

DIGITAL VERSION

ALPHABET VEGGIES

GO THROUGH THE ALPHABET
AND NAME A VEGETABLE,
FRUIT OR FOOD THAT STARTS
WITH EACH LETTER.



Go to thumbnails



ANIMAL MAGIC

**IMAGINE YOUR FAVOURITE
ANIMAL OR PET. WHAT COLOUR
IS IT? HOW DOES ITS
FUR OR SKIN FEEL?
WHAT DOES IT SMELL LIKE?
DOES IT MAKE A SOUND?
WHAT DO YOU LIKE ABOUT IT?**

APPLE CHEEKS

IMAGINE THAT YOU HAVE AN APPLE ON EACH OF YOUR CHEEKBONES. **Y**OUR GOAL IS TO LIFT THE APPLES.

SMILE USING BOTH YOUR EYES AND MOUTH AND — LIFT THOSE APPLES!



BAREFOOT BLITZ

TAKE OFF YOUR SHOES
AND WALK IN BARE FEET.
FEEL THE FLOOR OR GROUND
UNDER YOUR TOES AND FEET
— SOFT CARPET, SMOOTH
FLOORBOARDS, COOL TILES,
TICKLY GRASS, GRAINY
CONCRETE PATH.



BEAD BAND

THREAD SOME BEADS
ON ELASTIC THREAD.

TIE THE ENDS AND WEAR
IT ON YOUR WRIST.

IF YOU START TO WORRY,
TOUCH EACH BEAD AND SAY
SILENTLY, 'I AM CALM'
WITH EACH BEAD.





BEING ME

THERE IS NO ONE ELSE LIKE YOU.

YOU'RE DIFFERENT

AND YOU'RE A STAR!

LIST FIVE WAYS YOU'RE DIFFERENT

THEN SAY FIVE TIMES OUT LOUD

OR QUIETLY TO YOURSELF,

'IT'S GREAT TO BE ME!'



BEING NOSEY

CLOSE YOUR RIGHT NOSTRIL WITH YOUR FINGER ON THE SIDE. **B**REATHE IN AND OUT THROUGH THE LEFT NOSTRIL. **T**HEN SWAP SIDES — AND BREATHE IN AND OUT THROUGH THE RIGHT NOSTRIL. **D**O THREE ROUNDS.



BETTER THAN BEFORE

WRITE DOWN TEN THINGS
YOU'RE BETTER AT NOW
THAN YOU USED TO BE.

READ YOUR LIST TO
SOMEBODY YOU THINK
WOULD LIKE TO HEAR IT.



BIG NOTE IT

THINK OF SOMEONE WHO HAS HELPED YOU. **C**HOOSE THREE THINGS YOU'D LIKE TO THANK THEM FOR.
WRITE A THANK YOU NOTE OR MAKE A CARD.
WOULD YOU LIKE TO GIVE IT TO THEM?



BODY OF CALM

WHAT'S YOUR BODY LIKE WHEN YOU'RE CALM?

TALLER OR SMALLER, FIRMER OR LOOSER?

WHAT ABOUT YOUR SHOULDERS AND FACE?

HOW DO YOU SIT AND MOVE WHEN YOU'RE CALM?

LET YOUR WHOLE BODY DO THAT NOW.

ASK YOUR BODY TO REMEMBER.



[Go to thumbnails](#)

BRAIN BEATS

LISTEN TO SOME FAST MUSIC WITH STRONG BEATS AND REMIND YOUR BRAIN TO BE HAPPY AND EXCITED. DANCING IS OPTIONAL — BUT HIGHLY RECOMMENDED!



