



Kate is a sporty and happy girl.  
She does well at school and has many friends.  
But like every girl, she faces difficult  
situations at home or at school. Sometimes  
things just don't go as she likes.



She is slow to get ready for school,  
making her parents grumpy with her.  
All her friends can do **Cartwheels**, but she cannot.  
She is afraid to stand in front of the class  
to do **Show and Tell**.  
Her friends sometimes say mean things.

One day, Kate read a book about strong minds. She learned that everyone has their own brain and can make up their own mind. You can teach your mind what to do so it can **tackle** any challenge with a positive attitude.

When you practice, your mind gets smarter and stronger. It is OK to try and fail. Because over time your mind can help you get better at anything you want. Kate decided to use her mind with all her **challenges**.

STRONG  
MIND

That evening Kate wrote a list of all her tasks she had to do in the morning. Get dressed, brush hair, brush teeth, pack school bag, and many more things.

The next morning, she told her mind, do one task at a time until the whole list is done.



Kate focussed her mind on her task list.  
One by one she finished the tasks,  
and **ticked** them off the list  
as she worked through.  
She was ready for school  
with plenty of **time**.

Her parents were very surprised.



When Kate arrived at school her friends  
were doing cartwheels. Kate never joined in because  
she couldn't do a cartwheel, and she did not want  
to fall in front of her friends. Kate told her mind,  
**it's ok to try and fail**. Because every time  
I try, I get a little bit better.



She tried her hardest,  
throwing her hands onto the ground and lifting  
her legs, and she almost got the cartwheel right.

Her friends giggled, but  
Kate felt good that she had practiced.

She told her mind, **well done**.

That day it was her turn to do show and tell in front of the whole class. Standing before a big group always made Kate very nervous. She told her mind, *It is OK to feel a bit scared, you can do this.*

Kate closed her eyes and imagined how she would deliver a great **Show and Tell**, speaking clearly, making eye contact and smiling more. Because she practiced in her mind, she wasn't so nervous in front of the class, and even enjoyed her show and tell.



During lunch she sat around with her friends in the schoolyard. Some of her friends started to be **mean** to her. Kate got very angry and felt like **screaming**. Then Kate told her mind, *count to ten.*

That helped her calm down so she didn't feel like screaming anymore. Kate told her friends in a calm voice that she didn't want to be treated like that, then walked off.

In the evening Kate had a **basketball** game.

Her team was very unlucky that night.

They were missing some of their best players and hardly any ball went in to the **hoop**. The other team had many strong players and they were way ahead in the score.

Kate was tired and felt like giving up.

Then she told her mind, *keep trying your best*. Kate kept running and running as long as she could. Her team lost the game but Kate still felt proud that she did the best she could.



**Kate** was very tired from a long day but couldn't sleep. She kept thinking about all the things that happened that day. Kate got out of bed and found her dad lying on the couch **watching** television while glancing at his phone.

Her dad wasn't really listening.

**'Daddy,'**

Kate said more loudly. 'You are not listening to what I say!'



**'Daddy,'** Kate said.

Her dad looked up at her.

'Did you know you can tell your mind to stop looking at your phone and listen to me?'

'You are right,' said her dad. 'I'll put my phone away and **concentrate** on you.'  
'Can't you sleep?'

Kate shook her head.  
'Let's play a game to relax called rock the boat!'

