



# Your Surroundings

In chapter 24 Amy was trying her hardest not to be scared of Emperor Cashel. She calmed her breathing and imagined she was walking through a forest.

This technique helps to focus your mind beyond your own worries, fears, stressors and any factors that may make you emotional.

What things do you think Amy could see and hear if she walked through a forest? Complete the table.

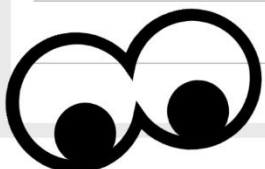
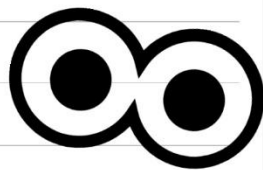
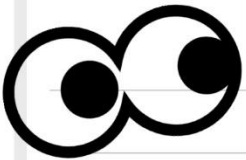
See	Hear
	

# Your Surroundings

It may not always be possible to go for a walk and leave the situation that has made you feel emotional. For this task, use your imagination. Select a place you would like to pretend you are in. What can you see and hear?

-Location - zoo, park, cinema, shop, swimming pool, own choice - .....

See



Hear



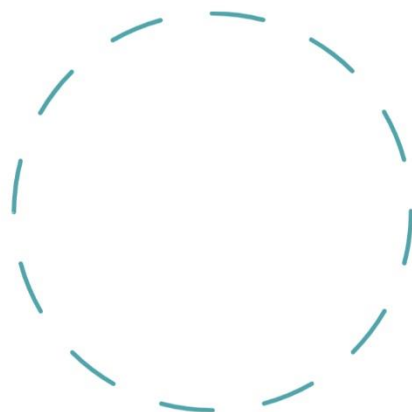
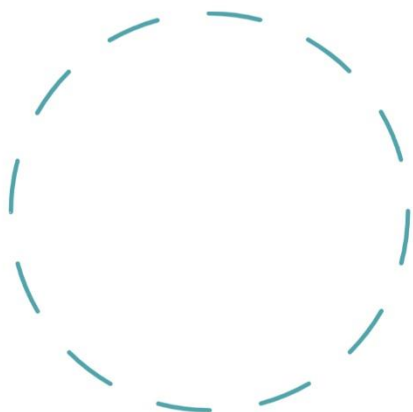
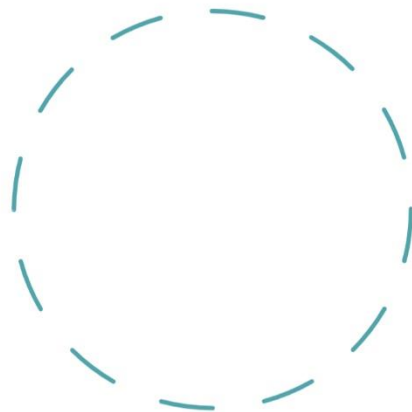
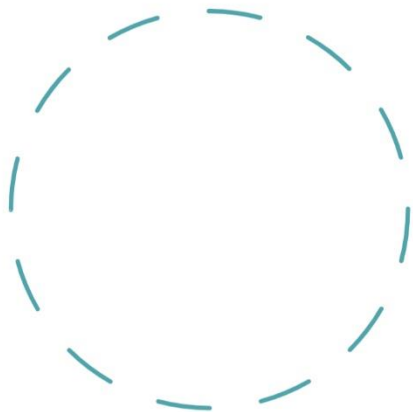
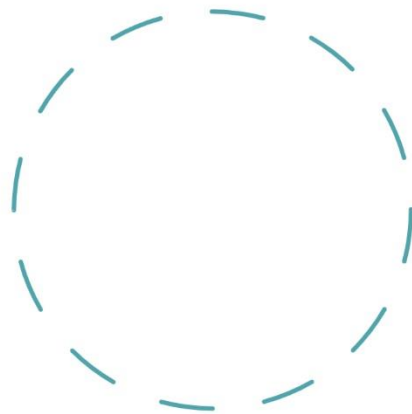
# Sound Hunt

When you are feeling emotional, go on a little walk somewhere you feel safe. Calm your breathing and focus your mind on the sounds around you.

Where are you walking? \_\_\_\_\_

If you are stressed or anxious in school, it can be a simple matter of going to the toilet, taking the long route and listening carefully as you walk.

Draw the things you heard. You can label them too.



# Sound Hunting Snake

This will require your whole class or a group of your friends. Can you silently slither around your school like a snake? Take five minutes. Then return and draw in all the sounds you could hear. Think of sounds both close and far away.