CIRCLE AND TAP

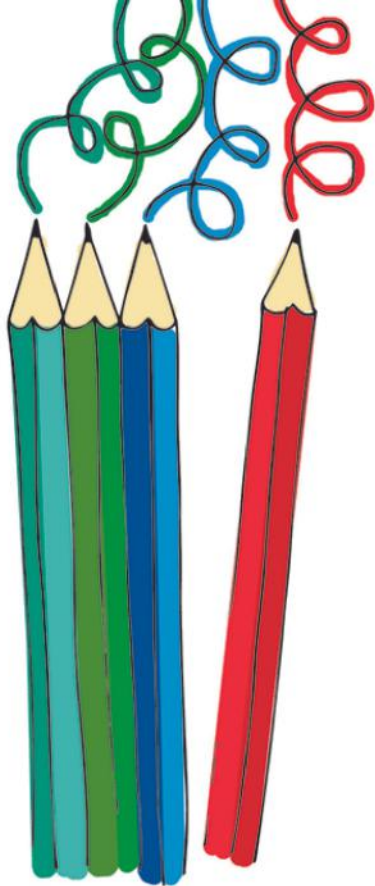
RUB YOUR TUMMY IN
A CIRCLE WITH ONE HAND.
AFTER TEN CIRCLES,
START TAPPING YOUR
FOREHEAD GENTLY WITH
YOUR OTHER HAND AT THE
SAME TIME. **S**WAP HANDS
AND DO ANOTHER TEN
CIRCLES AND TAPS.



[Go to thumbnails](#)

COLOURING IN

FIND SOMETHING TO COLOUR
IN USING WHATEVER PENCILS,
PENS, PAINTS OR CRAYONS
YOU HAVE. GO SLOW. RELAX.
ENJOY THE COLOURS.



COOL BREATH WARM BREATH

BREATHE IN THROUGH YOUR NOSE. **F**EEL THE COOL AIR FLOWING IN.

THEN BREATHE OUT. **F**EEL THE WARM AIR FLOWING OUT.

DO IT A FEW TIMES. **K**EEP NOTICING THE TEMPERATURE!



[Go to thumbnails](#)

COUNTING COLOURS

LOOK AROUND YOU.

HOW MANY BLUE THINGS
CAN YOU SEE?

HOW MANY RED THINGS?

HOW MANY GREEN THINGS?



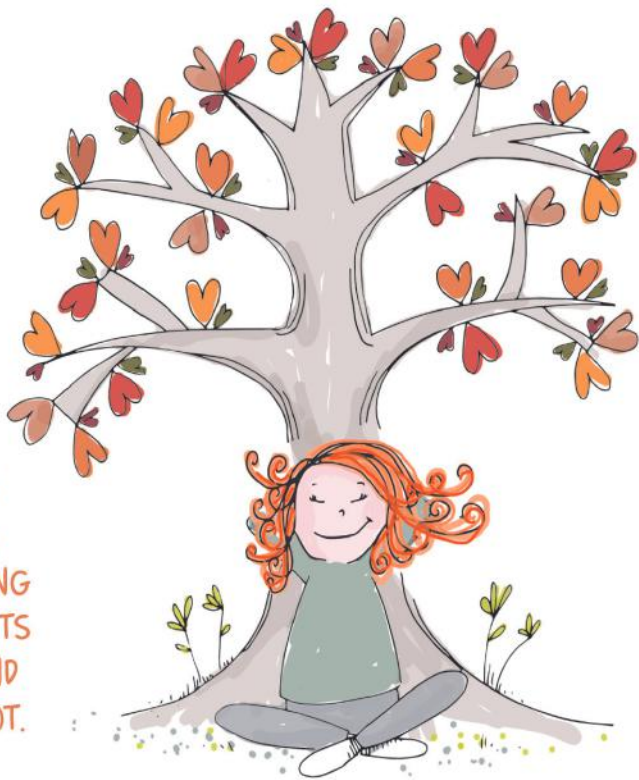
COUNT UP AND DOWN

SIT ON THE FLOOR
AND COUNT TO FIVE.
THEN STAND UP AND
COUNT TO SEVEN.
DO THIS ANOTHER
FOUR TIMES.



FAVOURITE TREE

DO YOU HAVE A FAVOURITE TREE? CAN YOU SIT UNDER IT NOW, OR IMAGINE SITTING UNDER IT? LEAN AGAINST ITS SOLID TRUNK, CLIMB UP AND FIND A SECRET SITTING SPOT. CAN YOU DRAW IT?



Go to thumbnails

FUNNIEST THING

LOOK AROUND YOU. WHAT'S
THE FUNNIEST THING YOU CAN
IMAGINE HAPPENING RIGHT
NOW? TELL SOMEONE, IF YOU
LIKE — OR MAYBE YOU WANT
TO KEEP IT PRIVATE!



