

Your Custom SAS Relaxation Gadget

Gadget Name: _____

How it works:

Gadget Picture:

Best suited for:

(please colour and tick)

Emotionometer

1 2 3 4 5 6 7 8 9 10

☐ Low

☐ Medium

☐ High

Where to use it:

(please circle)



Home



School



Out

How does your gadget help you?

One time I used this gadget was...

It helped me to...

Let's help Monique:

Monique joined a sports team for her first time. She loves sports!

Before the first practice, she feels very nervous! "What if the coach thinks I'm terrible!?"

What could Monique do to feel braver?

What could the coach do to support Monique?

Competition Worksheet Guide

Your Mission:

Share YOUR Relaxation Gadget — something that already helps you feel calm, brave, ready for action, or ready for sleep!

There are no wrong ideas. Big gadgets, small gadgets — all are welcome!

You can enter **up to 3 times** before **8 April 2026**.

Prizes: 5 winners receive a **\$100 gift card**, and your gadget might even be added to the real SAS program!

Choose any of the 3 worksheets.

You can do it digitally, or print it and complete it by hand.

Gadget Name

What do you call your gadget? Give it a fun, spy-style name.

How It Works

What does your gadget do? How do you use it?
Which emotion(s) does it help?

Gadget Picture

Show us what it looks like! Create a picture or symbol for it.

You might like to:

- Draw on paper with markers, pencils, or collage
- Draw or use symbols or emojis digitally
- Add labels or colours if you want — your choice

Best Suited For

Choose the emotion level your gadget helps most.
You can mark more than one. If you're not sure, make your best guess or leave it blank.

Where to Use It

Select one or more places that match your gadget best. Think about where your gadget is most useful: home, school, or out in the community (like at the shops or a park). Check if there's anywhere it can't be used or isn't a good idea.

How It Helps You

Answer the question by writing, typing, or drawing your ideas.

Let's Help Others

Answer the 2 questions by writing, typing, or drawing your ideas.

How to Enter

When your worksheet is complete, ask your parent or guardian to submit it for you.

If you are **18 or older**, you can submit it yourself.

For Parents, Guardians & Adults

- Submit entries at: www.sst-institute.net/gadgetcomp
- Deadline: 8 April 2026, 11:59pm AEST
Entry requires an adult to complete the form and accept the Terms & Conditions. Please also help with scanning or photographing the worksheet (if needed)
- Limit: 3 entries per child.
- Questions? connect@sst-institute.net
- Terms & Conditions: www.sst-institute.net/comptermes

Good luck, Agent!

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