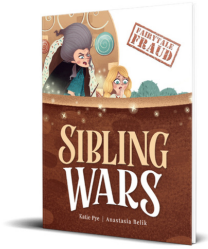




FIX-THE-FIGHT



Will Hansel and Gretel be able to work together to escape the witch?

CREATE A FIGHT MONSTER

Blank space for drawing a fight monster.

FIGHT MONSTER FOOD:

What do you think fight monsters feed on? Add your ideas!

Add 100 grams of HAIR PULLING, to 2 tablespoons of _____ and 4 cups of _____
Bring it to the boil for _____ minutes, then add _____ and _____ until _____

Serve piping hot with _____

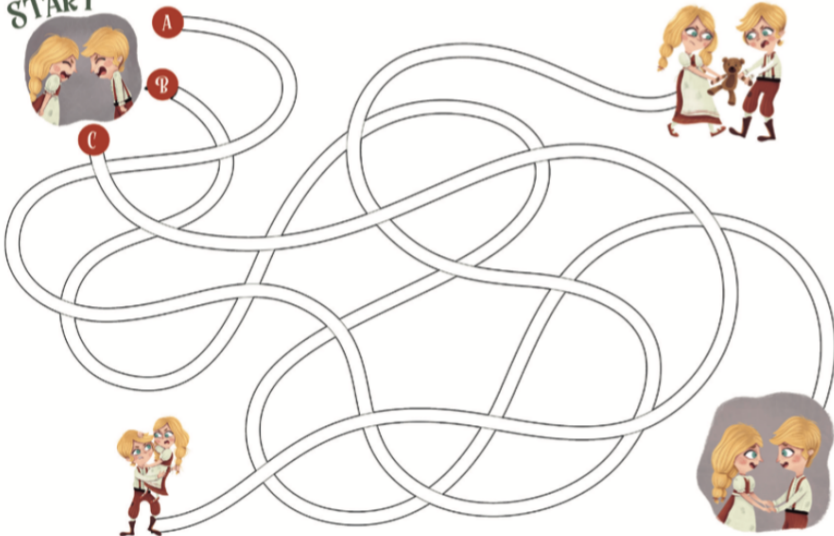
FIGHT MONSTER FEARS

Name 4 things a fight monster would not like. Challenge: Pick something no-one else picks.



Four horizontal lines for writing answers.

START



CHALLENGE!

How slow can you breathe?
Who can hold their breath longest?

.....
Remember, you can use slow breathing to help manage anger,

GET LAUGHING

Hansel and Gretel are fighting over where to sit at dinner.

Come up with some weird and whacky solutions that no-one else thinks of!

QUESTION TIME

Choose a question! Ask the person on your right:

- Is there a healthy way to disagree? How?
- What do you fight about most?
- What does your body do during a fight?