

We light 3 candles to remind us of:

God the Father, the generous giver,

God the Son, who gave his life for the world  
and...

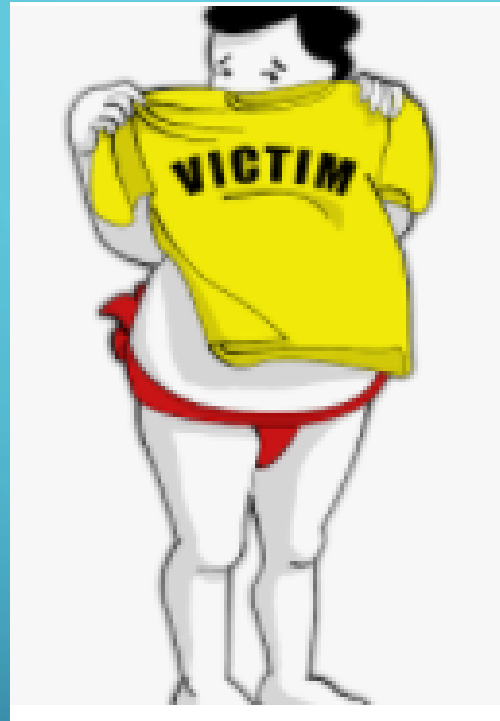
God the Holy Spirit, who inspires  
cheerfully.



Life is not fair!

This is impossible!

I can't do this!



I can't be to blame, someone else must be.

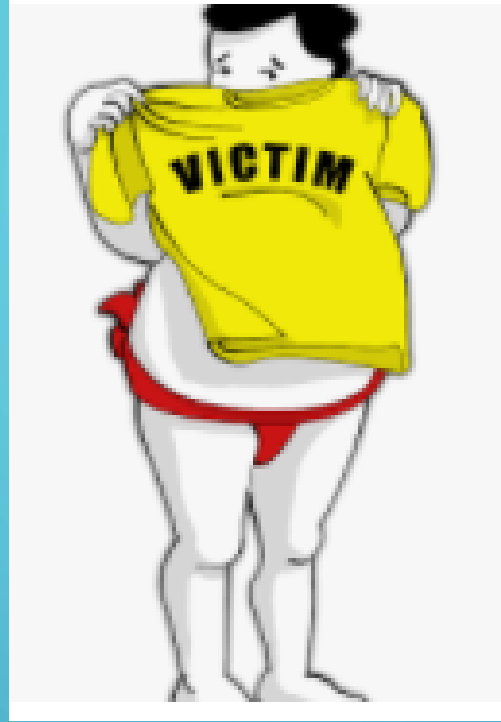
This is just the way I am. I can't get better.

There is no point.

This is boring.

Life is not fair!  
I am unhappy -  
what can I do?

I can't do this!  
Who can help me?



This is just the  
way I am. I can't  
get better.

How can I  
improve?

This is boring.  
I am going for it  
this lesson.

This is impossible!  
How can I find a  
way?

I can't be to  
blame, someone  
else must be.  
How can I move  
forward?

There is no point.  
What if I try...

# ⊗ Faced with a challenge?

7 questions to help you  
**S.U.M.O.**



**1: Where is this issue on a scale of 1 - 10?**



**2: How important will this be in 6 months time?**



**3: Is my response appropriate and effective?**



**4: How can I influence or improve the situation?**



**5: What can I learn from this?**



**6: What will I do differently next time?**



**7: What can I find that's positive in this situation?**

# Remember that blue cap...



- Slows us down.
- Reactions are calmer.
- We can tell ourselves good messages.
- We get better.



# S.U.M.O. Secret!



## Let's Pretend!

## Charades

[https://www.youtube.com/watch?v=\\_2Fs7\\_vXxvc](https://www.youtube.com/watch?v=_2Fs7_vXxvc)

The image features a teal-to-blue gradient background. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines. The text is centered at the top in a white, rounded font.

What might we be pretending to be?

Did you know...

Adults play let's pretend too!





Some little snakes are easy to recover from. We can use our SUMO and move on.



Sometimes things happen to make us feel mad, bad or sad and this is ok.



Some beliefs are a lie.

Your life will not be happy all the time.

You might need Hippo Time if...



Our brain can trick us:

- I will always think this way.
- My life will never be happy.
- There is no hope.





Remember:

- Your feelings will fade in time.
- Feelings are like clouds.
- They are not tattoos.







Friday is Hello Yellow Day  
You will be exploring ways  
that you can handle Hippo  
Time and look after your mind.

# Prayer for our sad and happy times

**Heavenly Father,**

Thank you the times when we are happy.

Thank you for our family, friends, pets, toys and clubs that bring us so much joy. Thank you for the laughs we share. Be with us when we are mad or sad. Give us peace to know these feelings are ok. Help us to move on when we are ready to happy times again.



# Our Blessing.....



May the road rise up to meet you,

May the wind be always at your back,

May the sun shine warm upon your face,

The rain fall soft upon your fields,

And until we meet again,

May God hold you in the palm of his hand.