HEART SAYS YES

TAP YOUR FINGERS
RHYTHMICALLY ON YOUR
CHEST OVER YOUR HEART
WHILE SAYING, 'YES, YES,
YES, YES, YES!' **K**EEP
TAPPING AND SAYING 'YES'
AT LEAST THIRTY TIMES.



HELPING HAND

WHAT COULD YOU DO
TO HELP SOMEONE TODAY?
IS THERE SOMETHING KIND
YOU COULD DO OR SAY?
HOW COULD YOU HELP
MAKE SOMEONE'S DAY?



I'M READY

SAY THREE TIMES OUT LOUD,
'**I'M** READY TO FEEL CALM
NOW.' **NOW** SAY FOUR
TIMES, '**I'M** ALREADY FEELING
A BIT BETTER.' **AND** NOW
SAY THREE TIMES, '**THIS**
IS REALLY GOOD!'



I'M READY TO
FEEL CALM
NOW

I'M
ALREADY
FEELING A BIT
BETTER

THIS IS
REALLY
GOOD!

INFINITY

TRACE A BIG NUMBER EIGHT IN THE AIR WITH YOUR FINGER OVER AND OVER. NOW TURN THE EIGHT ON ITS SIDE AND TRACE IT SIDWAYS IN THE AIR. NOW TRACE IT ON YOUR ARM OR LEG.



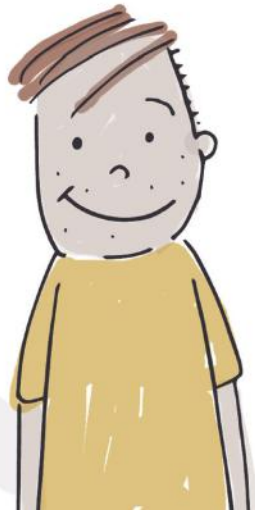
INVISIBLE INK

GO TO A WALL. DRAW
A BIG LETTER **A** ON IT
WITH THE TIP OF YOUR
FINGER. NOW GO THROUGH
THE WHOLE ALPHABET,
DRAWING BIG, SLOW LETTERS
WITH YOUR FINGER.



IT'S OK

THINK OF A TIME WHEN YOU WERE WORRIED AND SOMEBODY SAID, '**I**T'S **OK**'. AND IT REALLY WAS. SAY OUT LOUD, '**I**M TELLING MYSELF IT'S **OK**'. REPEAT TO YOURSELF OVER AND OVER, '**I**T'S **OK**'.



LAUGH LIKE A LION

IF YOU WERE A LION,
HOW WOULD YOU LAUGH?
HOW WOULD YOU SOUND?
LAUGH LIKE A LION!



MELLOW SOUNDS

MAKE A PLAYLIST OF CALMING
MUSIC OR NATURE SOUNDS;
WATER, BIRDS, RAIN.

PLACE A SEASHELL AGAINST
YOUR EAR. **C**AN YOU HEAR THE
SEA? **O**R PLACE YOUR FINGERS
IN YOUR EARS AND LISTEN TO
YOUR BREATH. **I**T SOUNDS LIKE
THE WAVES TOO.



Go to thumbnails



MISSION POSITIVE

GO ON A MISSION TO
FIND THE POSITIVES! RIGHT
NOW, FIND TEN THINGS
YOU CAN FEEL POSITIVE OR
GOOD ABOUT. THEY CAN BE
OBJECTS, PEOPLE, IDEAS,
SOUNDS, NATURE —
ANYTHING!



MY SPECIAL PLACE

DO YOU HAVE A SPECIAL PLACE? A TREE HOUSE, A GARDEN, A BEACH, YOUR ROOM, SOMEWHERE IN NATURE? DESCRIBE OR WRITE ABOUT IT NOW. MAKE SURE YOU INCLUDE ALL THE IMPORTANT DETAILS.



Go to thumbnails

OPEN SKY

LOOK AT THE SKY. ARE
THERE CLOUDS? WHAT
SHAPES CAN YOU SEE?

NOTICE THE CLEAR SKY
BEYOND THE CLOUDS.

JUST LIKE THE CLEAR SKY
BEYOND YOUR THOUGHTS.



PLAY CATCH

THROW ANY SOFT OBJECT —
SOFT TOY, BALL OF WOOL,
SOCKS — UP IN THE AIR
TEN TIMES WITH ONE HAND
AND CATCH IT WITH THE
OTHER. SWAP HANDS AND DO
IT TEN MORE TIMES. CAN YOU
CATCH IT WITH YOUR FOOT?



