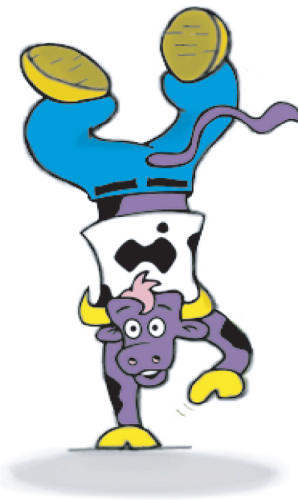


ACTIVITIES BOOK

Stage 2 - 3

DISCOVER

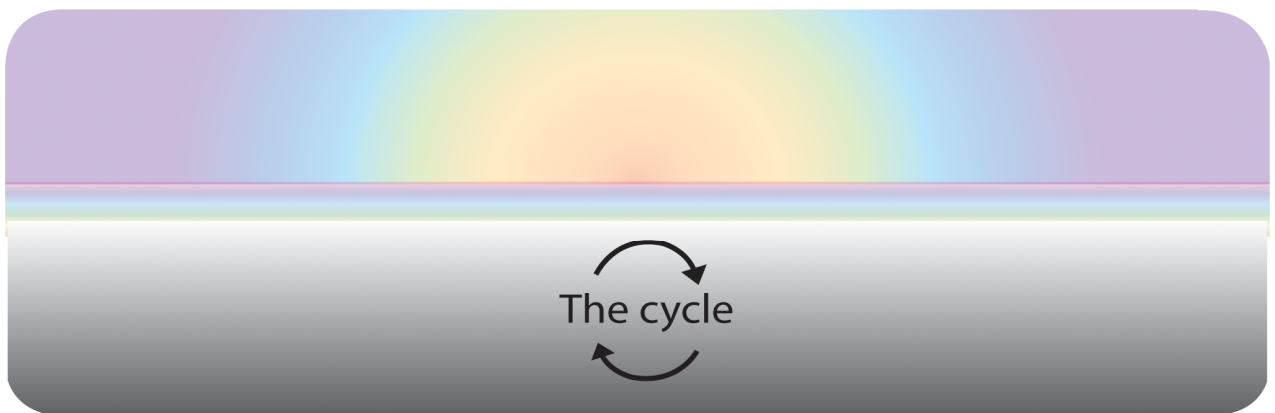
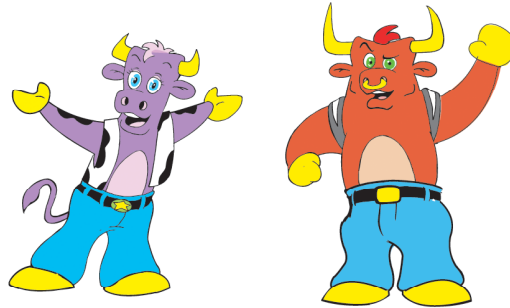


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There are three steps to prepare for a new world.

There are no right or wrong answers.



1. *Do you think you would like to change something?* Yes No

2. *Do you remember feeling happy 'above the line?'* Yes No

3. *Are you willing to do your best?* Yes No

★ *Turn the page* ★



★ Congratulations ★

You're finding your inner strength.

Join the dots and imagine how it feels to see from 'above the line'.

'Above the line' includes our challenges 'below'.

Balance is the key.

RISE ABOVE THE HERD
Discover - A New World.



Awareness wrist bands are available.



To remind you of the message.

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What is bullying?

There are no right or wrong answers.

Have you been a bully? It's OK to admit you have.

- Never. Maybe once or twice. Yes, to get revenge.

Have you ever been bullied?

- Once. Lots of times. Never.

If you feel upset 'below the line,' can you rise above that by yourself?

- I think I could with practice. No. I'm not sure?

Do you think using humor might help when confronted by bullying?

- That might not work with a mean bully. That could turn a scary situation into a funny one.
 It's OK to make fun, but not to make fun of the person bullying.

How could feeling 'above the line' help you in the future?

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Feeling good on the inside.

- 1) Eating fresh healthy foods.
- 2) Drink plenty of water.
- 3) Exercise and play outside.
- 4) Get plenty of sleep.

The secret to 'above the line' is?

A w _ r _ ne _ _ H _ ne _ t _ Res _ _ n _ i _ il _ _ y

Draw the Chainsaw 'above the line'.

This is your home base.

This is your unique self.

