



#MENTALHEALTH SUPERPOWERS

CUT-OUT-AND-KEEP BUNDLE!



Hello!


After such a tough year, it's not surprising that mental health is in the news. Everyone is doing their best to deal with the challenges that have cropped up - so we want to help and offer something that kids can actually DO to proactively learn about and take care of their mental health.

So what can a child DO to build their resilience? What techniques can they use to pick themselves up when they've had a bad day? How can they learn to notice their thoughts rather than become stuck in them?

Welcome to [#MENTALHEALTHSUPERPOWERS](#), a set of brain snacks to feed mental health, build resilience and increase awareness.

Please cut them out, stick them on the fridge and talk about them!

We hope these make it easier for parents and teachers to talk with kids about mental health and also that they give kids things they can do to help themselves.

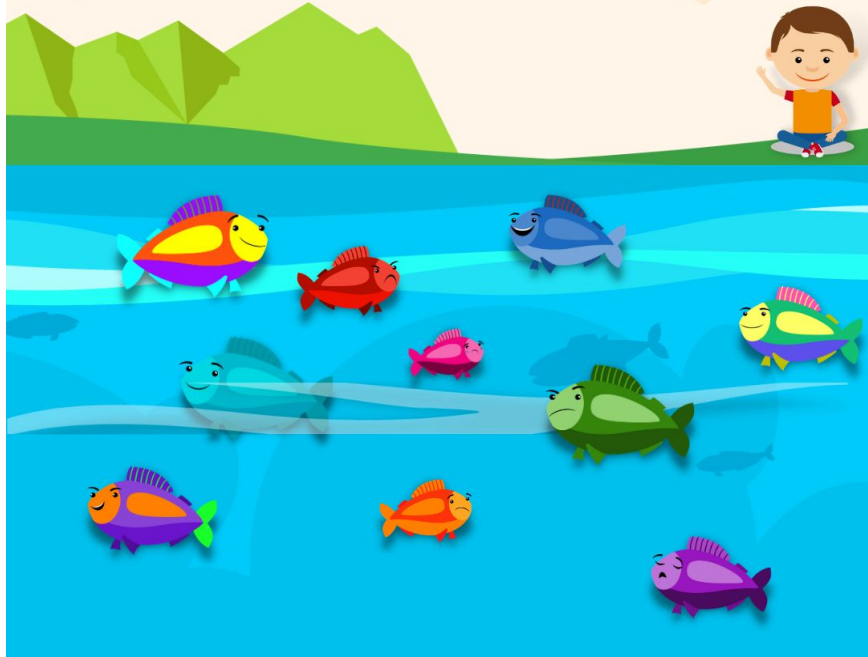
Jaime 
XX



#MENTALHEALTHSUPERPOWERS



BE THE POND!



IMAGINE THAT YOUR MIND IS A BIG POND.
IN THAT POND ARE LOTS OF DIFFERENT KINDS OF FISH.
THESE ARE YOUR FEELINGS.
SAD ONES, HAPPY ONES, ANGRY ONES, EXCITED ONES.
ALL SWIMMING AROUND TOGETHER.

YOUR JOB HERE IS TO **JUST BE THE POND**. BE THE POND!
WATCH ALL THE DIFFERENT FISH SWIMMING BY.
ALL OF THEM ARE OK. EVERY FEELING IS WELCOME.
YOU BE THE POND AND LET THE FISH BE THE FISH.
NO NEED TO DO ANYTHING WITH THEM APART FROM
WATCH THEM SWIMMING AROUND.
ISN'T IT AMAZING HOW MANY DIFFERENT KINDS OF FISH WE
HAVE SWIMMING IN OUR POND?

WANT MORE?

**JAIME EXPLAINS THIS IN MORE DETAIL IN OUR VIDEO
'BE THE POND | COSMIC KIDS ZEN DEN'**

**TAKE A LOOK WHEN YOU HAVE A MOMENT.
SEARCH 'COSMIC KIDS BE THE POND'**



#MENTALHEALTHSUPERPOWERS



MAKE A MAGIC WORRY BOX!