Go to thumbnails

REMOTE CONTROL

IMAGINE YOU HAVE A REMOTE CONTROL FOR YOUR BRAIN AND BODY. TURN UP THE COMFORT LEVEL USING YOUR PERSONAL REMOTE CONTROL.



ROCK IT

IMAGINE PICKING UP A SMALL ROCK. **A**LL YOUR WORRIES ARE INSIDE THIS ROCK. **I**MAGINE STANDING AT THE EDGE OF THE OCEAN. **N**OW, THROW THE ROCK OUT AS FAR AS YOU CAN! **S**EE IT GO OUT FOR MILES, TAKING ALL YOUR WORRIES WITH IT.



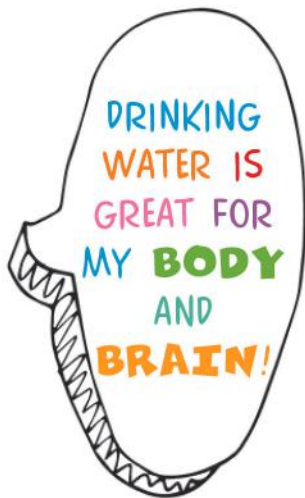
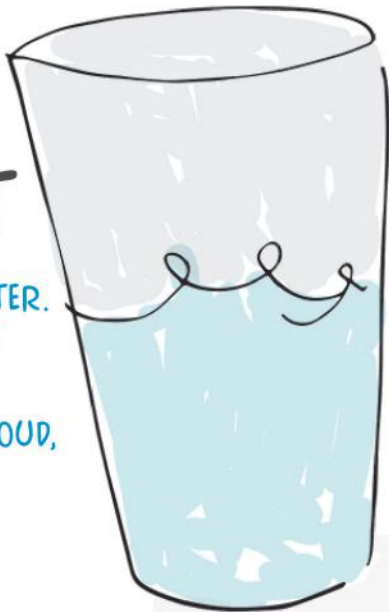
SING IT UP

THINK OF A SONG. SING IT
LOUDLY OR QUIETLY, HUM IT
OR JUST SAY THE WORDS.
CAN YOU SING IT IN A
FUNNY VOICE OR MAKE UP
YOUR OWN FUNNY WORDS?



**SIP IT
SAY IT**

GET A GLASS OF WATER.
DRINK IT ONE SIP AT
A TIME. IN BETWEEN
EVERY SIP, SAY OUT LOUD,
'DRINKING WATER IS
GREAT FOR MY BODY
AND BRAIN!'



SLO-MO

**SAY THE SENTENCE ON THE CLIPS VERY, VE ... RY SLOW ... LY:
KEEP SAYING IT, GOING EVEN MORE SL ... OW ... LY EACH TIME.**



THIS

IS

THE

MOST

CALM

RELAXING

THING

I

COULD

EVER

SAY

OUT

LOUD!

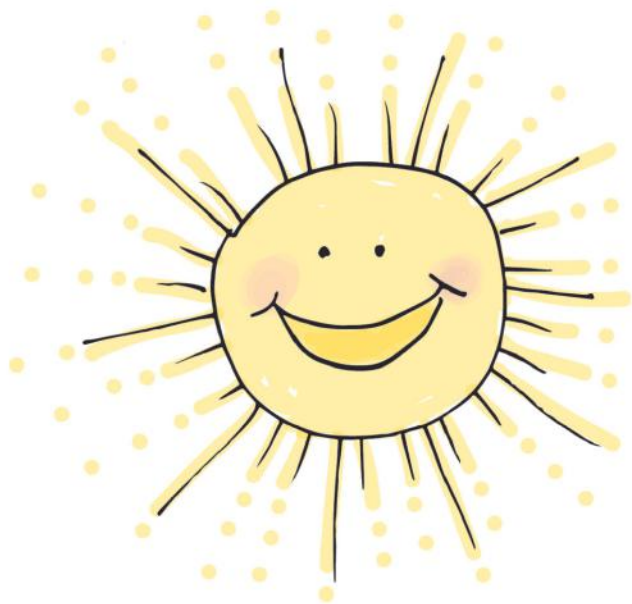


STRETCH LIST

LIST TEN THINGS THAT WENT WELL FOR YOU TODAY OR YESTERDAY.

