

WEEKLY PODCAST PLANS

one episode at a time

BACK TO SCHOOL PLAN

nail those first day nerves

MON #15 the one with the shouty teacher



FRIENDSHIPS

choose those that bring out the best in you

MON #4 the one with the fake friends



HIGHLY SENSITIVE KIDS

navigating a busy world

MON #10 the one with the ouchy old

BRAVE KIDS

how to boldly step out of your comfort zone

MON #55 the one with the comfort zone

TUES #56 comfort zone series - courage chat 1

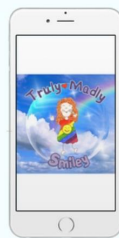
WED #57 comfort zone series - courage chat 2

THU #58 comfort zone series - courage chat 3

FRI #59 comfort zone series - courage chat 4

SAT #60 comfort zone series - courage chat 5

SUN #61 comfort zone series - courage chat 6



POSITIVITY BOOST

when your mood is glum

MON #3 the one with the missing gloves



FEARFUL KIDS

moving through change

MON #54 the one with the real truth about worries

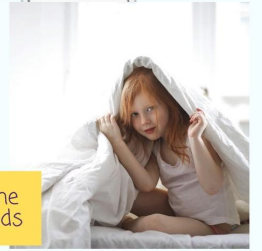


KIDS WHO CAN'T SLEEP

fall asleep easily

MON #29 the one with the soothing sleep sounds

TUES #38 the one with the



ANGRY KIDS

feel at peace in your body

MON #27 the one with the raging storm

TUES #41 the one with the smiley heart messages

WED #20 the one with the



BORED KIDS

make your own fun

MON #51 the one with the big summer quiz

TUES #14 the one with the frozen planet

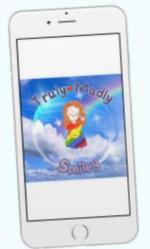
WED #46 the one with the curious colourful quiz

THU #30 the one with the brilliant ideas

FRI #31 the one with the furry friendships

SAT #40 the one with the boredom busters

SUN #45 the one with the cabin fever



KIDS WHO CAN'T SLEEP

fall asleep easily

MON

#29 the one with the soothing sleep sounds

TUES

#38 the one with the smiley heart messages

WED

#44 the one with the sunny walk and talk

THU

#8 the one with the noisy brain

FRI

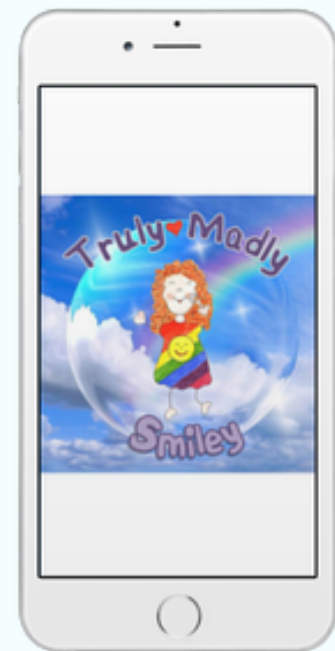
#18 the one when loneliness paid a visit

SAT

#2 the one with the dark dark night

SUN

#53 the one with the moon walk



CONFIDENT KIDS

feel good from the inside out

MON

#11 the one with the concrete boots

TUES

#13 the one with the marvellous medicine

WED

#41 the one with the smiley messages

THU

#36 the one with the cat's bottom

FRI

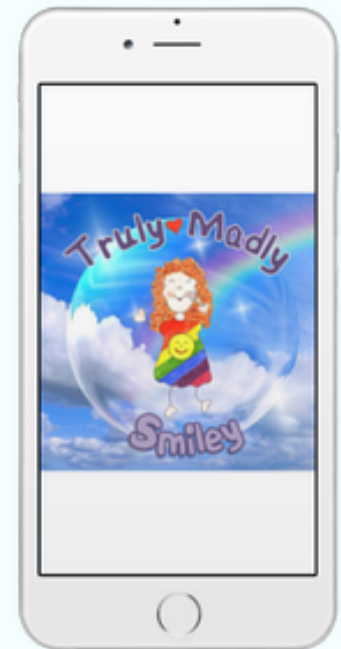
#28 the one with the smiley cheerleaders

