

Activities



Introduction to the activities

This section features exercises and activities to help further explore the ideas covered in the story of Neon the Nightmare Ninja.

Before carrying out any of the exercises with your child, please first read the Guide for Adults (pages 99–127) to familiarise yourself with the ideas that are behind the activities, and how they can help your child. It features at the back of the book so that it does not get in the child's way.

You and your child will get much more out of the activities if you first have a good understanding of what they are doing and how they work – as well as getting numerous additional ideas and strategies to further support them in reducing their nightmares.

Part 1 of the activities from 1–3 comprise fun activities, arts and crafts ideas, and quizzes about Neon the Nightmare Ninja.

Part 2 of the activities from 4–17 feature activities to learn how to make night time feel more positive and calm.

Part 3 of the activities from 18–45 are activities to help children to understand the nightmares more – they should give you lots of ideas for ways to make your child's nightmares and worries much smaller, and to feel less overwhelming.

Finally, there is a certificate at the end to congratulate the child for completing this workbook.

Before we start with the activities, Neon has some really important messages for your child to think about and to try to remember. If they like, they could put these up on their bedroom wall!



Neon the Ninja's Important Messages!

1. It is OK to feel scared, worried, and a whole bunch of other feelings.
2. Remember you are not alone. At some point, everyone has nightmares and bad dreams. Even grown-ups, pets, and superheroes have nightmares and lots of different worries!
3. Remember that nightmares are not actually happening in real life. Although the nightmares are horrible and can feel very real and very scary, they are only in our minds, and will go away when we open our eyes and wake up.
4. Remember that you are bigger, stronger, smarter, and more real than the pesky nightmares. You have your own special and powerful inner ninja which can outsmart the nightmares!
5. Nightmares can contain secret messages which can help you to conquer them. They can give us clues about hopes, worries, or fears we have. Sometimes it can be helpful for us to try to understand these secret messages, so that we know why they are there, and can work out how to make them smaller.
6. Remember that Neon the Ninja has helped lots and lots of other children sleep better, and Neon will help you too!

Activity 6

Exploring Safe, Calm, Relaxed, and Happy Feelings

To fall asleep at night and have a good night's sleep, we need to be as relaxed, calm, and feel as safe as possible.

These questions can help you to think about what makes you feel safe, calm, and relaxed. Once you've had a think about them, write, draw, or paint your answers. If you need more space, feel free to draw or write on bigger pieces of paper! If you don't like writing or drawing, try creating a sculpture or collage.

Finish these sentences:

- I feel safe, calm, relaxed, and happy when _____

- The things I can smell which make me feel safe, calm, relaxed, and happy are _____

- The things I can touch which make me feel safe, calm, relaxed, and happy are _____

- The things I can listen to which make me feel safe, calm, relaxed, and happy are _____

- The things I can taste which make me feel safe, calm, relaxed, and happy are _____

- The things I can look at which make me feel safe, calm, relaxed, and happy are _____

- How can I remind myself of these things before bed and during the night?

- If I gave the feeling 'safe, calm, relaxed, and happy' a name I would call it

- If the feeling 'safe, calm, relaxed, and happy' were a colour or a shape it would be _____

- If the feeling of 'safe, calm, relaxed, and happy' were an animal, it would be _____

- If the feeling of 'safe, calm, relaxed, and happy' were an object it would be _____

Other children have likened the feeling to: 'a warm blanket', 'a bubble', 'a shield', 'a guardian angel', 'a deep breath', 'floating on a cloud', 'being rooted like a tree', 'large loving hands', 'candy floss', 'sunlight on my skin', etc.

- If the feeling of 'safe, calm, relaxed, and happy' could talk it would say

- What would its voice sound like? _____

- What might make you feel even safer and protected? _____

This could be a special item like a shield, a cape, a wand, a hat, or piece of jewellery, or an action like listening to music, or smelling a relaxing smell. It could also be a thought – imagining yourself inside a magic bubble, under a special blanket, or building an imaginary wall around you.



Activity 7

My Special and Safe Place

Draw, sculpt, mould, collage, or write a story about a place where you felt/feel happy, safe, calm, and relaxed.

Try to think of a real place where you have been. But, if you can't think of a real place, that is OK – you can create a fantasy and imaginary place.

- If you were to give this special place a name or a title, what would it be called? _____

- When you are in this special space, what can you see with your eyes?

- What can you feel with your body and hands? _____

- What can you smell with your nose? _____

- What can you hear with your ears? _____

- What can you taste with your mouth? _____

- How does your body feel when visiting this special place? _____

- How does your mind feel when thinking of this special place? _____

- If you could choose any way to travel to this place, how would you get there? By running? On a unicorn's back? Through a magic gate? In a hot air balloon? By clicking your fingers? _____

Activity 8

Positive Thoughts Before Bed

If you want to try to go to bed feeling as relaxed and positive as possible it really helps if we can spend some time thinking about the positive, happy, and good things that have happened that day, or the things for which you are grateful.



This could be things about yourself, other people, or the world – they can be tiny or huge. See if you can finish one or two of the sentences below every night!

- The best thing that happened today was _____

- The thing that put a smile on my face today was _____

- Today I was proud because _____

- Things that made me feel good were _____

To bring these happy and positive thoughts, memories, and experiences alive and remember them even more, you can write them down, say them out loud, or make a piece of art about them.

Below are some creative examples of how other children showed the best thing about their day:



More ideas to help you to remember and think about some of the positives

There are loads of other fun ways where you can write down the great things that happen and positive ways that you feel. Having these written down, or captured in a piece of art, is great, as it means you have something to look at when you need a reminder, like when you are feeling sad or worried. Some of the ways in which you can record these positive memories, moments, experiences, thoughts, and feelings are captured below. It is even better if we can get other people around us to add to these things too!