ANYTHING AT ALL. **B**IG OR SMALL. **B**E CREATIVE.

NOW LIST TEN MORE THINGS. **D**ID THE SUN RISE? **T**HAT WENT WELL!



SUPERHERO

YOUR MIND HAS SUPERPOWERS!
IT CAN CHANGE IN AN INSTANT,
CREATE BRIGHT IDEAS, LEARN
AMAZING SKILLS.

YOUR MIND'S SUPERPOWERS
ARE STRONGER THAN ANY FEAR
OR OTHER EMOTION. **W**HAT COULD
YOU CALL THIS SUPERHERO?



TAKE TWO

WRITE DOWN OR DRAW
A PICTURE OF THREE OF
YOUR WORRIES. WHEN YOU
FINISH, WRITE OR DRAW
THEM AGAIN, WITH A HAPPY
ENDING THIS TIME.



THANK YOU BOMB

SAY 'THANK YOU' OUT LOUD
THIRTY TIMES RIGHT NOW.

IF OTHERS ARE AROUND,
SAY IT IN YOUR MIND.

SMILE WHILE YOU'RE SAYING
IT. **S**AY IT TEN MORE TIMES.



THAT SAFETY FEELING

THINK OF THE PERSON
YOU FEEL SAFEST WITH
— MOST COMFORTABLE,
MOST RELAXED.

IMAGINE THEY ARE RIGHT
NEXT TO YOU AND THERE
IS A CIRCLE OF SAFETY
AROUND YOU BOTH.

FEEL THAT SAFETY FEELING.



THE COLOUR OF CALM

WHAT IS A CALM, HAPPY
COLOUR FOR YOU?

CAN YOU SEE ANYTHING
THAT COLOUR NOW?

IMAGINE YOUR MIND
FILLING UP WITH THAT
COLOUR. ASK YOUR
BRAIN TO REMEMBER IT.



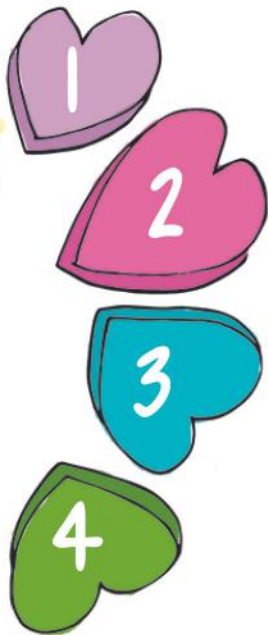
THE FEEL OF FABRIC

FEEL YOUR CLOTHES WITH
YOUR FINGERS. FEEL THE
TEXTURE AND WEIGHT OF
THE FABRIC. HOW DOES IT
FEEL AGAINST YOUR SKIN?
IS IT SOFT OR ROUGH, HEAVY
OR LIGHT, SNUG OR LOOSE?

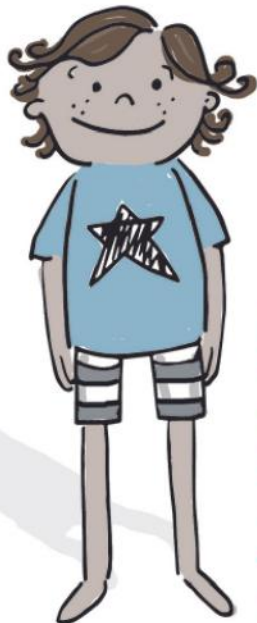


THE 'L' WORD

HOW OLD ARE YOU?
SAY THE WORD 'LOVE'
OUT LOUD THAT MANY
TIMES. NOW DO IT
AGAIN THE SAME
NUMBER OF TIMES.



1 2 3 4 5



THERE AND BACK

RUN TO THE OTHER SIDE OF
THE ROOM AND BACK. **S**TAND
STILL AND COUNT TO FIVE.

NOW RUN ACROSS THE ROOM
AND BACK THREE MORE TIMES,
COUNTING TO FIVE AT THE END
OF EACH RETURN TRIP.



THINGS ARE LOOKING UP

GENTLY, PUT YOUR HEAD
BACK, ROLL YOUR EYES UP
AND LOOK AT THE CEILING.