**A MAGIC WORRY BOX
IS A GREAT WAY FOR KIDS TO LET GO
OF WHAT'S BOTHERING THEM.
CREATING ONE WILL HELP THEM
NAME THEIR WORRIES
AND GIVE THEIR BRAINS A BREAK
FROM HOLDING ONTO THEM.**

**SO THEY'LL HAVE MORE SPACE TO
HAVE FUN, PLAY, AND LEARN!**



Magic Worry Box

What you will need:



1 empty tissue box



Fun paper for wrapping



Lots of decorations like sequins and stickers



Some small, blank pieces of paper

How to make it:



Step 1. Wrap your box with the fun paper.



Step 2. Decorate your box however you want!



Step 3. Make sure there is a hole in the box somewhere so you can put your worries inside.

Tip!



You could make it look like a monster by adding googly eyes, teeth, & pom poms - then it's like the monster eats your worries when you put them inside!

#MENTALHEALTHSUPERPOWERS



BUILD A TEAM OF SUPERSTARS IN YOUR BRAIN



REAL LIFE SUPERSTARS CAN BE YOUR LIFE GUIDES -
AND INSPIRE YOU TO BE YOUR BEST SELF.

WHETHER IT'S SOMEONE FAMOUS YOU LOOK UP TO, OR
JUST YOUR LOVELY DOG - IT'S UP TO YOU WHO'S IN YOUR
TEAM!

JUST KEEP THEM THERE UP IN YOUR MIND
READY TO HELP YOU,
AND IF YOU NEED SOME ADVICE, ASK ANY OF THEM:
WHAT WOULD YOU DO?

WHO'S ON YOUR TEAM?

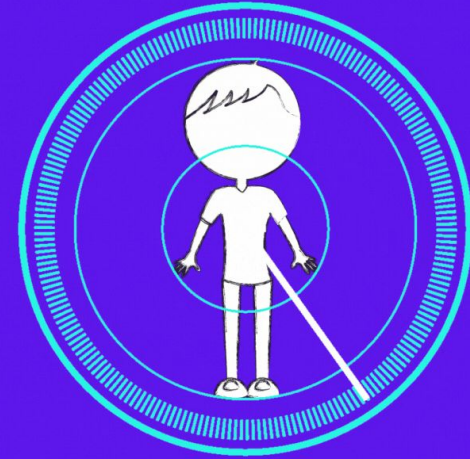
WANT MORE?



**FOR A PROPER EXPLANATION AND A GO AT TRYING
A MINDFULNESS MEDITATION, WATCH OUR VIDEO:
'WHAT IS MINDFULNESS AND HOW DO YOU DO IT?'**

#MENTALHEALTHSUPERPOWERS

**COSMIC
KIDS!**



DO A BODY SCAN!



BRING YOUR AWARENESS TO EACH PART OF YOUR BODY. JUST NOTICE THEM ONE AT A TIME! START WITH YOUR FEET AND WORK UP SLOWLY. I LIKE TO LIE DOWN ON THE SOFA AND DO IT! IT'S RELAXING AND HELPFUL FOR BUILDING YOUR FOCUS SKILLS. VERY USEFUL FOR SPOTTING WHEN YOU FEEL THINGS.

#MENTALHEALTHSUPERPOWERS





DANCING GETS YOU INTO YOUR BODY AND OUT OF YOUR MIND. WHENEVER YOU FEEL YOURSELF GETTING A LITTLE TOO THINKY, AND YOU WANT TO COME BACK TO YOUR BODY, STICK ON YOUR FAVOURITE TRACK AND DANCE!
IT'S GREAT EXERCISE, IT CLEARS YOUR MIND AND IT RELEASES FUN HORMONES THROUGH YOUR BODY.

