NO HITTING!

It is never ok to hit or hurt people. If we feel like hitting someone or something, it is usually because we are feeling frustrated, hurt or angry.

What makes me feel like hitting:

Things I can do when I feel like hitting:

LET THAT ANGER OUT! THE CALMING GLOVES MEDITATION

Imagine you are wearing a pair of boxing gloves. These gloves are magic gloves! They take away all your anger and frustration. Think about the colour of your gloves and how they feel on your hands. Imagine your anger and frustration moving slowly from your body into the gloves. Now, punch the air with each glove and imagine all those feelings being released.

WHAT COLOUR ARE YOUR CALMING GLOVES? COLOUR THEM IN!

Professional boxers fight in a very controlled environment and know it's never ok to hit someone outside of the ring.

Please remember to recycle me when you are finished with me.

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