- Buy or make a treasure box or another type of container like a happy box, a dream dome, or a happy house. Then you can fill it with written-down reminders and/or items of all of the happy and positive things in your life. If you don't have a box, you can use Activity 10 to write down, draw, and colour all of your different life treasures and gems.



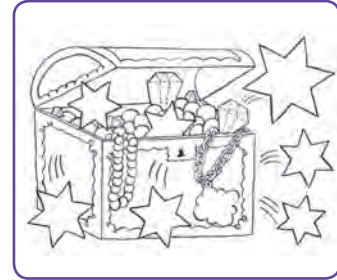
- Think about all of the special moments, experiences, and memories which you would like to keep safe and to keep forever. Sometimes we say that these things are memories and moments which we would like to bottle up. You can fill these in by writing them or drawing them on Activity 12 or you can actually decorate and fill in real bottles with notes, post-it notes, drawings, or other items.



Activity 9

My Treasure Box Diary

Feel free to draw, collage, record, sculpt, or write
– there's no right or wrong way to respond!

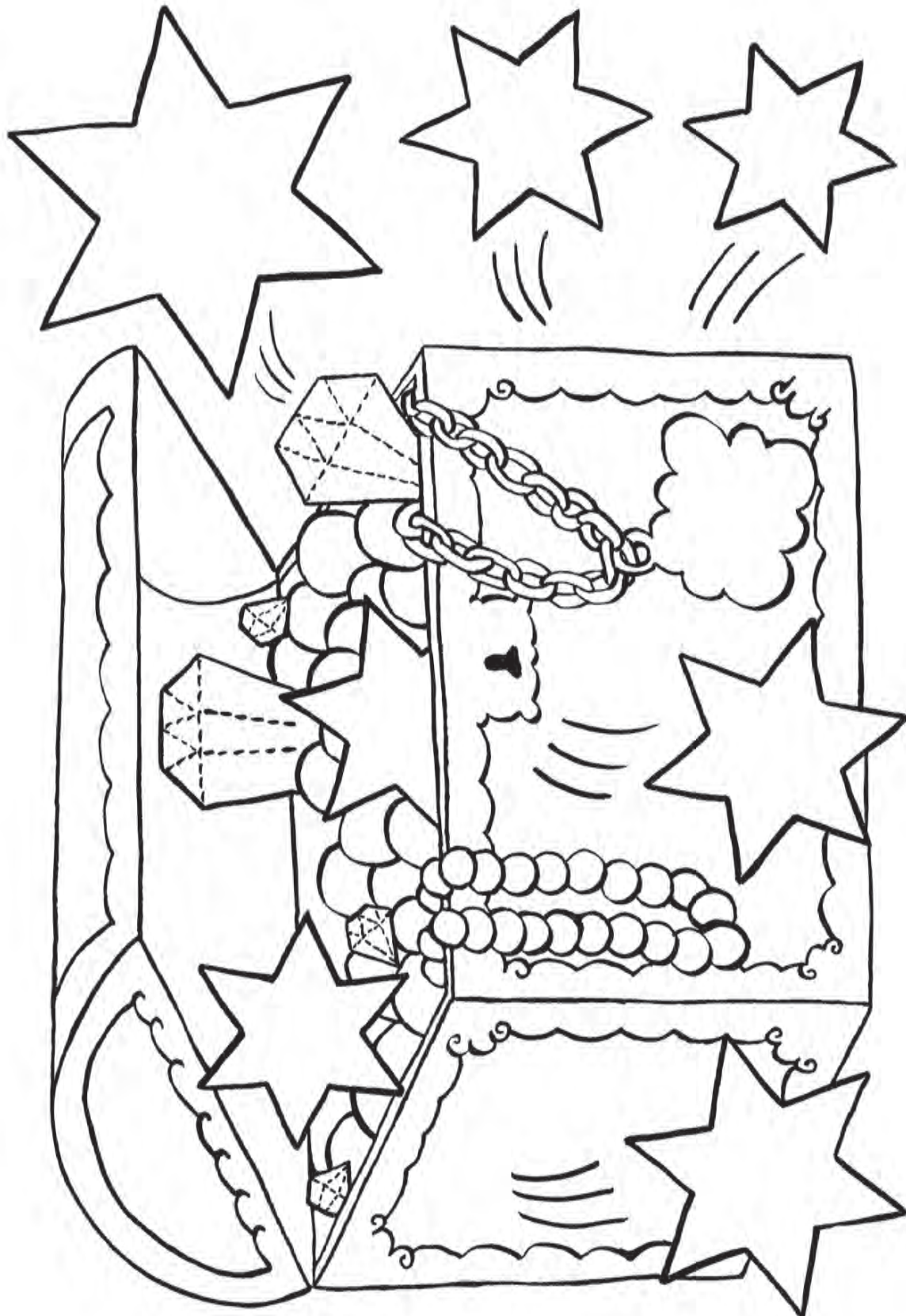


| Days of the week and date | Things to ask myself every day: What good thing did I do? What does that good thing say about me? What went well? What was a positive thing I noticed about someone else or heard about in the world today? What was my favourite thing about today? When did I feel good about myself, or proud of myself? When did I have fun, or laugh? |
|---------------------------|---|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |

Activity 10

Treasure Box Colouring-In

Colour, draw, and/or write down all of the different happy and positive things, memories, and experiences that you want to think about, feel, remember, and keep safe in your very own treasure box.



Activity 11

'My Patchwork Of...' Colouring-In

Colour, draw, and/or write down all of the different happy and positive things, memories, and experiences that you want to think about, feel, remember, and decorate your positive and dream patchwork with.

My patchwork of...

