

The shouty, pouty house.



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There once was a house.



It wasn't a happy house.



It was a shouty house, where everyone got on each other's nerves.



and everyone shouted at each other.



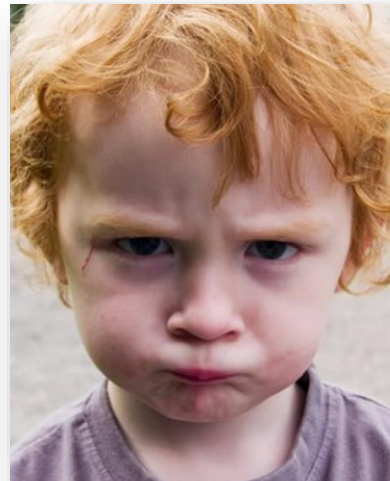
Everyone got frustrated when they didn't get their own way.



Even the dogs fought and argued.



It was also a pouty house. People sulked and moaned and didn't take responsibility.



They blamed everyone but themselves for everything that was wrong.



No one ever tried to be a bit nicer, or a bit more patient or a bit more tolerant.



No one ever tried to have a little think about what they were doing. They just blamed others.



So the house got angrier and shoutier and sulkier and more miserable.



Even the dogs didn't really want to live there anymore.



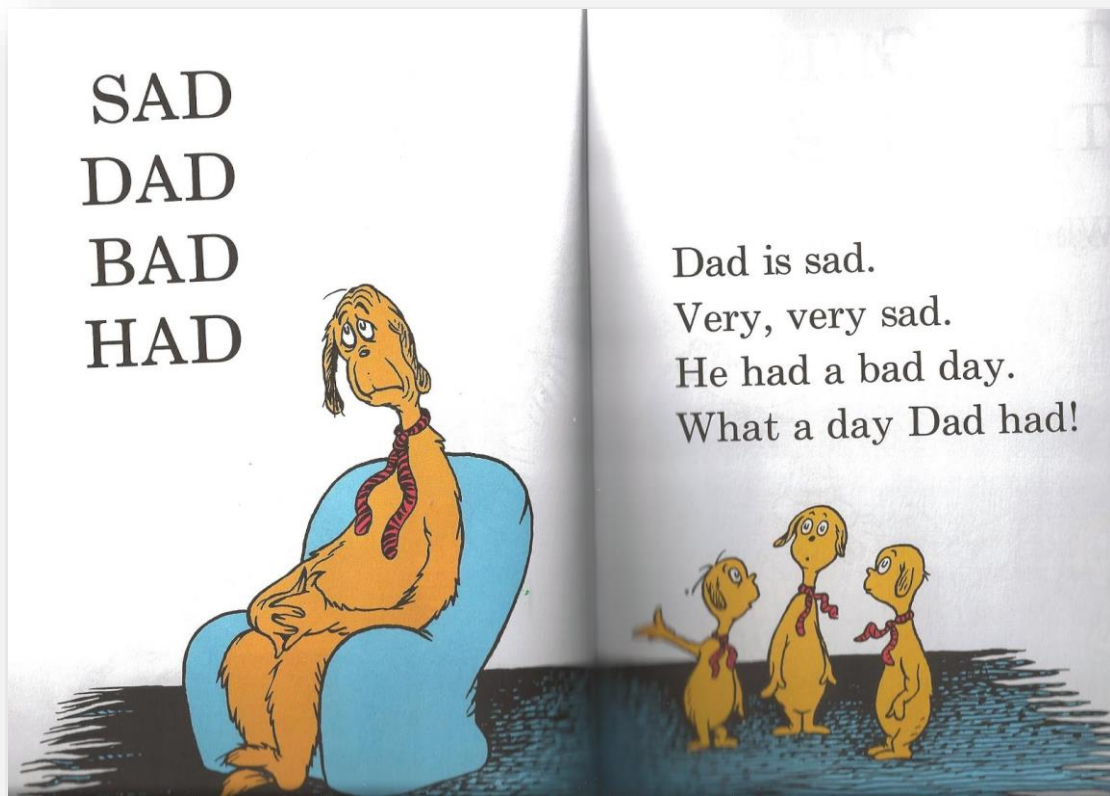
One day the family sat down to have a talk.



Mum said, I'm sick of all this shouting, its making me sad.



Dad said, I'm sick of all this moaning, it's making me sad.



The kids said we are sick of all the arguing it's making us mad.



The dogs said “woof woof woof”. In dog talk that meant they were really unhappy. All the stress was giving them a headache.



So the family decided it was time for a change.



Instead of shouting, they tried to stay calm and talk quietly to each other.