IF IN DOUBT, DANCE!

WANT TO GET YOUR DANCE ON NOW?



SEARCH 'COSMIC KIDS YOGA DISCO'!



#MENTALHEALTHSUPERPOWERS



DO YOGA!



KIDS YOGA BUILDS STRENGTH, BALANCE AND CONFIDENCE. IT'S INCLUSIVE, NON-COMPETITIVE AND FUN. IN KIDS YOGA, WE USE STORIES TO KEEP THE YOGA INTERESTING AND TO BUILD IN HELPFUL LIFE LESSONS FOR A HAPPY LIFE.

HAVE YOU TRIED IT YET?

WE HAVE MORE THAN 75 YOGA ADVENTURES TO CHOOSE FROM.

GO TO [APP.COSMICKIDS.COM](https://app.cosmickids.com) FOR MORE!

SOME OF THE BENEFITS OF KIDS YOGA

HELPS DEVELOP THE RIGHT BALANCE OF MUSCLE TONE AND STRENGTH THROUGHOUT THE BODY TO SUPPORT THE JOINTS. BUILDS CORE STRENGTH FOR GOOD POSTURE AND OVERALL PHYSICAL FITNESS. HELPS TO MAINTAIN FLEXIBILITY AND MOBILITY IN ALL JOINTS AND MUSCLES. ENCOURAGES THE RETENTION OF CALCIUM TO HELP BUILD STRONG BONES THROUGH WEIGHT-BEARING POSTURES. SUPPORTS AND STRENGTHENS THE IMMUNE SYSTEM BY REDUCING STRESS AND STIMULATING THE LYMPH SYSTEM (THE BODY'S HIGHWAY OF WHITE BLOOD CELLS WHICH FIGHT VIRUSES AND INFECTIONS). IMPROVES BALANCE, ALIGNMENT AND COORDINATION WITH PRACTICE OF POSTURES. HELPS CHILDREN DEVELOP A POSITIVE IMAGE OF THEIR BODY AND AN AWARENESS OF HOW TO LOOK AFTER IT. HELPS BALANCE ENERGY LEVELS AND CALMS THE NERVOUS SYSTEM WITH TWISTS THAT STIMULATE THE SPINAL CORD AND REGULAR PRACTICE OF RELAXATION. DEVELOPS SENSORY AWARENESS – KIDS LEARN TO NOTICE WHAT'S GOING ON IN THEIR BODY AND MIND WHILE THEY'RE IN POSTURES. YOGA CAN ACCOMMODATE ALL BODY SHAPES AND SIZES AND IS NOT COMPETITIVE, SO IT'S A GOOD FORM OF EXERCISE FOR NON-SPORTY KIDS TOO. KEEPS THE HEART AND RESPIRATORY SYSTEM FIT AND STRONG, ENCOURAGING BETTER CIRCULATION BY GETTING THE HEART PUMPING AND USING MORE OF THE SPACE IN THE LUNGS WITH DEEPER BREATHING. IMPROVES THE DIGESTIVE SYSTEM WITH YOGA POSTURES THAT GET THINGS MOVING IN THE GUT AND BY STIMULATING THE PARASYMPATHETIC NERVOUS SYSTEM DURING RELAXATION, TRIGGERING IMPORTANT ACIDS IN THE STOMACH TO BE RELEASED FOR BREAKING DOWN FOOD. THAT'S WHY YOU HEAR EVERYONE'S TUMMY START TO RUMBLE DURING SAVASANA! A REDUCED RISK OF INJURY IN SPORTS AND GAMES WITH BETTER OVERALL FITNESS AND COORDINATION GAINED THROUGH YOGA PRACTICE AND BETTER FLEXIBILITY IN THE JOINTS. INCREASES ATTENTION SPAN AND IMPROVES CONCENTRATION THROUGH THE STORY STRUCTURE, AND THE INCLUSION OF MULTIPLE LEARNING STYLES: VISUAL THROUGH SEEING THE STORY AND YOGA PERFORMED, AUDITORY THROUGH HEARING THE INSTRUCTIONS AND THE NARRATIVE, AND KINESTHETIC THROUGH FEELING THE BODY IN ALL POSTURES AND CONNECTING EMOTIONALLY TO THE STORY. KIDS BUILD COMPASSION AND EMPATHY FOR THEMSELVES AND OTHERS THROUGH EXPLORING THE STORIES' MEANINGS IN A NON-COMPETITIVE ENVIRONMENT IN CLASS. MORE OXYGEN CIRCULATES ROUND THE BODY AND BRAIN DURING YOGA PRACTICE AND BREATHING EXERCISES, SO IMPROVING MEMORY RETENTION AND LEARNING ABILITY. KIDS BUILD SELF-CONFIDENCE BECAUSE THEY CAN DO THE YOGA, AND BY RELATING TO INSPIRATIONAL STORIES AND ROLE MODELS. THE STORIES ENCOURAGE SELF-EXPRESSION WITH THE USE OF IMAGINATION AND CREATIVITY, PHYSICAL POSTURES AND VOCAL SOUND EFFECTS. KIDS GET BETTER AT DEALING WITH ANXIETY AND STRESS BECAUSE THEY LEARN TO INCORPORATE RELAXATION AND BREATHING TECHNIQUES INTO DAILY LIFE. THE STORIES SUPPORT CURRICULUM LEARNING – ESPECIALLY PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE). IMPROVES RELATIONSHIPS AND SOCIAL AWARENESS THROUGH GROUP AND PARTNER WORK AND ROLE-PLAYING IN STORIES. ENCOURAGES HEALTHY SLEEP PATTERNS WITH THE PRACTICE OF RELAXING THE BODY AND LENGTHENING THE BREATH. INCREASES CONFIDENCE WITH SPEECH IN INTERACTIVE PARTS OF THE STORIES AND IMPROVES VOCAL ABILITY AS THE VOICE IS EXERCISED IN TANDEM WITH POSTURES. ENCOURAGES JOY AND A POSITIVE OUTLOOK WITH FUN STORIES AND A HAPPY EXPERIENCE DURING THEIR YOGA CLASS.

