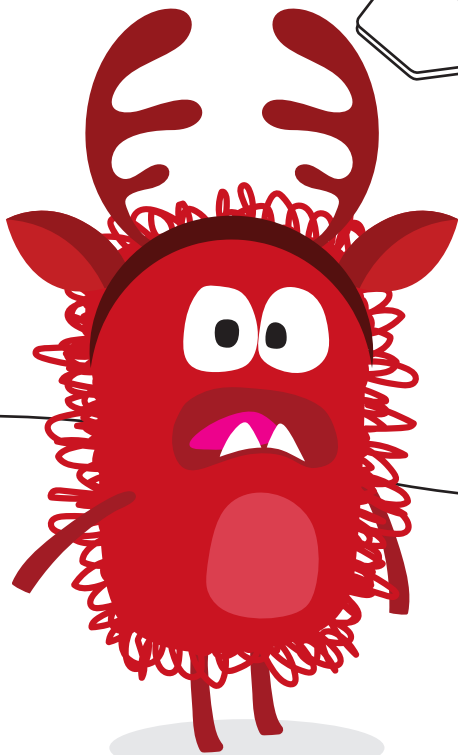




Red2Blue helps you stay
calm at Christmas

Blue

Red



Gazing Red2Blue helps you cope well and stay 'on task' under the pressure of Christmas - doing what is needed, enjoying the moments with family and keeping your head where your feet are.

Happy Christmas from,
The Gazing Red2Blue Coaches

How to use Red2Blue Colouring Sheets

If things get on top of you (or your children!) at Christmas, help regain perspective and calmness with a creative task. Colour in our Red and Blue 'Heads' and make a note of which emotions you feel to start with and which ones you experience as you get back on track. Energy flows where attention goes!

Red head thoughts and feelings...

Distracted

Angry

Hot

Sad

I can't

Grumpy

Tearful

Helpless



@gazingtraining



Gazing Performance Systems



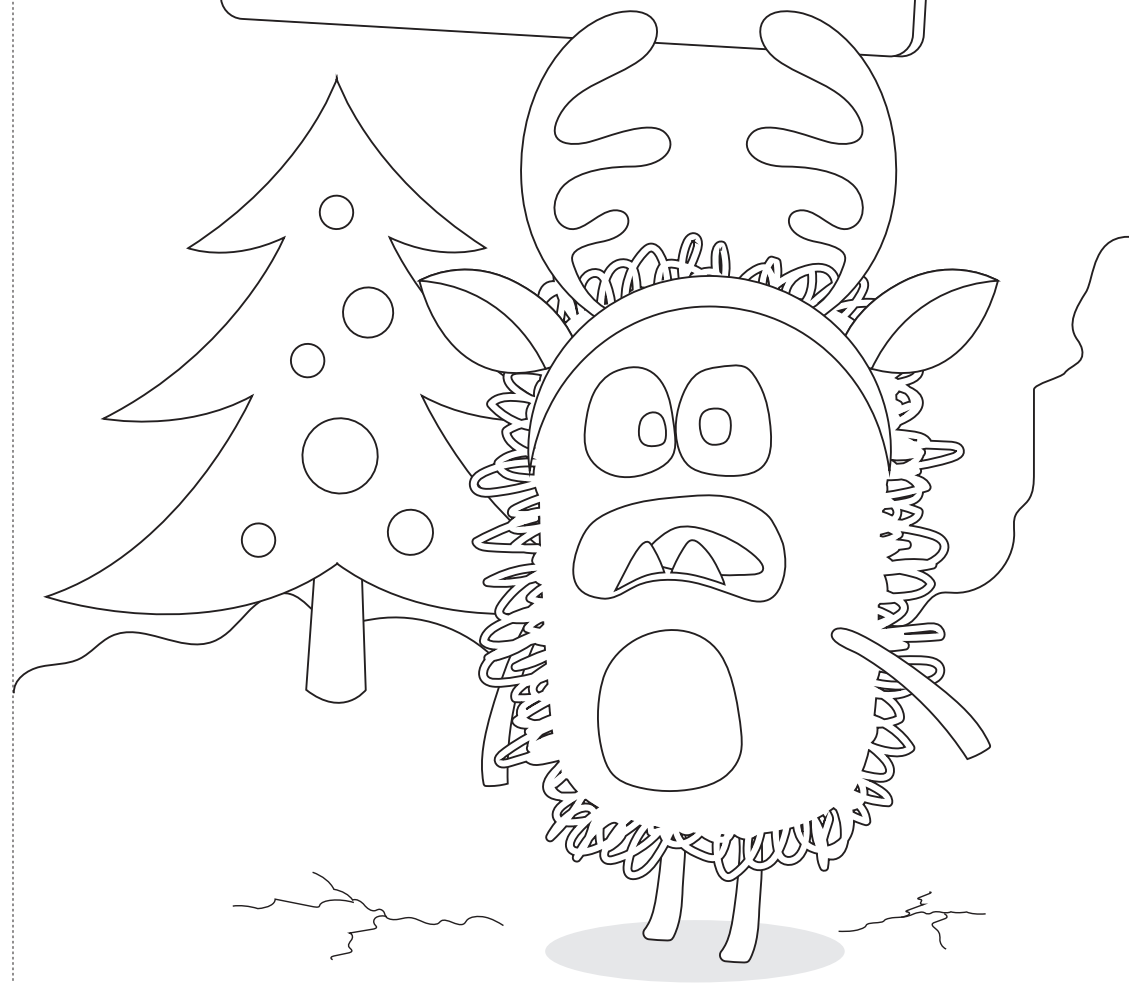
Gazing Performance



gazingtraining

www.gazing.com

© Gazing Performance Systems Limited 2021



FOLD ALONG LINE TO CREATE YOUR CHRISTMAS CARD

Merry Christmas

Blue head thoughts and feelings...

Concentrating

Peaceful

Cool

Happy

I can

Cheerful

Excited

Confident



www.gazing.com

© Gazing Performance Systems Limited 2021