It took a bit of practice but they got there in the end.



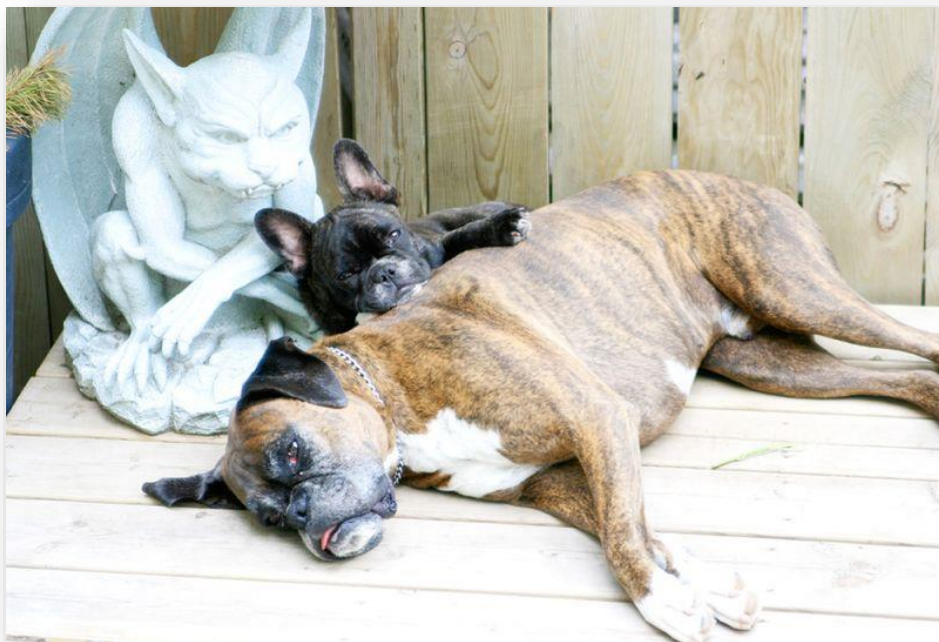
Instead of blaming each other and finding fault, they tried to be more tolerant and kind.



Instead of sulking and moaning, they took responsibility. They tried to solve problems instead of stirring trouble.

**JUST
BE
NICE**

Even the dogs stopped nipping and snarling and biting each other's ears and just chilled out.



So the shouty, pouty house became a place of peace and calm. Everyone just got along with each other.



They started to live happily ever after. And when things got a bit tricky, they knew just what to do.



Useful links/resources:

For adults and teens:



<https://www.youtube.com/watch?v=5TQsfntld3U>



<https://www.youtube.com/watch?v=ofL-pn8os-c>

How to Meditate - YouTube



Sep 27, 2012 - Uploaded by watchwellcast

Sign up for our **WellCast** newsletter for more of the love, lolz and happy!

<http://goo.gl/GTLhb> A lot of people ...

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<https://www.youtube.com/watch?v=IWIFMfEgc8A>



<https://www.youtube.com/watch?v=hnpQrMqDoqE>

FIVE WAYS TO WELLBEING



<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>

[The Teenage Brain Explained - YouTube](https://www.youtube.com/watch?v=hiduiTq1ei8)

<https://www.youtube.com> › watch ▼



Mar 13, 2014 - Uploaded by SciShow

Being a **teenager** is hard. Especially when hormones play their part in wreaking havoc on the **teenage** body ...

<https://www.youtube.com/watch?v=hiduiTq1ei8>

[11 Free Relaxation Apps for Teens With Anxiety | Slap Dash ...](https://slapdashmom.com/anxiety-apps-teens/)

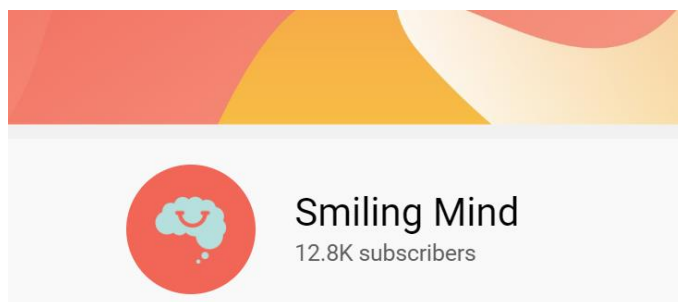
<https://slapdashmom.com> › anxiety-apps-teens



Oct 13, 2017 - Uploaded by Kids Learning Tube

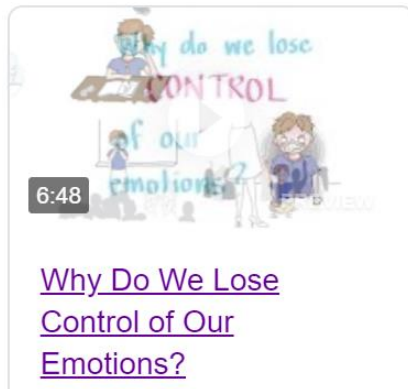
Calm is the #1 app for mindfulness and meditation for **teens**. Even if your **teen** has never done any ...