#MENTALHEALTHSUPERPOWERS





ONE OF THE EASIEST WAYS TO FEEL USEFUL AND POSITIVE IS TO **GIVE LOVE TO OTHERS**.
SEND YOUR LOVE OUT INTO THE WORLD
AND YOU WILL GET IT BACK WITH INTEREST!
EVEN **IMAGINING** SENDING LOVE OUT INTO THE WORLD
FEELS WONDERFUL AND BUILDS HAPPINESS!

YOU CAN TRY IT NOW YOURSELF:
JUST CLOSE YOUR EYES AND THINK OF SOMEONE
YOU LOVE. IMAGINE YOU ARE SENDING THEM A BIG
BALL OF LOVE AND KINDNESS.
ALL THAT WARMTH...LIKE A BIG HUG.
HOW MUCH JOY IT BRINGS!

WANT MORE?

SEARCH FOR OUR GUIDED RELAXATION
'PEACE OUT | FRIENDLY WISHES'
AND ENJOY SENDING OUT THOSE POSITIVE VIBES!



#MENTALHEALTHSUPERPOWERS



WE ALL HAVE A CUP THAT NEEDS TO BE FILLED. IN IT WE NEED LOVE, SECURITY, AFFECTION AND ATTENTION.

SOME KIDS SEEM TO HAVE A FULL CUP MOST OF THE TIME - OR THEY'VE WORKED

OUT WAYS TO GET A REFILL THEMSELVES.