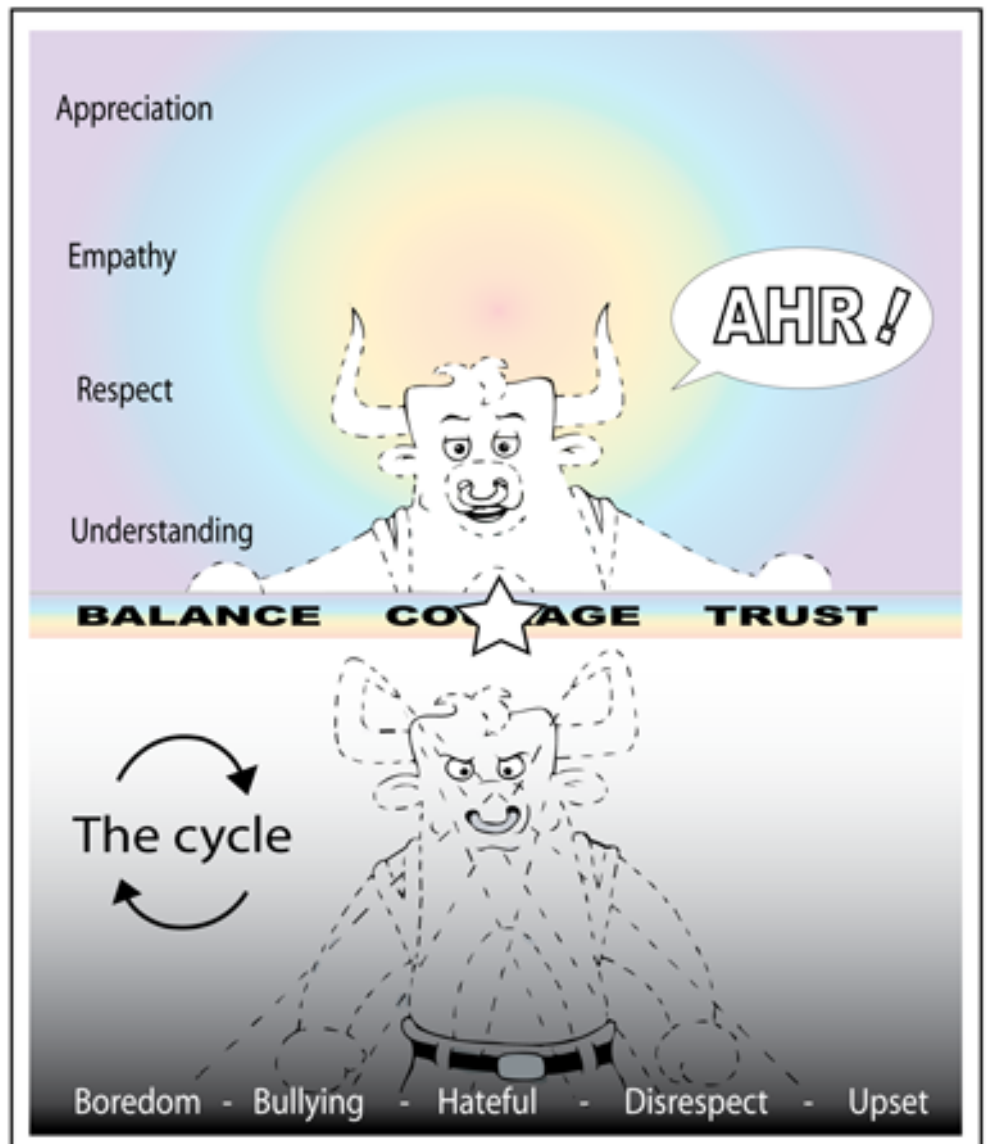
The more you trust this, the more real you become.

It's so easy to forget and fall down here. It's actually normal and even necessary at times.

Return home when you're ready.

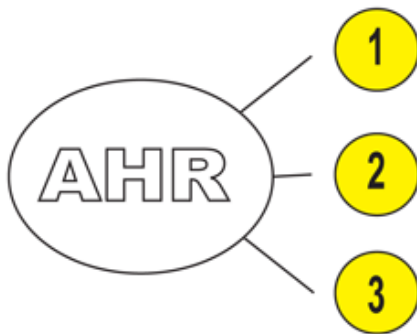
From the line, you remember.

AHR! 'Anudder World' lives inside of me.



If you fight with a friend.

Follow the 3 steps



1

How do I change the way I look at the situation?

2

How do I change the way I'm communicating?

3

How do I change the way I'm behaving.

STRENGTH

THE NUMBERS RELATE TO LEVELS OF AWARENESS

Emotional guidance system

JOY LOVE Appreciation

10 INNER HAPPINESS

9 EMPATHY

8 RESPECT

7 UNDERSTANDING

6 BALANCE ★ COURAGE ★ TRUST

RISE ABOVE THE HERD?

5 BOREDOM

4 BLAMING

3 HATEFUL

2 POWERLESS

1 FEAR

▶ Level 10: **HAPPINESS**.
A by product of helping others & feeling good about yourself.

▶ Level 9: **EMPATHY**
The ability to share similar perspectives & or feelings between individuals.

▶ Level 8: **RESPECT**
Respect for the rights of others to hold different views & attitudes from our own.

▶ Level 7: **UNDERSTANDING** AHR
Resolving issues at this level creates long term personal growth. tully

Step 1 How do I **change** the way I look at a **situation**?

Step 2 How do I **change** the way I'm **communicating**?

Step 3 How do I **change** the way I'm **behaving**?

I'm fly blown away!



WISE BULL



faller
VISION