

HANDOUT TO PRINT

Meditation

When you experience an unpleasant emotion, or feel that others are judging you or others, remember that you can use meditation to soothe yourself and cultivate a non-judgmental attitude.



You can listen to the kindness meditation again by following this link:



https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2025/02/HPp1_3.2_kindness-ix.mp3

You can also find other meditations using the following link:

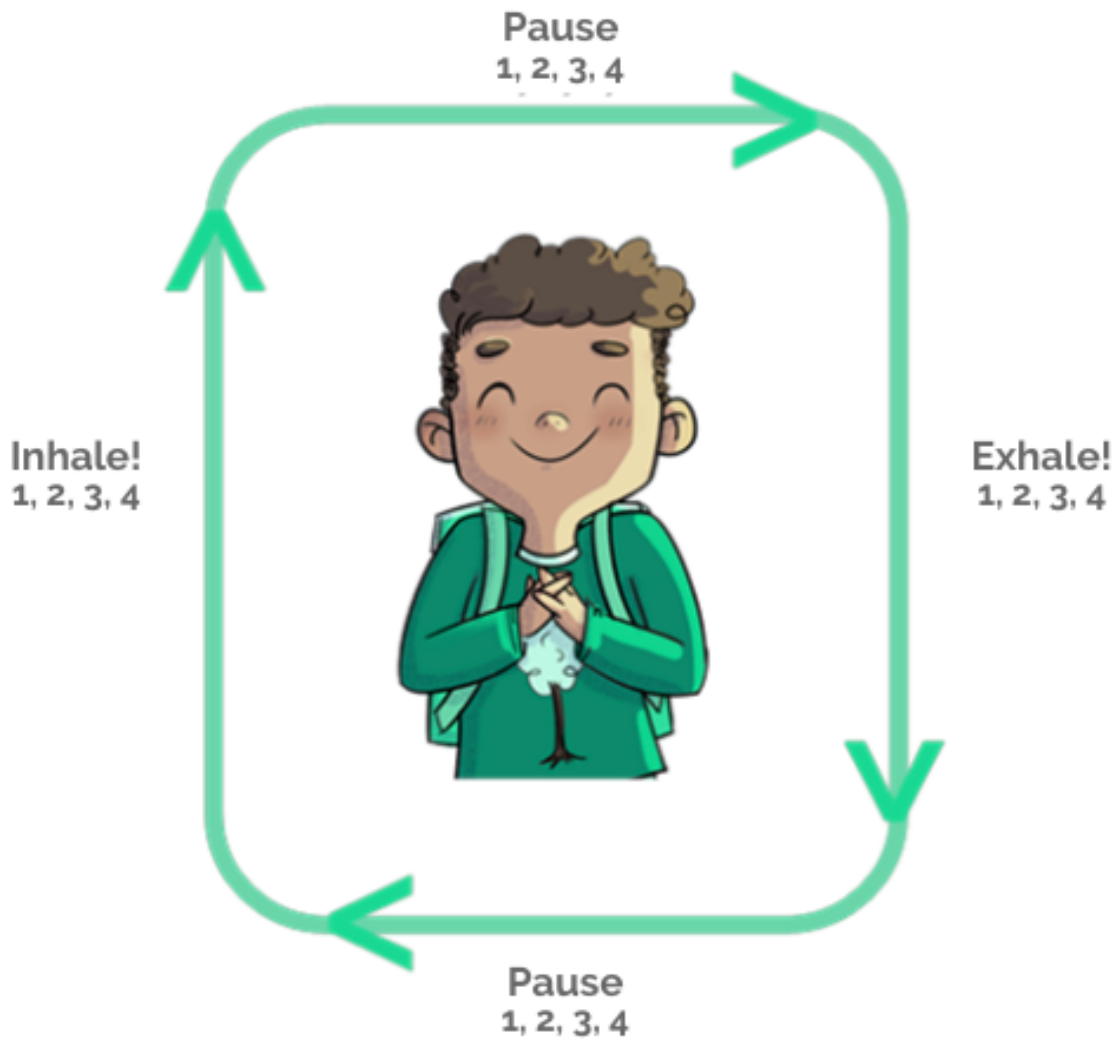
<https://www.shambhala.com/sittingstilllikeafrog/?srsltid=AfmBOooBt8Z3JEHSwU884MZ3m8koK6I1or69ZFtAoF-koUrwGfQEck4W>



You can ask your parent or parents to do it with you.

HANDOUT TO PRINT

Square breathing



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Asserting yourself



What ways can you use
to assert yourself?

A large, empty rectangular box with rounded corners and a green border, intended for writing answers to the question in the thought bubble.

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Resolving your conflicts

When you have a conflict, use these four steps to resolve it:

Step 1: Calm down



Go away or get comfortable in a quiet location.
Take deep breaths, move, draw, write or listen to a guided meditation.

Step 2: Listen and express yourself



Listen to what the other person has to say. Give them time to talk.
Say clearly how you feel.
Speak about "I". Avoid blaming others. Base your words on facts.
Explain to them what you need in this situation.



Step 3: Find solutions with the other person



Come up with ideas to find a solution that works for everyone.
If you can't, ask an adult for help.
Listen to the other person's suggestions.

Step 4: Choose a solution together and apply it



Ask yourself what the advantages and disadvantages of each solution are.
Together, choose the one that appeals to everyone concerned, or compromise.

