSON. IF YOU THINK OF HOW YOU FEEL WHEN YOU ARE EXCITED AND HOW YOU FEEL WHEN YOU ARE SCARED, IT'S THE SAME FEELINGS IN THE BODY, WE JUST VIEW THEM DIFFERENTLY. REMEMBER YOUR BREATH IS EXTREMELY IMPORTANT AS IT CALMS THE ENGINE OF OUR BODY - BREATHE THROUGH YOUR EMOTIONS AND THEY WILL SOON VANISH INTO THIN AIR!



Dear Relax Kids,

I am starting secondary school in September and I am beginning to get really worried. Some of my best friends are going to different schools, so I am worried I won't have anyone to talk to or sit with at lunch time.

From Emily

Dear Emily,

Your worry monster must be making your tummy feel fluttery or fizzy. You might even feel you have a tummy ache sometimes. This is due to chemicals called cortisol and adrenalin that run through your body when you are stressed and nervous. Next time you are feeling worried, why not try talking to someone you are close to? Your best friend, your parents, your teachers - these nice people will be able to help you make your worries fly away.



Dear Relax Kids,

My school is going on a trip to Wales to stay over and do all sorts of fun activities. I can't wait to go and enjoy myself, but I am feeling anxious about being away from home. I have never stayed away from home before without my parents, please can you give me some tips on how to be calm.

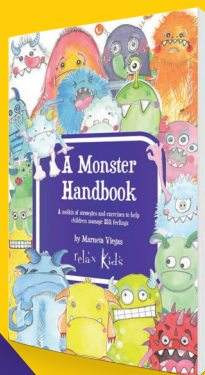
From Thomas

Dear Thomas,

Your anxiety monster is good at taking away your happiness and it can feel like constant butterflies in your tummy. Your muscles can become tight and your whole body can feel fizzy. When you start to feel those feelings, take a deep breath and tell yourself you are strong and courageous. It also helps if you exercise, it'll burn away the adrenalin, so get up and run around, shake off all those fears and thoughts. No monster will ever get the better of you. Don't be afraid to talk to someone when these feelings appear.



A MONSTER HANDBOOK



If you like this magazine, you will LOVE our new Monster book. It is packed with tips, fun exercises and activities to help you train and tame your monster emotions.

WANT A MONSTER HANDBOOK?

Buy your copy online today
www.relaxkids.com



Dear Relax Kids.

I've just moved house to a new town, which means I have to change schools. I am panicking I won't be able to make any new friends. Please can you give me some tips to help me?

From Ryan



Dear Ryan,

Your panic monster can make your heart beat faster, which makes you feel like you can't catch your breath. When you feel this feeling inside you, try to breathe in through your nose and out through your mouth. Take a minute to close your eyes and just breath, this will help fight off the panic monster inside of you.



Dear Relax Kids.

Me and my family are going away on a camping trip next weekend, I am excited but I am feeling scared about being in the dark woods. I know I will be safe with my mum, dad and brothers, but it still doesn't help my fear of the dark. Is there anything you can do to help out?

From Rosie

Dear Rosie,

Your fear monster can make your hands sweaty and feel like there is a knot in your stomach. There is no need to fear though, you are brave and confident, keep telling yourself positive affirmations and the fear monster will run away!

Dear Relax Kids.

All of my friends in school always get the newest games as soon as they come out and I have to wait until my birthday or Christmas to get my own one. This isn't fair, I want it when they get theirs, why can't I have it as soon as it comes out?

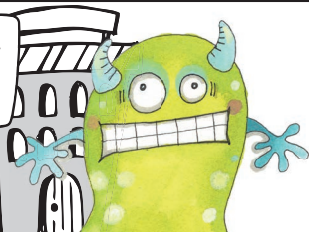
From George



Dear George,

The jealousy monster is a tricky little character that can create lots of different feelings in the body but generally creates a feeling of heaviness. To make him go away, think about how lucky you are to have all your favourite things in life, thank your parents for everything they do. Your jealousy monster will so vanish into thin air!