REPEAT OUT LOUD,
'**T**HIS IS GOOD!'

DO IT SEVERAL TIMES.



THREE BIG TICKS

WRITE THE NAMES OF THREE PEOPLE YOU LIKE. **B**ESIDE THEIR NAME, WRITE THREE THINGS YOU LIKE ABOUT THEM AND PUT A BIG TICK BESIDE EACH ONE.

NOW WRITE YOUR NAME AND THREE THINGS YOU LIKE ABOUT YOURSELF. **P**UT A BIG TICK BESIDE EACH ONE!



WORD FLASH

WRITE THE WORDS
RELAXED AND **CALM**
ON YOUR PALMS WITH A PEN.
FLASH THE WORDS AT
YOURSELF TEN TIMES BY
OPENING AND CLOSING
YOUR HANDS.
FLASH YOURSELF RANDOMLY
THROUGHOUT THE DAY.
PRETEND YOU'RE SURPRISED!



YOU ARE GREAT

HAVE YOU REMINDED YOURSELF TODAY THAT YOU ARE GREAT AND YOU CAN DO MANY THINGS? **I**T'S TRUE. **W**RITE DOWN TEN TIMES: 'I AM GREAT AND I CAN DO MANY THINGS!' **N**OW WRITE DOWN FIVE THINGS YOU CAN DO.

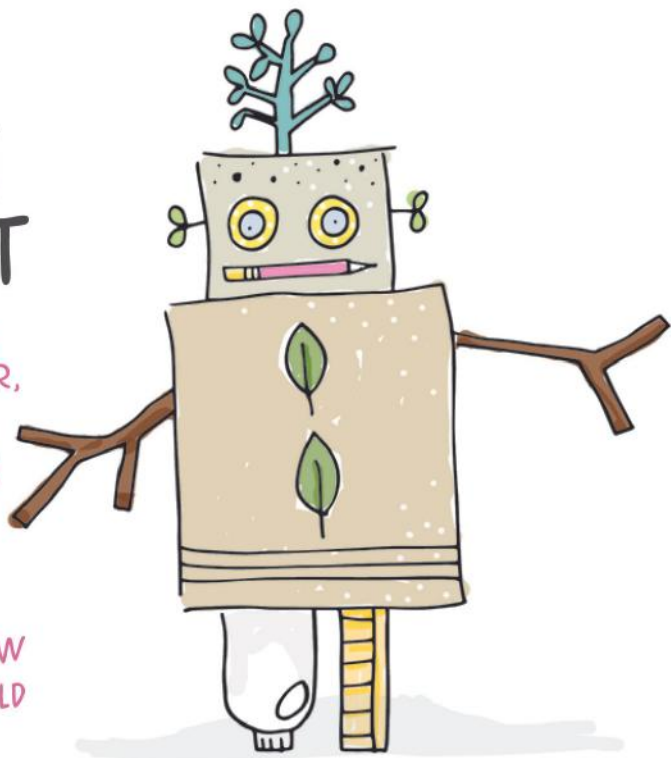


YOU CAN MAKE IT

MAKE SOMETHING USING
PAPER, GLUE, CLAY, GLITTER,
STICKS — ANYTHING!

YOU COULD MAKE A CARD,
COLLAGE, POSTER OR
ILLUSTRATE A FAVOURITE
QUOTE OR SONG.

WHEN YOU'RE READY, SHOW
SOMEONE YOU THINK WOULD
LIKE TO SEE IT.



YOU'VE GOT CHARACTER

THINK OF A FAVOURITE
CHARACTER FROM A MOVIE,
BOOK OR GAME.

WHAT WOULD THEY SAY TO
YOU RIGHT NOW ABOUT
GETTING RELAXED AND HAPPY?

CAN YOU SAY IT LIKE THEM?

HEAR THE THEME MUSIC
AS YOU HIGH-FIVE THEM
IN YOUR MIND!



ALPHABET VEGGIES

LET'S TRY TO SAY THE ALPHABET AND HAVE A VEGETABLE. YOU CAN BE A VEGETABLE TOO. YOU CAN BE A VEGETABLE TOO. YOU CAN BE A VEGETABLE TOO.

