

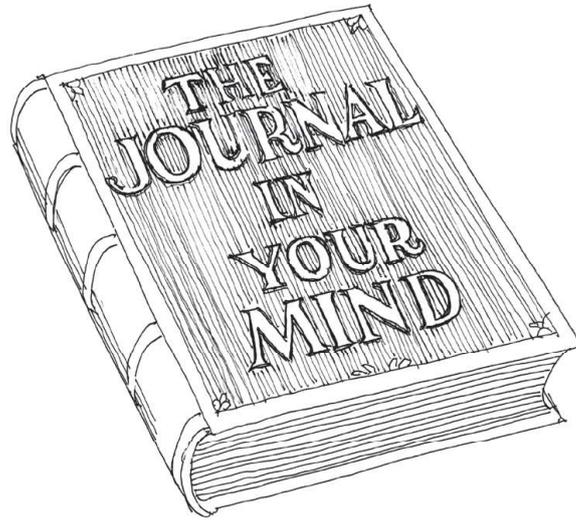
Super-Power #13: The Journal in Your Mind



Shayna has been tossing and turning in her bed for what feels like hours. She can't stop thinking about what happened during school: friends, teachers, a difficult part of math. Her mind wanders to an upcoming holiday party. She wonders what family members will be there. Suddenly, she looks at the clock. It's been two hours since she went to bed! She yawns; she feels so tired, but just can't stop her thoughts from coming.

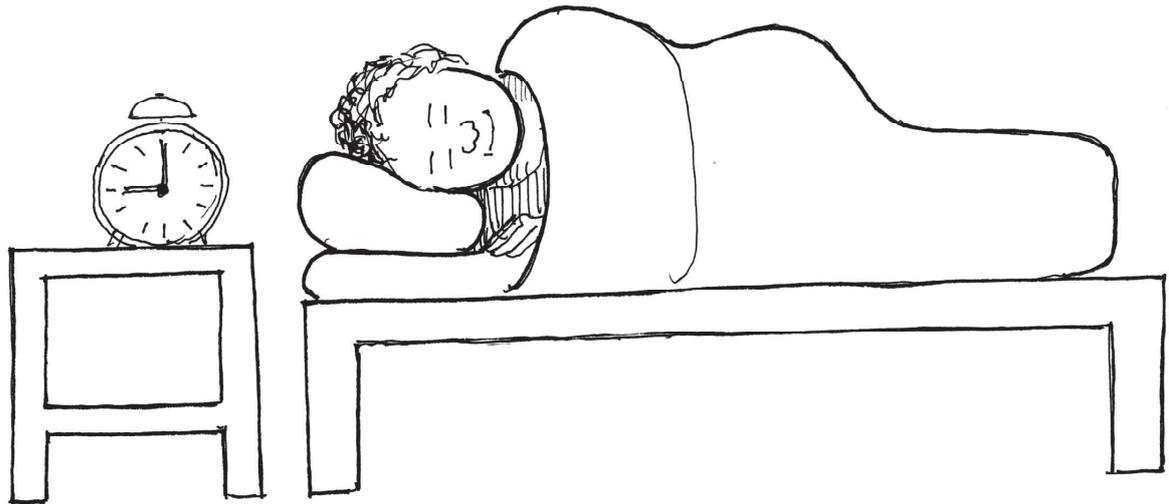
Sometimes, when there's a lot going on in life, and our days are pretty busy, the only time our mind has time to think is at night. This becomes a problem when we can't control how long we are thinking, what we are thinking about, and how to refocus our minds. This is where our next super-power, Super-Power #13, **The Journal in Your Mind**, comes in.

Are you ready to begin and help Shayna learn to fall asleep more easily? Touch your right knee with your left hand, and then your left knee with your right hand to show me that you're ready!

