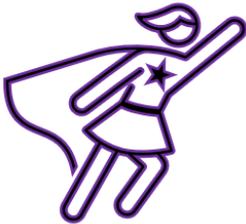




My Helpful Workbook



How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.



Mood



School



Friendships



Home



Score how you think you are managing your emotions today. Why have you given that score?

Managing emotions



Colour										
Date										

My wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

I can talk to:-

My goals:-

Activities I enjoy:-

Helpful strategies:-



Doodle page ...

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Colour									
Date									



My positive thinking

Write at least one thing per day that has made you laugh feel happy, proud, positive.

Day	Event	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Exercise Diary



Day	Type of exercise	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Physical Exercise

When we do physical exercise our body releases happy chemicals which make us feel good. Therefore it is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel fantastic. Complete the exercise diary and what sports you enjoy and how they make you feel.



Cycling



Boxing



Basketball



Yoga



Skip



Football

My happy Jar

Continue the positive thinking by writing the positive things that have happened to you on little pieces of paper. I.e. surprises, gifts, accomplished goals, 'lol' moments and great memories. Keep all of the positive memories in a Happy Jar. Then at the end of the month (or when you are feeling a little blue) open your jar and celebrate all the positive things that have happened to you. Remember to share your celebrations with family and friends.

Memories



Proud moments

Surprises

Accomplished goals

Family Activities

It's great to spend time with family . As a family think of things that you can do at home and out in the community. Its fun to fill the jars with ideas, pull one out together and make it happen! Think of some activities you do at home or would like to do, here are some suggestions.

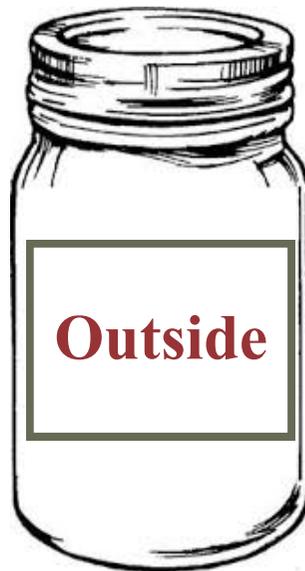


Home Activities

- Bake
- Arts and crafts
- Reading
- Board Games
- Have a makeover
- Sing and dance
- Watch a film

Outside Activities

- Go for a walk
- Play sports
- Collect pebbles from the beach
- Kick/collect leaves
- Visit a museum



BEGINS WITH ME

Write a log of all the acts of kindness you do and how it makes you feel.

Random acts of Kindness

Being kind to people not only makes them feel happy, but can also make you feel great!. Here are some ideas of random acts of kindness for you to try with friends and family.



Donate toys, books and food



Cheer someone up by telling a joke



Smile at everyone you come across



Say hi/hello



Give hugs to friends and family



Leave positive post - it notes for people



Help with the chores



Volunteer to help at school/ in the community



Give out compliments



Open doors for people

Calming box

Sometimes it is important that we have some time to ourselves to feel calm. Create your own calming down box which you can use to help relax you. Here some ideas of things to add to your calming box..

- Relaxation activities (within this booklet Pg. 8/9)
- Playdough
- Rainbow Pom-Poms
- Cotton Balls
- Shredded Paper
- Squashy balls
- Light up balls
- Instruments
- colouring book
- A variety of fabrics
- Calm down bottle
- Fiddle toys
- Rubik's cube
- Chewing toy
- Bubbles
- Scented lotions/fabric
- Lego
- Photographs of nice memories
- Pebbles



Relaxation techniques



Try one relaxation technique per day. Rate out of 10 (10 being really helpful and 0 being not helpful) how helpful

Relaxation techniques	Score out of 10	Relaxation techniques	Score out of 10
Meerkat Paw		Jaw: Chew the carrot	
Sleepy elephant		Squeeze the lemon	
Monkey Climb		Stretch like a cat	
Meerkat Stretch		Elephant Stretch	
Elephant squish		Grounding technique	
Hide in your shell		Flower and candle breathing	



Positive Affirmations



It is really important to remind yourself that you are fantastic. Using the cards opposite to help, finish the sentences below that best describe you. e.g. I am friendly.

1. I am
2. I am
3. I am
4. I am
5. I am
6. I am
7. I am
8. I am



Meerkat Paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.



Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed"



Meerkat stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right. What is the furthest thing you can see now? ...pause ..What do you notice? Has your head stretched further?



Stomach make sure the elephant does not squish you

You are lying down and a baby elephant is coming towards you. Tighten your stomach muscles incase it walks over you. The elephant has gone so you can relax. Oh wait its back, quick, tighten your stomach muscles again, just incase it walks over you. Don't worry it has passed you so you can relax again.



Shoulders and neck: Hide in your shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax.



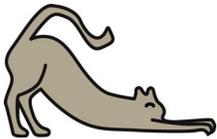
Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can. Repeat!



Hands and Arms: Squeeze a Lemon

Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hand. See how much better your hands and arms feel when they are relaxed.



Arms and Shoulders: Stretch Like a Cat

Pretend lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



Elephant Stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breath out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.

Grounding technique Notice

- 5 things you can
- 4 things you can
- 3 things you can
- 2 things you can
- 1 Deep breath



Flower and Candle: Breathing



+



Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away. Are you feeling re-

Your own ideas

Write/draw your own ideas of relaxation and breathing exercises.