<https://slapdashmom.com/anxiety-apps-teens/>



https://www.youtube.com/channel/UCSP__8_QEFYdiogY2F3CXfA

For kids:



[Why Do We Lose Control of Our Emotions?](#)

<https://www.youtube.com/watch?v=3bKuoH8CkFc>



[Calm Down and Release the Amygdala](#)

<https://www.youtube.com/watch?v=Zs559gulGDo>



**KIDS MEDITATION -
BULLDOG FINDS HIS
QUIET PLACE ...**

<https://www.youtube.com/watch?v=QKDLEdpRIRE>

For parents/caregivers:



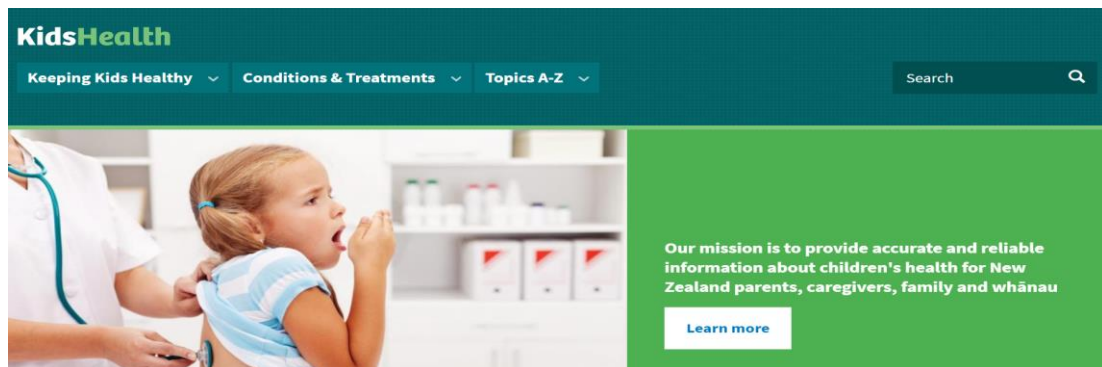
<https://www.skip.org.nz/>



The Australian Parenting Website



<https://raisingchildren.net.au/>



<https://www.kidshealth.org.nz/>

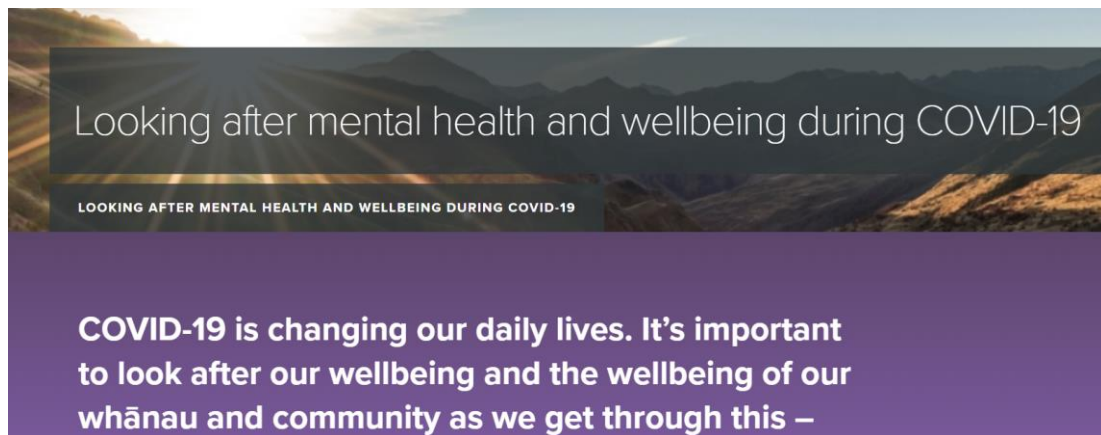


<https://copingskillsforkids.com/calming-anxiety>

COVID-19 Related:



<https://tpplus.co.nz/community/le-va-launches-trouble-in-your-bubble-catchyourself/>



<https://www.mentalhealth.org.nz/get-help/covid-19/>



**Coping With Worry & Anxiety
About COVID-19**

<https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19>