

THE SUPER CHILL DEAL

With this deal, _____ and _____
agree to kick off the school year with a fresh and calm mind.

PICK A CHAT MOMENT

Each week, we sit down together for a little chat. We talk about at least one feeling we had this week. Like when you felt happy, angry, sad, or maybe a little scared. Here's when we'll do our weekly chat:



FOR A FRESH HEAD

If something feels a bit scary or makes me nervous, I can always go to _____. Then we'll go for a little walk, take some big deep breaths, or do a Super Chill exercise together.

CHILL

If I can't sleep, I'm allowed to do a Super Chill exercise.

And _____ joins in too!

(And I promise not to ask for a thousand Super Chill exercises. Just one. Maybe two. Or one teeny tiny last one.)

WHEN THINGS GET TRICKY

If something goes wrong or something happens, we'll talk about it together. We'll be honest and try to find a solution as a team. (And guess what? There's *always* a way.)

YOUR CHILL IDEA

You probably have your own awesome ideas for a fun and calm school year. Something super important to you? Write it here:

Tip: Check out the chat cards on the free, ad-free Super Chill app!

DON'T LIKE A RULE? SCRATCH IT!

If you don't like something in this deal, talk it through with the grown-up who packs your lunch—and cross it out.

Signatures (this is an *official* moment!)

Date ____ - ____ - ____

The superchiller

The Grown-up