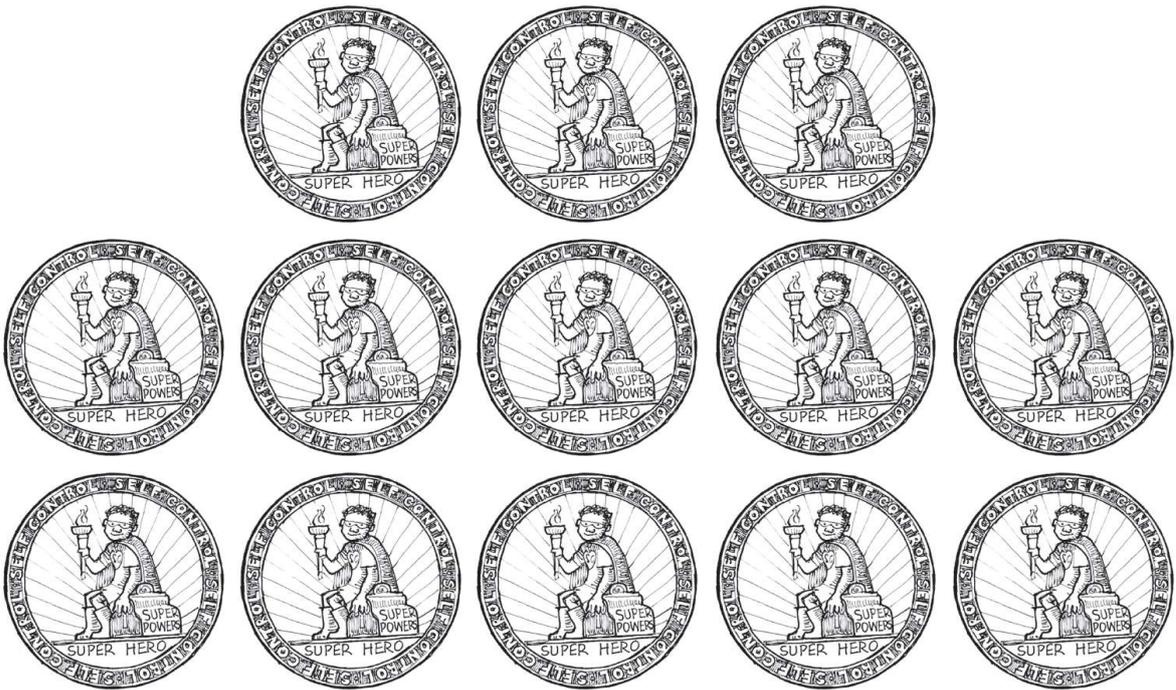


The Journal in Your Mind is a personal journal in your mind where you can write or sketch down any thoughts that are bothering you and that may be keeping you awake. I'd like you to create the journal now. What color is the cover of your journal? What color are the pages? What are you using to write or draw with—a pencil? A pen? Or are you using a crayon, marker, or colored pencil? Now, draw or write anything on your mind that may be bothering you and keeping you awake (or awake later). Close the cover of the journal when you're done—now those thoughts are gone and away, unless you open the journal and want to think about them another time.

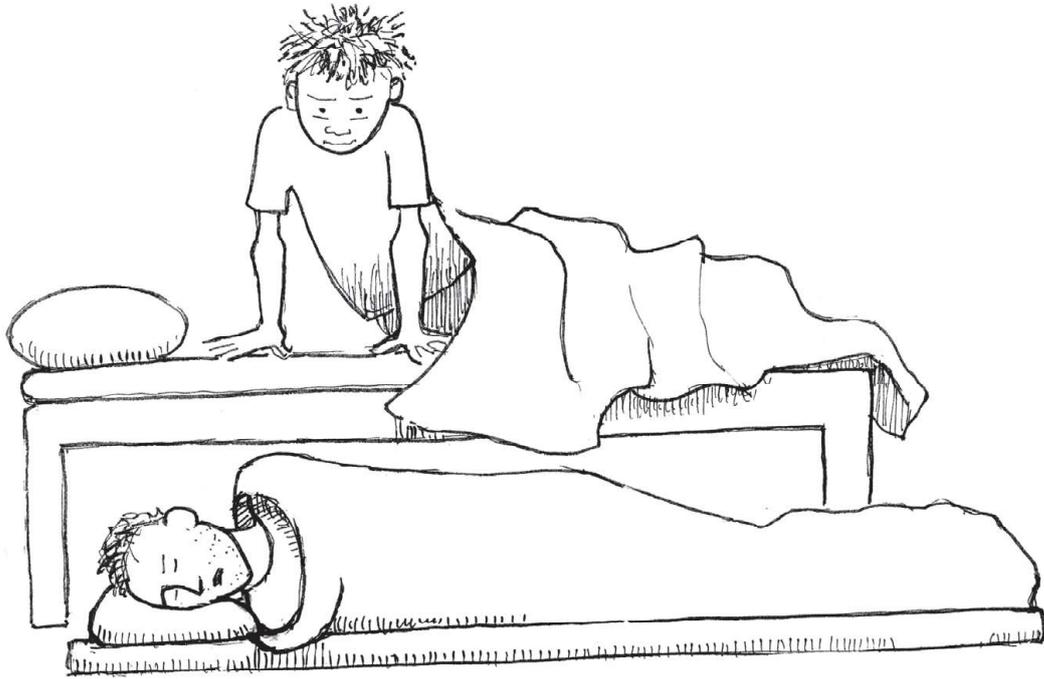
Let's check in on Shayna. I hope that the strength of **The Journal in Your Mind** super-power helped her get to sleep!



Self-Control Academy strikes again! You guys are the best! Ok, draw a smiley face in the air, and let's see if all 13 coins come up.