SAT

#48 the one with the powerful words

SUN

#23 the one with the zone of genius



HIGHLY SENSITIVE KIDS

navigating a busy world

MON

#10 the one with the ouchy old bruise

TUES

#42 the one with the secret sign language

WED

#46 the one with the curious colourful quiz

THU

#38 the one with the smiley thought messages

FRI

#29 the one with the soothing sleep sounds

SAT

#36 the one with the cat's bottom

SUN

#25 the one with the magical world



FEARFUL KIDS

moving through change



MON #54 the one with the real truth about worries

TUES #43 the one with the Coronavirus

WED #42 the one with the secret sign language

THU #48 the one with the powerful words

FRI #24 the one with the bouncy castle

SAT #11 the one with the concrete boots

SUN #29 the one with the soothing sleep sounds



FRIENDSHIPS

choose those that bring out
the best in you



MON

#4 the one with
the fake friends

TUES

#19 the one with the
broken friendships

WED

#20 the one with the
sicky icky soup

THU

#21 the one with the
break up break down

FRI

#18 the one when
loneliness paid a visit

SAT

#36 the one with the
cat's bottoms

SUN

#53 the one with
the moon walk



BORED KIDS

make your own fun



MON

#51 the one with the big summer quiz

TUES

#14 the one with the frozen planet

WED

#46 the one with the curious colourful quiz

THU

#30 the one with the brilliant ideas

FRI

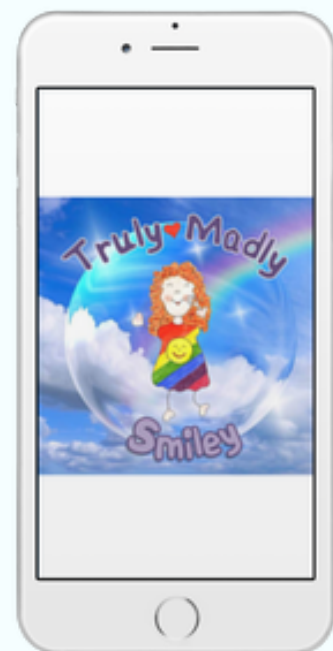
#31 the one with the furry friendships

SAT

#40 the one with the boredom busters

SUN

#45 the one with the cabin fever



POSITIVITY BOOST

when your mood is glum



MON

#3 the one with the missing gloves

TUES

#9 the one with the best day ever

WED

#23 the one with the zone of genius

THU

#30 the one with the brilliant ideas

FRI

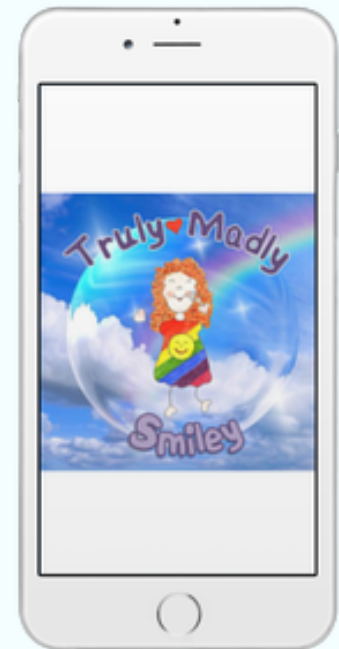
#44 the one with the sunny walk & talk

SAT

#7 the one with the leaky bucket

SUN

#41 the one with the smiley heart messages



ANGRY KIDS

feel at peace in your body



MON #27 the one with the raging storm

TUES #41 the one with the smiley heart messages

WED #29 the one with the soothing sleep sounds

THU #48 the one with the powerful words

FRI #14 the one with the frozen planet

SAT #50 the one with the fair fight club

SUN #46 the one with the curious colourful quiz

