




WEEK ONE


Top tips

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

Top tips

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