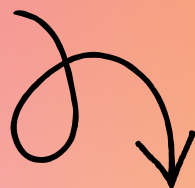


**SUPER
CHILL**



HEAD START

Super Chill back to school



HEAD START

Back to school, rediscover your chill, in just one week

For grown-ups

New teacher, new classmates, new rules: the first week of school is packed with experiences. And not every kid talks about it openly. One chats non-stop at the dinner table, another shrugs at "how was it?" and says "fine."

With the Head Start, you create a little moment to pause together over 7 school days. No mandatory Q&A, just a little adventure into a child's mind.

How does it work?

- Check in for a moment each day and do one short activity.
- Set aside about 10 minutes, for example at the kitchen table or right before bed.
- There are no right or wrong answers.
- If your child isn't ready to talk about it yet, let them draw instead.

Have fun, together with your superchiller!



DAY1

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy

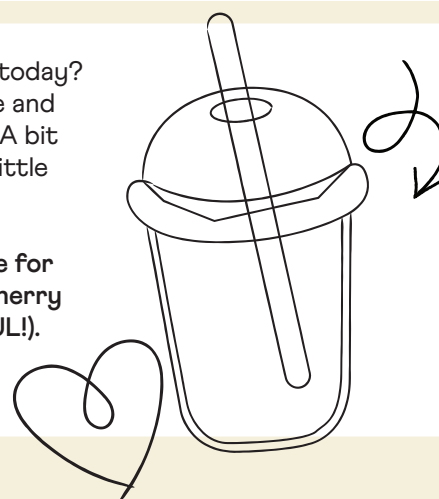


Grumpy

Something nice I saw today...

What feelings did you have today?
Put them all in the smoothie and
give them different colors. A bit
happy, angry, and maybe a little
sad too.

Can you think of a fun name for
your smoothie? CHEERY-cherry
smoothie (feeling CHEERFUL!).
Or MELONcholy smoothie
(a little SAD)?



DAY2

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy



Grumpy

Something I handled well today...

Think of someone you saw today.
What did that person do, without
saying anything, that let you see
how they felt? Draw or write
what you saw!

For example: The teacher had a
bright red face. I think she was
really angry because we weren't
listening to her.



DAY 3

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy



Grumpy

This went really well today...

Think back to a moment when you felt a bit rushed or tense. For example: "I have to do homework, but I also have soccer practice..."

Make a funny drawing where you're doing both things at once!



DAY 4

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy



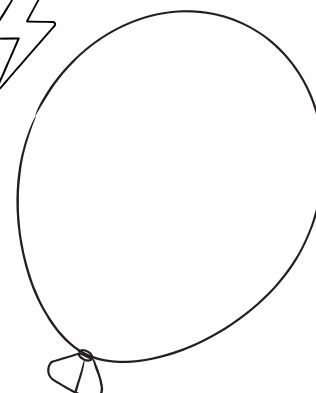
Grumpy

Someone who made my day better today...

Sometimes a feeling shows up and you're totally fine with it. But sometimes a feeling shows up that you'd rather push away or ignore. Everyone does that sometimes!

Write the feelings you find hard or silly inside the balloon.

Imagine thanking those feelings for what they wanted to tell you, and send them off into the sky with the balloon. Let it go!



DAY 5

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy



Grumpy

I'm proud of myself because...

What things were nice, fun, and went well today?

Write down 3 things that made you happy:

1.

2.

3.

(For example: "We ate pizza!" or "We played a game together in the evening.")



DAY 6

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy



Grumpy

A bright spot today was...

Think back over the past few days. Was there a moment when you felt a bit tired? What did you do then?

Draw or write about it!

(For example: "After school I was a bit tired, so I read a book on the sofa.")



DAY 7

Today was a ☆☆☆☆ day.

Date

How did you feel?

more than one answer is fine



Happy



Angry



Scared



Fine



Nervous



Tired



Sad



Busy

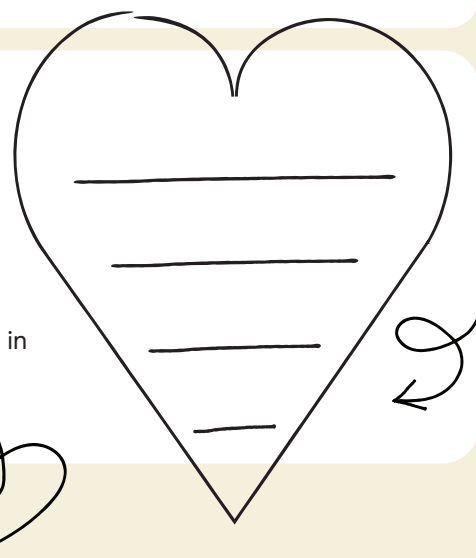


Grumpy

Today I learned that...

Think about today and
write something kind to
yourself:

(For example: "I did really well in
PE." or: "I looked cool in my
new trainers.")



For grown-ups

This mini activity journal, **Head Start**, covered 7 days. Want to keep discovering together what's going on in your kid's mind? With **the free Super Chill app**, you can practice the superpowers in your mind from the age of 6. The exercises help you feel calm, teach you little rituals, and get you moving your body. Don't worry: you won't have to sit cross-legged for hours!

Did this mini activity journal spark a good conversation between you and your child? Download the free Super Chill app below and keep growing together.