ALL KIDS GET A LITTLE NERVOUS WHEN THEIR CUP IS NEARING EMPTY THOUGH. AND THEY GIVE US CLUES LIKE MISBEHAVING TO GET ATTENTION, BOUNCING OFF THE WALLS AND THINKING THEY HAVE TO FIGHT OR COMPETE FOR EVERYTHING.

CAN YOU HELP THEM FILL THEIR CUP?

#MENTALHEALTHSUPERPOWERS



FINGER BREATHING

MOVE YOUR FINGER STEADILY
ROUND YOUR OTHER HAND!

-----> BREATHING IN
-----> BREATHING OUT

A BREATHING TECHNIQUE FOR STEADYING YOUR NERVES

SIT WITH YOUR HAND OPEN, PALM FACING YOU. PLACE THE POINTER FINGER ON YOUR OTHER HAND AT THE BASE OF YOUR THUMB ON YOUR OPEN HAND. BREATHE OUT TO GET EMPTY. AS YOU BREATHE IN, TRACE THE LINE OF YOUR THUMB UP TO ITS TIP. PAUSE AT THE TOP, THEN BREATHE OUT AS YOU TRACE DOWN THE OTHER SIDE. CARRY ON BREATHING IN AS YOU TRACE THE OUTSIDE OF EACH FINGER AND BREATHE OUT AS YOU TRACE DOWN THE OTHER SIDE. WHEN YOU GET TO THE BASE OF YOUR HAND ON THE PINKY FINGER SIDE, YOU CAN GO BACK UP THE OTHER WAY. REPEAT 3-5 TIMES.

**YOUR BREATH IS THE BEST TOOL FOR TAKING CARE OF YOURSELF
AND BEING READY FOR ANY SITUATION!**

#MENTALHEALTHSUPERPOWERS



MAKE A MIND JAR!



**A MIND JAR IS A FUN PROJECT AND A HELPFUL ONE.
IT SHOWS KIDS HOW YOUR MIND GETS STIRRED UP
AND THAT CALMNESS CAN BRING IT BACK TO
FEELING CLEAR AGAIN.**

**WITH YOUR HELP, THEY CAN HAVE FUN MAKING IT
AND WHENEVER THEY FEEL THEIR MIND IS GETTING
BUSY, THEY CAN SHAKE IT UP!**

**THEN WATCH IT, CALMLY AS THE SPARKLES SETTLE
AS IT GOES FROM BUSY TO CLEAR.**

Mind Jar

What you will need:



1 empty jar with a lid and no labels



**Some hot water
(be careful and ask a grown-up to help you)**



2 tbsp of glitter glue

How to make it:

1. Pour the hot water into the jar and add the glitter glue



2. Put the lid on and shake up the jar



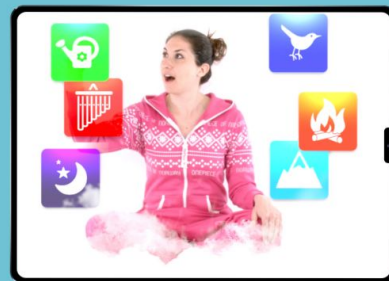
Top Tip!

Next time you feel upset or angry, give the jar a good shake. Then sit, be still, and wait for the glitter to settle. This will also help you calm your mind.



WANT MORE?

SEARCH FOR OUR VIDEO
WHIRLY BURLY SNOW STORM



JAIME TALKS ALL ABOUT HOW OUR MIND BECOMES
BUSY LIKE A SNOW STORM WHEN WE'RE FEELING
STRESSED - AND HOW TO CALM IT DOWN!

#MENTALHEALTHSUPERPOWERS



ALWAYS START WITH **BASIC NEEDS**



IF YOUR BASIC NEEDS AREN'T BEING MET, IT'S
TOUGH TO STAY RESILIENT AND HAPPY.

