

GrowingUp! GOGI

GOGI Tools Empower Kids

Why do kids LOVE the GOGI Tools? The GOGI Tools help kids create positive outcomes to daily challenges. Share this handout with family, at visits, or with a friend who has kids. Mail this to your kids, or send it to a local school and suggest they offer GOGI Tools to their students!

Help kids become the solution!

BOSS OF MY BRAIN

BOSS OF MY BRAIN is a great GOGI tool for you if you want to be the boss of your life. Here is how BOSS OF MY BRAIN works. You have a SMART PART of your brain, which is at your forehead area. You also have an EMOTIONAL PART, which is in the middle of your brain between your two ears. You also have an OLD HABIT PART at the back part of your head. Every time you have a thought just ask yourself which part of your brain is in charge. You are using BOSS OF MY BRAIN if the SMART PART of your brain is doing the thinking! Touch your forehead. That's your SMART PART.

You can be the boss of your own brain.

BELLY BREATHING

BELLY BREATHING puts you in charge of your body so you can make the smartest decisions possible in any situation. Here is how BELLY BREATHING works. Put one hand on your belly. Put your other hand on your chest. Which one is moving? If your chest is moving, take some deep breaths until your belly starts to move. If your belly is moving up and down you are doing BELLY BREATHING very well. When you use the tool BELLY BREATHING you are on your way to the smartest decisions possible.

Mad? Sad? Feeling Bad? Just do your BELLY BREATHING!

FIVE SECOND LIGHTSWITCH

FIVE SECOND LIGHTSWITCH makes it easy for you to FLIP THE SWITCH and get out of negative situations. To use FIVE SECOND LIGHTSWITCH all you need to do is notice when you are feeling things like scared, mad or sad. Once you realize how you feel, you count to five. By the time you get to five pick any positive action and do it. You can walk away, go to your room, text a friend something positive, or doing something nice for someone else. Within five seconds you FLIP THE SWITCH from the negative and you create something positive that is your very own creation.

FLIP THE SWITCH any time you like!