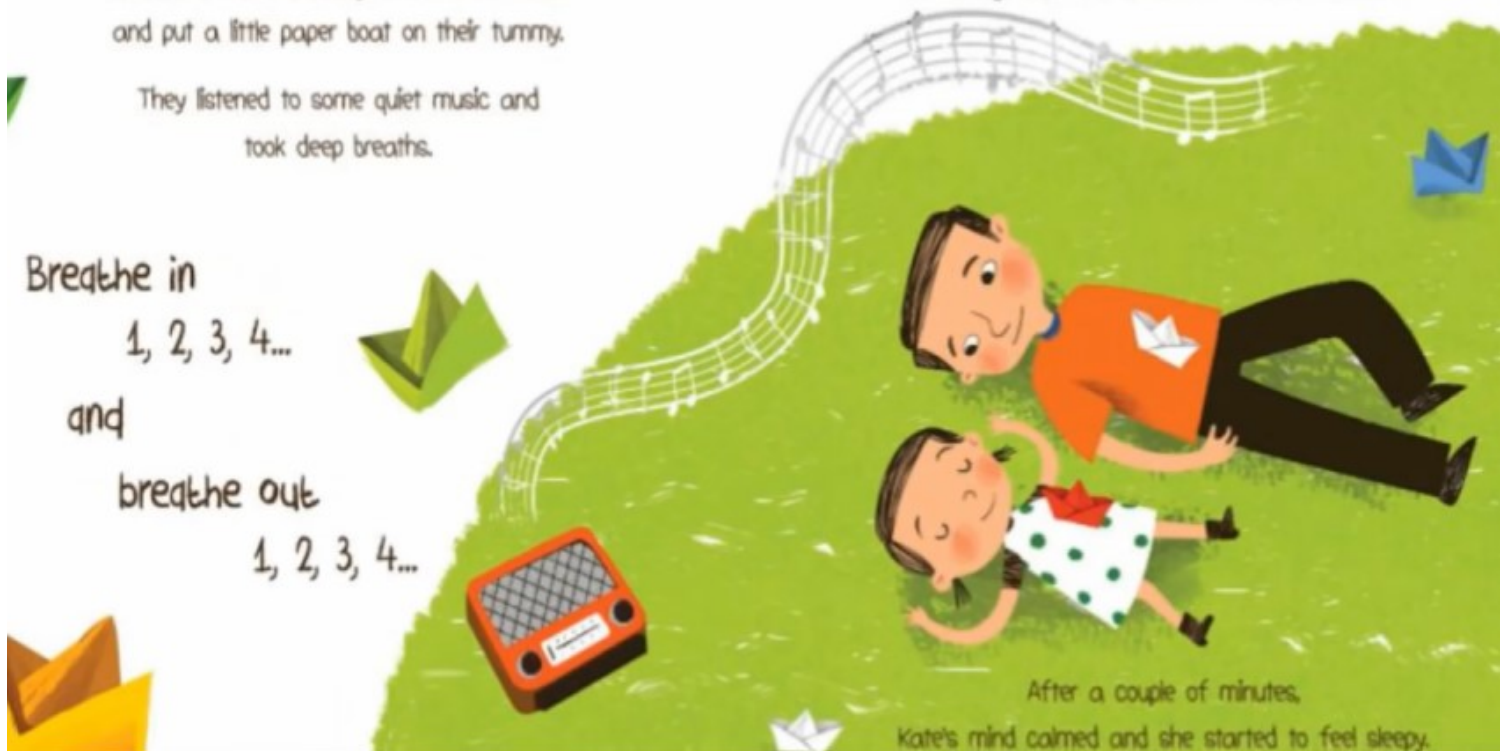


Kate and her dad both lay down on their backs and put a little paper boat on their tummy.

They listened to some quiet music and took deep breaths.

Breathe in  
1, 2, 3, 4...  
and  
breathe out  
1, 2, 3, 4...

Breathing made the boat rock on their tummies.



After a couple of minutes, Kate's mind calmed and she started to feel sleepy.

Her dad carried Kate to bed and tucked her in.  
Kate asked, 'What were your three favourite things  
of the day, Daddy?'

It made Kate feel good when she heard all the positive  
things her dad had to say about his day.  
'Well, watching you do your best at  
basketball was surely one  
of my favourite things  
of the day,' said her dad.  
This made Kate feel happy.



Kate fell asleep to her dad telling all his favourite things,  
and her mind grew just a little  
bit stronger that day.







