

WEEK ONE

Top tips

- Normalise brain health
 - Help them build their go-to crew
 - Celebrate their uniqueness

WEEK TWO

Top tips

- Focus on effort, not just achievement
- Be their hot air balloon crew
- Model self-compassion

WEEK THREE

Top tips

- Tune in to their gingerbread person
- Help them build their fortune teller toolkit
- Create predictability

WEEK FOUR

Top tips

- Be a positive relationship role model
- Navigate the relationship rainbow together
- Help them brew strong friendship

WEEK FIVE

Top tips

- Make destination relaxation a reality
- Lead by example in self care
- Help them create a coping strategy A-Z

WEEK SIX

Top tips

- Create a feelings-friendly home
- Help them name it
- Be their campaign for change