HOW DO YOU
KEEP AN UGLY
MONSTER IN
SUSPENSE?



I'LL TELL YOU
TOMORROW!

HOW TO MAKE A SOCK MONSTER

You will need:

an old sock, googly eyes, felt or ribbon to make a tongue (optional) glue & scissors. Ask an adult to help you.

Step 1: Get an old sock preferably an adult size one.

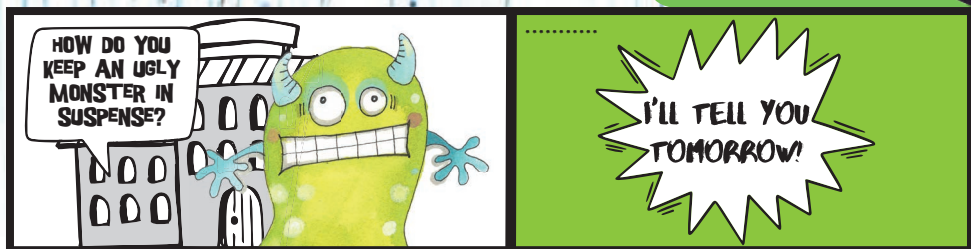
Step 2: Stick on the googly eyes using glue, allow the glue to dry.

Step 3: Either cut a piece of red ribbon or a strip of felt to make a tongue for your monster, any size you like! (Ask an adult for help with the cutting)

Step 4: Place your sock monster on your arm and using your hands, tuck the sock into the palm of your hand to make a mouth.

Step 5: Stick your tongue in the middle of the monster mouth you have just made, with glue.

Step 6: Congratulations you now have your very own sock monster.





How to make Monster Spray

You will need: a plastic spray bottle, Scented oil such as lavender & food colouring (optional), Stickers/ Googly eyes/ labels to decorate your bottle!

1. Decorate your monster spray with your monster eyes and stickers. don't forget to label your monster
2. Fill your monster spray bottle with water - Fill it up almost to the top.
3. Fill your monster spray bottle with water - Fill it up almost to the top.
4. Add a couple of drops of your scented oil such as Lavender, Vanilla or Peppermint. Note: You do not have to use any scented oil this is optional.
5. Add a couple of drops of food colouring to add colour to your monster spray. our favourite is green!
6. Give it a shake and your Monster spray is all finished! Spray around the room just before bedtime or when you are afraid of Monsters.

Tip: Why not add some glitter to your monster spray?



Did you know?



SUGAR AFFECTS OUR MONSTER EMOTIONS! WHEN WE EAT LOTS OF SUGAR IT GETS INTO OUR BLOOD STREAM AND GIVES US A SUGAR RUSH OF HIGH ENERGY AND THEN IT DROPS SHORTLY AND CAN MAKE US FEEL MOODY, SAD AND UPSET. HAVING LOTS OF SUGAR CAN ALSO MAKE US ANXIOUS. IN 2008, SCIENTISTS DID AN EXPERIMENT WHERE THEY GAVE RATS LOTS OF SUGAR AND NOTICED HOW IT INCREASED THEIR ANXIETY AND STRESS.