ANIMAL MAGIC

WHEN YOU SAY 'MAGIC' YOU CAN MAKE AN ANIMAL DO ANYTHING YOU WANT. YOU CAN MAKE AN ANIMAL DO ANYTHING YOU WANT. YOU CAN MAKE AN ANIMAL DO ANYTHING YOU WANT.

APPLE CHEEKS

WHEN YOU SAY 'APPLE' YOU CAN MAKE YOUR CHEEKS RED. YOU CAN MAKE YOUR CHEEKS RED. YOU CAN MAKE YOUR CHEEKS RED.

BAREFOOT BLITZ

TAKE OFF YOUR SHOES AND STOMP ON THE MAT. TAKE OFF YOUR SHOES AND STOMP ON THE MAT. TAKE OFF YOUR SHOES AND STOMP ON THE MAT.

BEAD BAND

TAKE A BEAD BAND AND PUT IT ON YOUR HAND. TAKE A BEAD BAND AND PUT IT ON YOUR HAND. TAKE A BEAD BAND AND PUT IT ON YOUR HAND.

BEING ME

YOU ARE YOU. YOU ARE YOU. YOU ARE YOU. YOU ARE YOU. YOU ARE YOU. YOU ARE YOU. YOU ARE YOU. YOU ARE YOU.

BEING NOSEY

DO NOT TOUCH OTHER PEOPLE'S THINGS. DO NOT TOUCH OTHER PEOPLE'S THINGS. DO NOT TOUCH OTHER PEOPLE'S THINGS.

BETTER THAN BEFORE

WHEN YOU TRY SOMETHING NEW, YOU CAN BE BETTER THAN BEFORE. WHEN YOU TRY SOMETHING NEW, YOU CAN BE BETTER THAN BEFORE.

BIG NOTE IT

WHEN YOU HEAR A SOUND, YOU CAN MAKE A BIG NOTE. WHEN YOU HEAR A SOUND, YOU CAN MAKE A BIG NOTE.

BODY OF CALM

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

BRAIN BEATS

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

CIRCLE AND TAP

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

COLORING IN

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

COOL BREATH WARM BREATH

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

COUNTING COLOURS

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

COUNT UP AND DOWN

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

FAVOURITE TREE

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

FUNNIEST THING

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

HEART SAYS YES

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

HELPING HAND

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

I'M READY

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

INFINITY

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

INVISIBLE INK

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

IT'S OK

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

LAUGH LIKE A LION

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

MELLOW SOUNDS

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

MISSION POSITIVE

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

MY SPECIAL PLACE

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

OPEN SKY

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

PLAY CATCH

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

REMOTE CONTROL

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

ROCK IT

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

SING IT UP

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

SIP IT SAY IT

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

SLO-MO

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

STRETCH LIST

TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX. TAKE A DEEP BREATH AND RELAX.

SUPERHERO
 YOU ARE AN UNDISCOVERED
 AT THE CORNER & IN DISTRESS
 YOUR BRAVE FEELINGS
 GROWING STRONG
 YOU ARE AN UNDISCOVERED
 IN THE CORNER, BECAUSE YOU
 ARE THE ONLY ONE WHO CAN
 SAVE THE WORLD!

TAKE TWO
 WHEN YOU ARE ASKED
 TO TAKE TWO OF ANY
 OF YOUR FRIENDS, PLEASE
 TAKE TWO OF YOUR OWN
 FRIENDS. PLEASE TAKE TWO
 OF YOUR OWN FRIENDS.

THANK YOU BOMB
 THANK YOU FOR BEING
 THERE FOR ME WHEN I
 WAS IN NEED. THANK YOU
 FOR BEING THERE FOR ME
 WHEN I WAS IN NEED.
 THANK YOU FOR BEING
 THERE FOR ME WHEN I
 WAS IN NEED.

THAT SAFETY FEELING
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THE COLOUR OF CALM
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THE FEEL OF FABRIC
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THE 'L' WORD
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THERE AND BACK
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THINGS ARE LOOKING UP
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

THREE BIG TICKS
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

WORD FLASH
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

YOU ARE GREAT
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

YOU CAN MAKE IT
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.

YOU'VE GOT CHARACTER
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.
 THERE IS NO OTHER
 FEELING LIKE THE SAFETY
 FEELING OF A GOOD FRIEND.