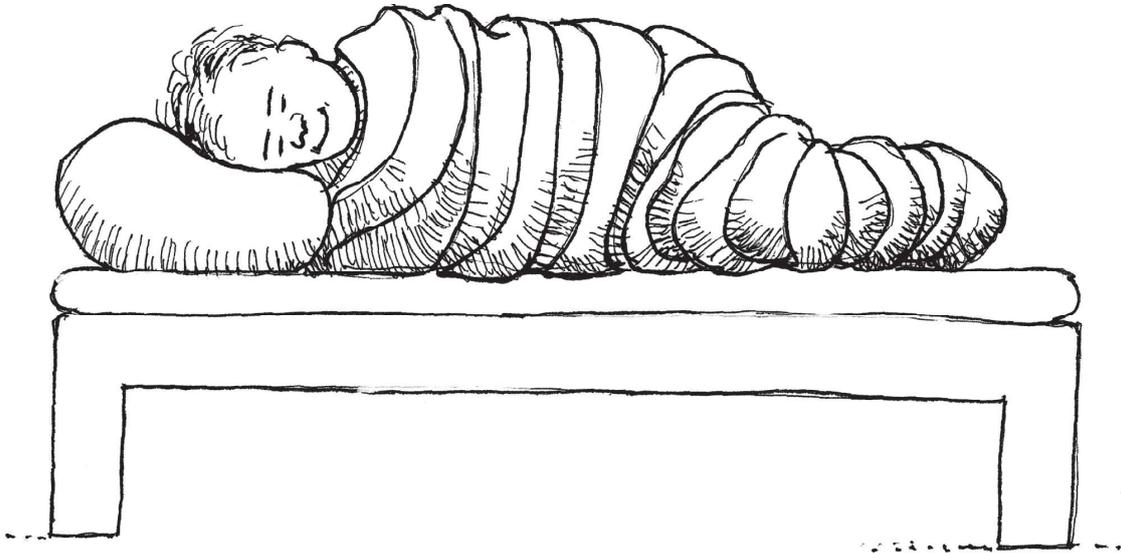
Super-Power #14: Wrap Yourself in Blankets



Flynn's body feels like it has to constantly move, even though he feels constantly tired. When evening approaches, it's like he has renewed energy from the school day, and does his homework upside down! Bedtime approaches. His feet are tapping; his arms are tapping with the effort of not jumping out of bed. Finally, at 11:00 p.m. he goes to his dad who is falling asleep on the couch. "Dad, I can't sleep!" "Yes you can, you just aren't trying enough. Go back to bed, I'll lay next to you on the floor." As soon as his dad's head hits the pillow, he's already snoring. "Why can't it be like that for me?" Flynn thinks grumpily.

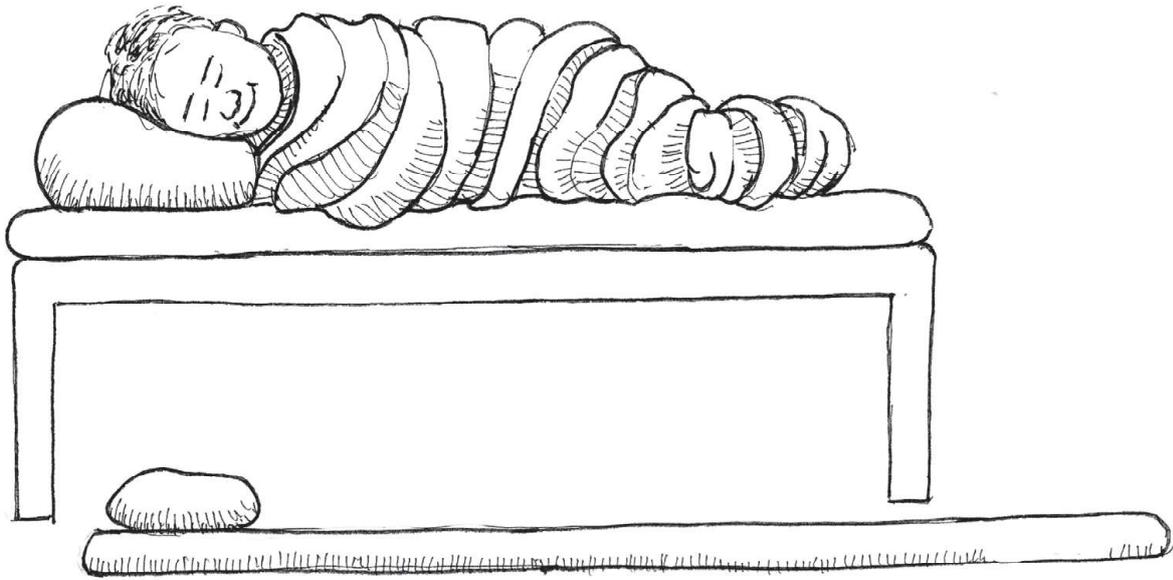
Ok guys, we have to teach Flynn a way to make his body relax enough to get back to sleep. This is a way that I like to fall asleep myself, and it looks kind of like one of my favorite foods—a burrito!

Are you ready for Super-Power #14? Roll your neck in a circle one time if you are!



Here is how to do **Wrap Yourself in Blankets**. Snuggle up under the blanket—wrap it around either side of you tightly, like a burrito. Make sure that your head is sticking out of the blanket. If you would like, add another blanket on top. Do you like how it feels when you're wrapped up tightly? If you need help, ask a grown-up. Don't you feel calm and safe? Take a nice, deep breath. This will help you go to sleep.

Let's see how Flynn is doing. Do you think he was able to relax his body and fall asleep?



We are almost at graduation, and for good reason! Now, give yourselves a tight hug, and see if 14 coins appear.