MONSTER MUDDLES

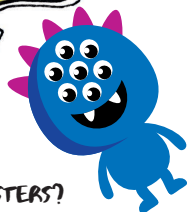
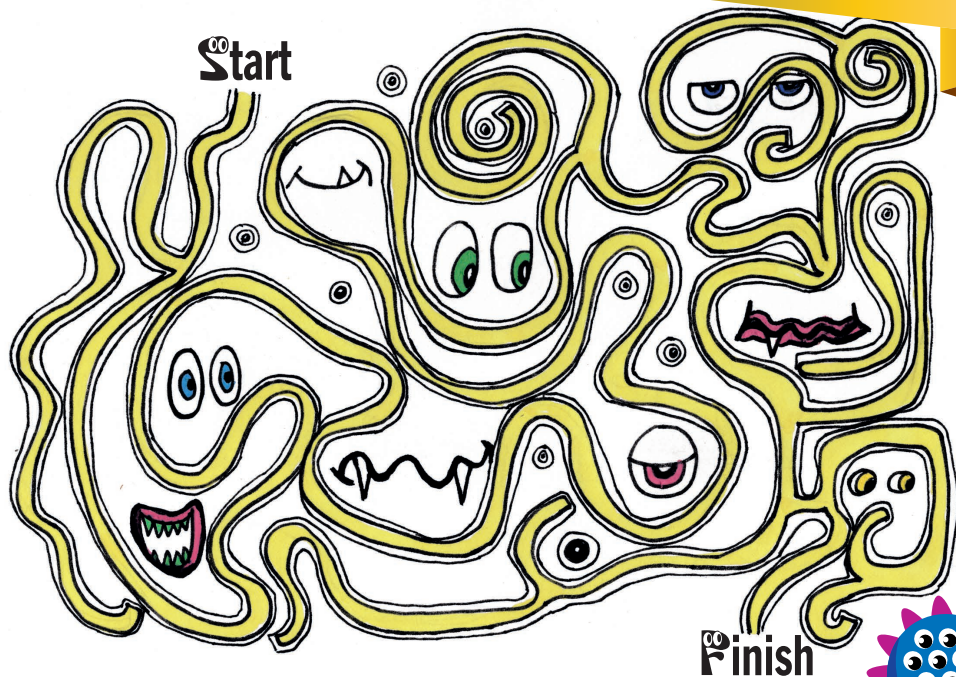
CAN YOU UN-MUDDLE THESE MONSTER FEELINGS?

- GRYAN:
- ORRWY:
- DOMYO:
- DSA:
- REDSKA:
- LEONLY:
- DRESSEST:
- SEALJOUS:
- GRMUPY:
- SETUP:
- SHAMAED:
- SIXANOU:



Monster Maze

CAN YOU MAKE IT FROM START TO FINISH?



WORDSEARCH

CAN YOU SEARCH FOR ALL THE THINGS THAT CAN HELP YOU MANAGE YOUR MONSTERS?

| | | | | | | | | | | | | | | | | | | | | | | | | | |
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| V | Q | N | R | E | V | X | W | W | R | E | L | A | X | K | R | S | W | M | L | A | D | L | A | I | |
| V | N | Q | Y | A | E | Y | T | A | L | K | Z | X | M | A | F | I | A | F | D | S | L | P | X | | |
| G | H | E | G | B | L | M | R | D | W | D | S | T | R | E | T | C | H | S | O | C | H | R | K | E | |
| P | T | Z | D | P | Z | X | D | P | E | F | W | A | M | E | D | T | J | S | Q | A | B | M | J | W | |
| N | Q | U | T | Z | N | Z | X | D | H | T | X | S | U | M | Q | M | Q | A | J | C | D | P | S | G | |
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| N | B | Q | O | E | V | Z | K | N | P | A | L | A | U | G | H | W | I | E | P | E | Y | Z | M | P | |
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| H | Y | L | J | Y | P | Y | L | N | V | L | T | N | M | N | O | T | I | C | E | X | M | O | Z | O | |
| Q | Z | C | G | E | C | U | D | S | X | W | V | S | R | U | C | W | G | M | G | W | Y | L | Q | O | |



BREATHE STRETCH MOVE LAUGH TALK RELAX HUG MESSAGE NOTICE SHAKE
WRITE DRAW RUN ACCEPT DANCE



Monster Horoscopes



what does yours say?

July 23-August 22

Leo



You are very talented and love to perform in front of an audience. You can get frustrated when someone isn't listening or doing something you don't like. When the frustrated monster comes, remind yourself to stay calm and relaxed.