SO IF A CHILD IS HUNGRY OR THIRSTY, TIRED,
OR COLD, HAS A TOOTHACHE OR NEEDS TO
GO TO THE TOILET, TRY TO LOOK AFTER THAT
BEFORE FOCUSING ON THEIR MENTAL HEALTH.

ALWAYS PUT BASIC NEEDS FIRST.

WANT MORE?

TRY **TINY THE T-REX** - A COSMIC KIDS YOGA
ADVENTURE ABOUT A YOUNG
TYRANNOSAURUS REX WHO LEARNS TO LOOK
AFTER HIS TEETH.

TRY **SPARTZ 24** A YOGA ADVENTURE ALL
ABOUT A ROBODOG WHO SHUTS DOWN WHEN
HIS BATTERIES RUN LOW...

#MENTALHEALTHSUPERPOWERS



**LEARN ABOUT
'THE OWL' AND 'THE GUARD DOG'**





**WHEN WE'RE FEELING STRESSED, OUR BRAIN TRIES
REALLY HARD TO PROTECT US.**

**IT'S REALLY NICE OF IT BUT IT CAN SOMETIMES GO
A BIT FAR AND MAKE US PANIC!**

**IT'S HELPFUL TO UNDERSTAND HOW OUR BRAIN
SOMETIMES OVER-REACTS LIKE THIS AND TO
LEARN HOW TO BRING OURSELVES BACK!
(CLUE: WE DO THIS WITH OUR BREATHING.)**

WANT MORE?



**SEARCH FOR OUR ZEN DEN VIDEO,
'THE OWL AND THE GUARD DOG'
IT EXPLAINS THIS REALLY NICELY.**

#MENTALHEALTHSUPERPOWERS



REMEMBER:
THOUGHTS ARE LIKE BUBBLES!



THOUGHTS COME AND GO.
IF WE GET HUNG UP ON THEM, THEY CAN CHIP AWAY
AT OUR MENTAL HEALTH.
SO, INSTEAD OF FOCUSING ON YOUR THOUGHTS
- AND TRYING TO SOLVE THEM -
JUST NOTICE THEM PASSING BY
LIKE BUBBLES!

WANT MORE?

TRY OUR VIDEO **ZEN DEN | THOUGHT BUBBLES** FOR
MORE ON THIS!



**JAIMÉ SPENDS A FEW MINUTES TALKING
ABOUT DIFFERENT TYPES OF THOUGHTS
AND HOW TO WATCH THEM PASSING BY.**

#MENTALHEALTHSUPERPOWERS



TUNE IN TO YOUR SENSES!



TUNE IN TO YOUR SENSES!

BY GETTING TO KNOW OUR SENSES – MAKING THEM REALLY SENS-ITIVE – WE START TO NOTICE HOW WE RESPOND TO THINGS AND SO **WE START TO SEE OUR PATTERNS**. IT'S FUN TO EXPLORE YOUR SENSES – EVEN MAKE A GAME OUT OF IT. IT'S A PRACTICE AND IT HELPS US UNDERSTAND OURSELVES BETTER.



WANT MORE?



WE MAKE TUNING INTO OUR SENSES FUN IN OUR ZEN DEN MINDFULNESS SERIES, AND IN 'PEACE OUT' OUR GUIDED RELAXATIONS...

SEARCH FOR:

'COSMIC KIDS LISTENING GAME',
'COSMIC KIDS TASTE TEST',
'COSMIC KIDS SUPERPOWER LISTENING' AND
'COSMIC KIDS REFRESH YOUR SENSES'.



#MENTALHEALTHSUPERPOWERS

COSMIC
KIDS

★STAND STRONG LIKE A STAR★



STAND STRONG LIKE A STAR

WHenever you want to feel like a star,
try standing like one!

POSITION YOUR BODY INTO 'STAR POSE' AND IT
WILL HELP YOU FEEL STRONGER RIGHT AWAY.
IT'S AMAZING THAT YOUR BODY CAN MAKE
YOUR BRAIN THINK YOU ARE STRONG AND
CONFIDENT - BUT IT CAN.

