

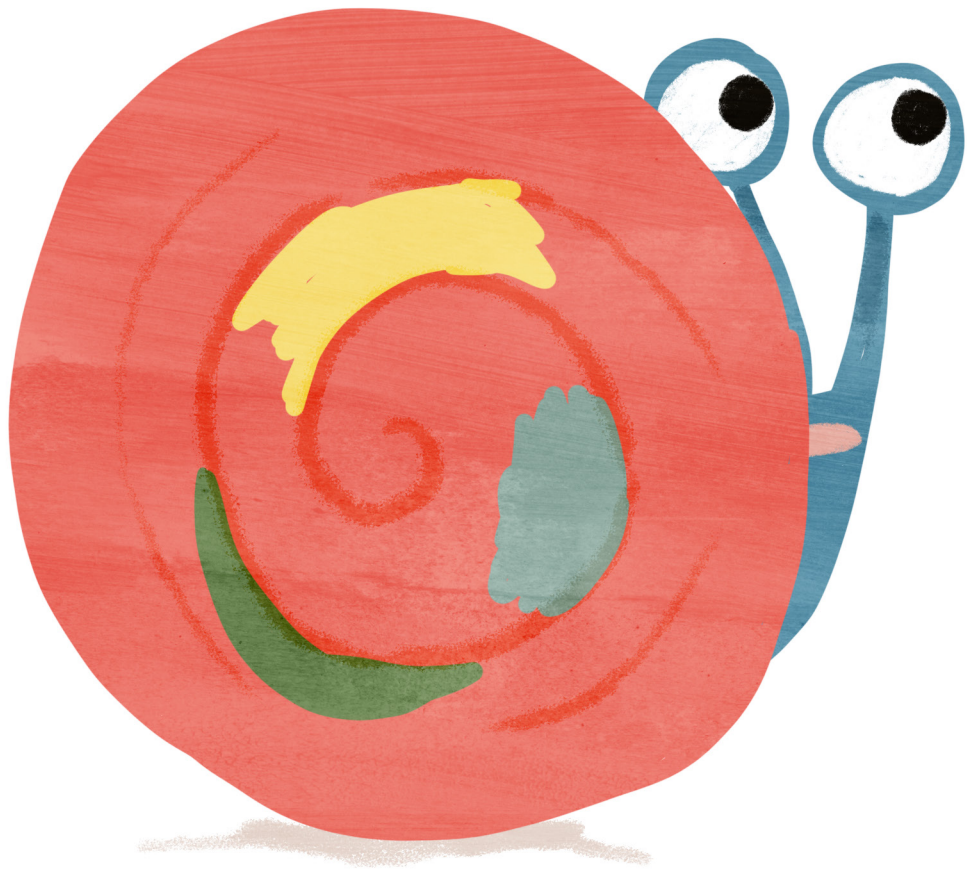


MOLLY



Australian
Childhood
Foundation

childhood.org.au



Molly the snail carries her house with her on her back. If she gets a fright or feels sad she can just pop into her house and stay there until she feels safe enough to come out. It might not look like it from the outside, but Molly's house has lots of rooms inside.

Here are some of the rooms in Molly's house:

The beanbag room

A room where you can't see the floor because it's covered by beanbags to smooch down into.



The Jelly Room

A room where there is jelly up to your knees for you to squoosh in your hands and between your toes.



The Bouncy Room

A room whose floor and walls are made from bouncy material.

The Food Room

A room full of favourite foods and drinks that never run out.



The Peaceful Room

A quiet room that has a soft couch and big fuzzy blanket to snuggle under.





The Bubbles Room

A room that is filled with bubbles
that you can watch float around or
pop or blow.



What a funny house Molly carries around with her. Do you know anyone with rooms in their house like Molly's?

Would you like to visit Molly's house? You can with your imagination. Just like Molly, if you ever need to take a break you can find a quiet spot and use your imagination to visit Molly's house.



How to visit Molly's House

Sit quietly with your bottom on the floor or chair.

Close your eyes or look down.

Get ready to turn on your imagination.

Which room in Molly's house would you like to visit the most?

Imagine a door in your mind. It's closed, but you can open it.

Imagine opening the door to the room.

Look around the room, what do you see?

Go into the room and find a place to be in the room that feels right for you.

You can stay here for as long as you like.

When you feel ready you can leave Molly's house and come back into this space.