November 22-December 31

Sagittarius

You are full of positivity and everyone loves your courage and enthusiasm for life. You can get stressed when things become overwhelming and you take on too many jobs. When the stress monster comes, remember to breathe deeply and give yourself a nice calming massage.

September 23-October 22

Libra



You are so hardworking and charming and loved by everyone. Sometimes you can get moody if things haven't worked out the way you like. When the moody monster comes along, remember to go outside and get some fresh air or go for a walk or run.



October 23-November 31

Scorpio

You are very brave and have a very strong will and don't let anything get in the way of what you believe in. Sometimes, you can feel jealous that you don't have things you would like. When the jealous monster comes, remember appreciate what you do have in your life.

August 23-September 22

Virgo



You are so clever and thoughtful and you are loved by all. You can sometimes find yourself in a bit of a bother when you worry about how things turn out. When the worry monster whispers worrying thoughts in your mind, repeat 'Everything will be OK' in your mind.



January 20 to February 18

Aquarius

You are quiet and sensitive and like to be comfortable in situations. You can get upset with people and situations so when the upset monster comes, remember to do something you love doing and put yourself back in a situation you are comfortable in.

June 21-July 22

Cancer



You are very creative and you have an amazing imagination and fantastic ideas. Sometimes your imagination can run a little too wide and you can feel lonely. When the lonely monster comes, remember to talk to someone or ask for a hug instead of going into your shell.

December 22-January 19

Capricorn



You are very strong and brave and can do anything you set your mind to. You can panic if something goes wrong. When the panic monster comes, remember how brave you are and repeat to yourself 'I am strong and brave' and the panic monster will calm down.

February 19 to March 20

Pisces



You are so big hearted, warm and generous. Sometimes, you can complicate things by worrying and getting anxious. When the anxiety monster comes, remember to take in five deep breaths. As you breathe in and out feel your heart getting bigger and the anxiety monster getting smaller.



May 21-June 20

Gemini

You are so friendly and get along with anyone and everyone. But you can feel sad when you fall out with your friends. Watch out for the sad monster and keep a list of things that make you feel really happy and so you know what to do when the sad monster comes.

April 20-May 20

Taurus



You are very strong willed and full of confidence. You like to be free and independent. Beware of the grumpy monster that comes when you don't get to choose what you want. Remembering all the great things in your life will help the grumpy monster go away.

March 21-April 19



Aries

You are extremely brave and never shy away from any adventure or new challenge. You are confident but you also be impatient and short tempered when things don't go your way, so be careful to watch out for the anger monster and remember to breathe.

Horoscope Graphics by Vecteezy!



HOW DOES A MONSTER BEGIN A FAIRY TALE?

Once upon a slime ...

WHY ARE MONSTERS GREEN?



Because they didn't take their travel sickness pills!



DID YOU KNOW?

Anger can give you a headache, stop you sleeping and give you tummy ache. This is because your body gets flooded with stress chemicals.



AFFIRMATION CARDS

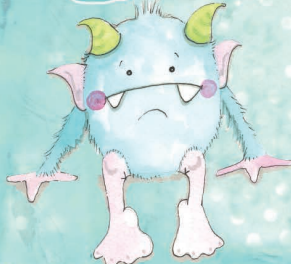
Cut these monster cards out

I was relax Kids
ANGRY



Now I am
CALM

I was relax Kids
SAD



Now I am
HAPPY

I was relax Kids
scared



Now I am
Brave

I was relax Kids
GRUMPY



Now I am
Cheerful

I was relax Kids
Jealous



Now I am
PROUD

I was relax Kids
MOODY



Now I am
FRIENDLY



MANAGE YOUR MONSTERS WITH

relax Kids

'HIGHLY RECOMMENDED'
- DAILY TELEGRAPH

AS SEEN ON BBC
DRAGONS' DEN



DON'T FORGET TO JOIN
THE KIDS CLUB
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TO ORDER BOOKS, CDS, MP3S AND CARDS,

VISIT WWW.RELAXKIDS.COM