TRY IT NOW! STAND STRONG LIKE A STAR!

WANT MORE?

THE HERO HACK IS 'POWER POSE' IN
CAPTAIN MARVEL | SUPERHERO KIDS YOGA IN SPACE



CHECK IT OUT AT [APP.COSMICKIDS.COM](https://app.cosmickids.com)
AND SEE HOW IT WORKS!

#MENTALHEALTHSUPERPOWERS



DON'T CATCH 'THE MEAN BUG'!



DON'T CATCH 'THE MEAN BUG'!

SOMETIMES PEOPLE ARE UNKIND TO US.
USUALLY IT'S BECAUSE SOMEONE HAS BEEN MEAN TO
THEM IN THE PAST AND THEY FEEL THE URGE TO PASS
IT ON TO OTHERS.

WE CALL THIS THE 'MEAN BUG'.
WHEN SOMEONE'S MEAN TO YOU, TRY TO UNDERSTAND
WHY THEY FEEL THIS URGE.
IT'S BETTER THAN REACTING AND BEING MEAN BACK
TO THEM OR PASSING THE BUG ON TO SOMEONE ELSE.

#MENTALHEALTHSUPERPOWERS

WANT MORE?

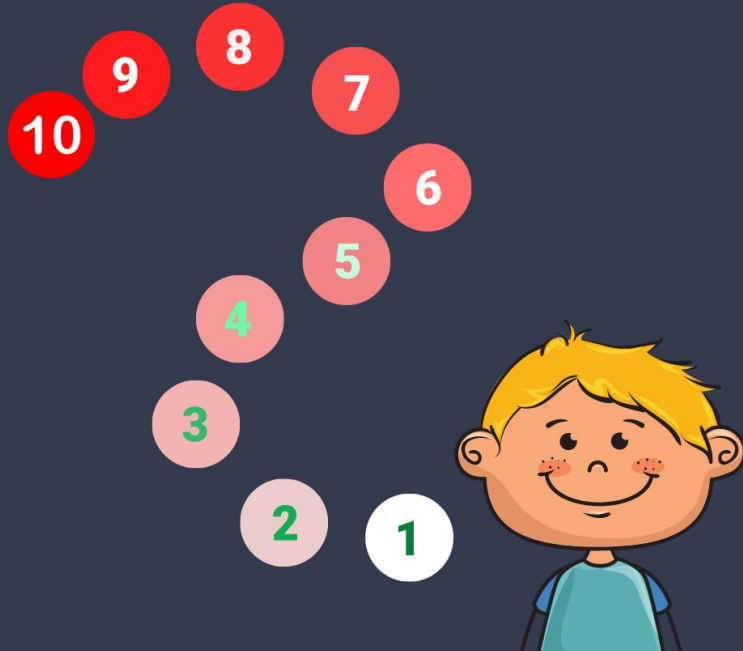
WATCH JAIME EXPLAIN 'THE MEAN BUG' IN MORE
DETAIL IN OUR **ZEN DEN VIDEO**, 'WHY ARE SOME
PEOPLE MEAN'



#MENTALHEALTHSUPERPOWERS



THE CALMING COUNTDOWN



THE CALMING COUNTDOWN

IF YOU'RE FEELING WOUND UP OR STRESSED,
TRY THIS SIMPLE TECHNIQUE TO BRING
YOURSELF BACK TO CALMNESS.

COUNT DOWN (OUT LOUD IF YOU CAN) FROM
TEN TO ONE **SLOWLY – BREATHING STEADILY.**
WHEN YOU GET BACK TO ONE, NOTICE HOW
MUCH CALMER YOU FEEL.

#MENTALHEALTHSUPERPOWERS

WANT MORE?

