

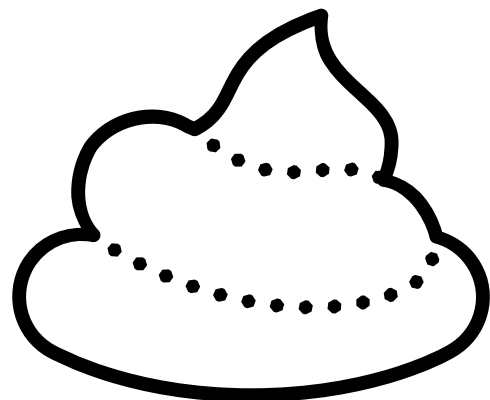
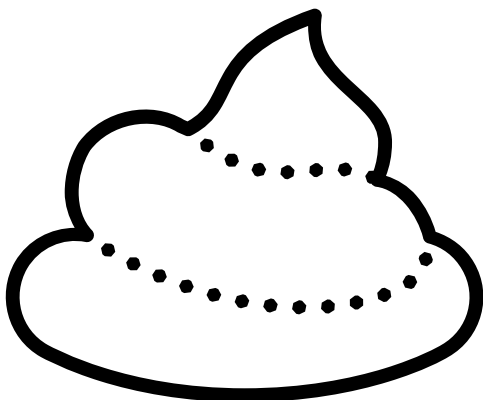
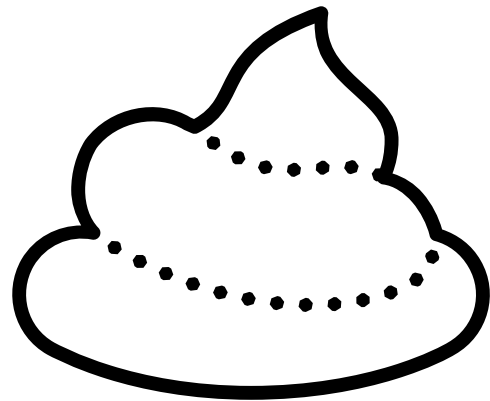
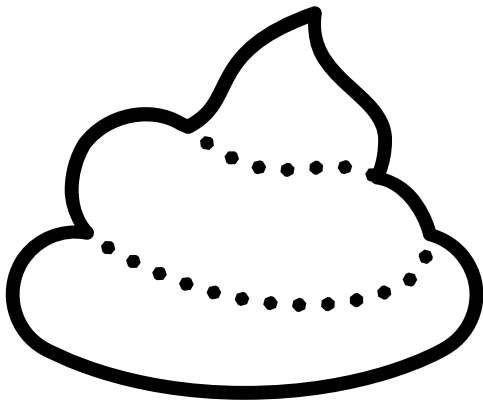
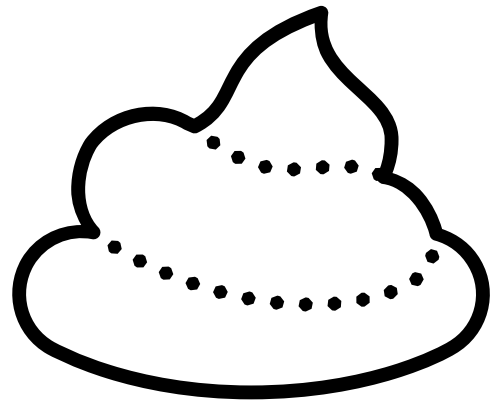
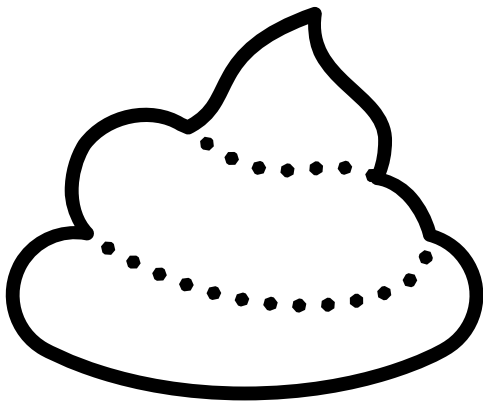
WHAT I CAN DO WHEN I'M SCARED OF THE LOO

I'm Lou the loo, you can
complete the activity on
the next page and fill me
with poo!



LOU'S POOS

Can you think of some things you can do when you feel scared or worried about going to the toilet?
Write them on the poos and stick them to Lou to loo!
Display in or near your bathroom to remind yourself of what you can do to help you.



WAYS TO STAY CALM ON THE LOO!

Learn about poo and the human body so I know what is happening

Imagine a calm and happy place

Remember poo is normal and natural!

Have a cold drink

Take a story book with you

Ask for help if you need it

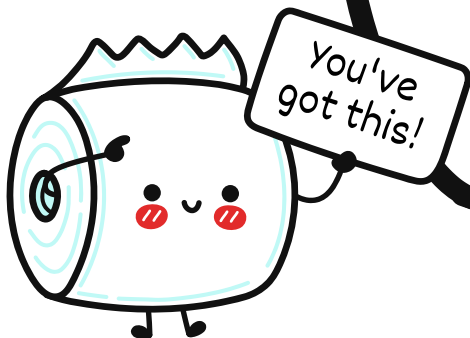
Trust your body

Read some funny jokes

Count to 10 in my head or on my fingers to distract myself

Stretch your arms and legs out as wide as you can

Take deep breaths in and out



MINDFUL TOILET GAMES

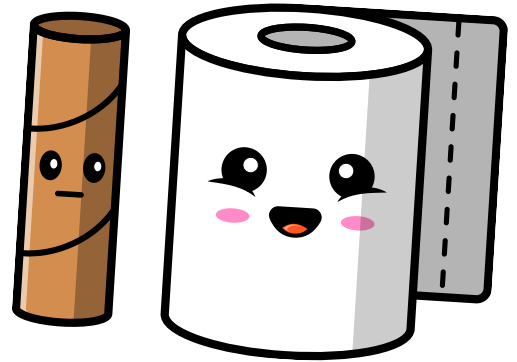
If you're feeling worried about going to the toilet, try these mindful tricks below. Mindfulness means slowing down to notice what is around us and can help us to feel calm and relaxed.

WHERE I'M SAT...



When you're on the toilet, close your eyes and imagine you're sat somewhere else. It can be anywhere... perhaps it's in a racing car or on the King's throne! Where are you sat?

TOILET PAPER ORIGAMI



How small can you fold a piece of toilet paper? Make sure you just grab one! What else can you make from it?

SENSES GAME

Focussing on our senses can help us to feel calm. Next time you're on the loo, think about the following:

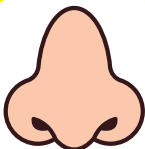
What you can see



What you can touch



What you can smell



What you can hear



MY CALM PLACE

Think about a place you feel calm and draw it above. Imagine this next time you're on the toilet.

MY DIGESTIVE SYSTEM

The human body is amazing. Can you learn all you can about our digestive system and then come back and draw and label the poo going through your body? Make sure you start from the food we eat!