IN THE **COSMIC KIDS YOGA ADVENTURE | LULU THE LION CUB**, LULU LEARNS TO CALM HERSELF USING THE 10 TO 1 COUNT, IN TIME TO SAVE EVERYONE FROM A VOLCANO THAT'S ERUPTING!

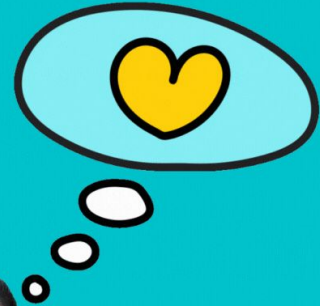


#MENTALHEALTHSUPERPOWERS



'ANCHORING'

(FINDING YOUR HAPPY PLACE)



'ANCHORING' - FINDING YOUR HAPPY PLACE

DO YOU KNOW WHAT MAKES YOU **REALLY** HAPPY?
IT COULD BE A PLACE, OR A PERSON, OR A PET.
IT COULD BE A SONG OR A DANCE MOVE YOU JUST LOVE TO DO.

ONCE YOU KNOW, YOU CAN BRING THAT PLACE, PERSON OR PET TO
YOUR MIND ANY TIME YOU LIKE. JUST SAY THEIR NAME OR CLOSE
YOUR EYES TO SEE THEM IN YOUR MIND, OR PUT ON THAT SONG AND
TURN UP THE VOLUME AND DO YOUR DANCE MOVE
AND **BING** THE HAPPINESS THEY BRING WILL ARRIVE!

THINK ABOUT IT NOW!
FIND YOUR HAPPY PLACE! YOU CAN GO THERE WHENEVER YOU LIKE.

THIS IS A TECHNIQUE CALLED **ANCHORING**.
IT'S A GREAT WAY OF HELPING YOUR MENTAL HEALTH WHENEVER
YOU NEED A BOOST!

WANT MORE?

HEAD TO THE COSMIC KIDS APP
AND LEARN MORE ABOUT ANCHORING
AND JAIME'S HAPPY PLACE IN OUR
ZEN DEN VIDEO, FINDING YOUR HAPPY PLACE

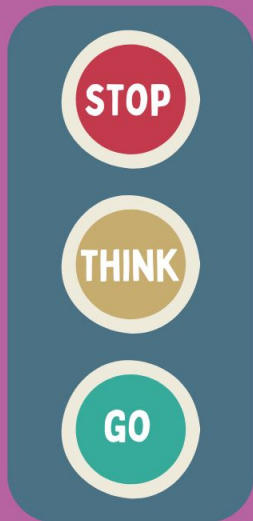


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#MENTALHEALTHSUPERPOWERS



THINK LIKE A TRAFFIC LIGHT!



AS A KID, IT CAN FEEL LIKE YOU DON'T HAVE MANY CHOICES. BUT YOU MAKE CHOICES EVERY DAY AND THEY CAN MAKE A BIG DIFFERENCE TO EVERYONE AROUND YOU. THE KEY TO BEING ABLE TO CHOOSE WELL IS TO **STOP** AND **THINK** BEFORE YOU **GO**. LIKE A TRAFFIC LIGHT.

IMAGINE YOU'RE ABOUT TO DO SOMETHING. YOU **STOP**. THEN THE AMBER LIGHT COMES - YOU TAKE A BIG DEEP BREATH AND **THINK** ABOUT WHAT YOU'RE GOING TO DO. NOW YOU'RE CALM, THE WISE OWL IN YOUR MIND CAN HELP YOU FIGURE OUT THE BEST CHOICE FOR YOU AND THOSE AROUND YOU. THEN THE **GREEN** LIGHT POPS ON AND YOU DO THE THING YOU'VE DECIDED TO DO WHICH WILL BE KIND TO THEM AND TO YOU.

WANT MORE?



SEARCH FOR OUR ZEN DEN VIDEO,
'HOW TO MAKE GOOD CHOICES'
IT EXPLAINS THIS REALLY WELL.