

YOU ARE
NOT ALONE



WE CAN GROW
THROUGH THIS
TOGETHER

Exercise

Every day!

The 'Body Coach' on Facebook

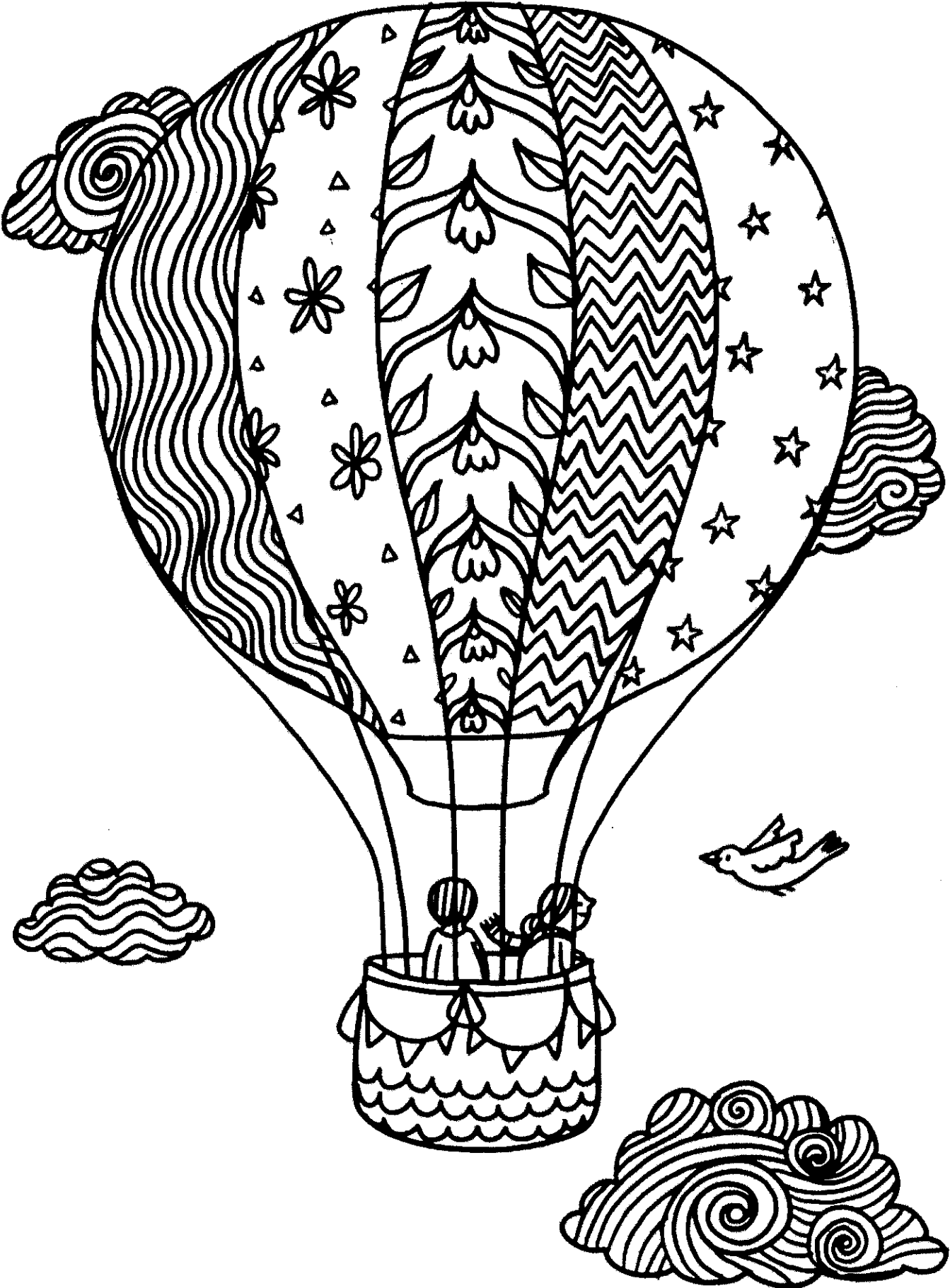
9am Monday to Friday live PE lessons

'One You'

www.NHS.UK

Exercise sessions to follow online

Sometimes when we are worried, we can imagine putting our worries inside a balloon and watching them float away.



Look at these ways of helping you relax or feel calm.

Highlight in yellow the things you already do.

Highlight in green the things you want to try in the future.

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

Calm Down Strategies for Kids

<http://www.andnextcomesL.com>

- o Blow bubbles
- o Chew gum
- o Chew on a chewy toy
- o Complete a puzzle
- o Use a fidget
- o Use a weighted lap cushion or stuffed animal
- o Wear a weighted vest
- o Use stretchy resistance bands
- o Crawl through a sensory tunnel
- o Wear noise reducing ear muffs
- o Suck on hard candies
- o Diffuse essential oils
- o Use Rescue Remedy spray
- o Listen to music
- o Listen to audiobooks
- o Do some yoga
- o Lay or bounce on a ball
- o Sing ABCs forwards or backwards
- o Build with blocks of LEGO
- o Go for a run
- o Swing
- o Pet a cat or dog
- o Draw with chalk
- o Go for a walk
- o Go to a quiet place
- o Paint a picture
- o Do a maze, dot to dot, or word search
- o Read a book
- o Count slowly forwards or backwards
- o Ask for a hug
- o Take a drink of water
- o Wrap up in a blanket
- o Invert head or hang upside down
- o Close your eyes
- o Hum or sing a song
- o Do some deep breathing
- o Go for a bike ride
- o Draw a picture
- o Play hopscotch
- o Jump on a trampoline
- o Climb a tree
- o Play an instrument and make music
- o Do a heavy work activity
- o Use a calm down bottle
- o Do animal walks
- o Dance
- o Skip
- o Do a cartwheel
- o Take a bubble bath
- o Drink a smoothie through a straw
- o Make silly faces in a mirror
- o Drink a warm beverage
- o Look at an hourglass, lava lamp, or aquarium
- o Rip tissue paper
- o Bend and twist pipe cleaners
- o Have a snack
- o Pop bubble wrap
- o Play with play dough, slime, or silly putty
- o Look at a photo album
- o Blow a pinwheel
- o Squeeze a stress ball
- o Tightly hug or squeeze a pillow or toy
- o Wear an eye mask
- o Listen to nature sounds
- o Spin a top
- o Use a mini massager
- o Climb into a body sock
- o Make a craft
- o Play a one player board game
- o Rub some scented lotion on
- o Wear sunglasses
- o Light a scented candle
- o Journal
- o Color a picture in a coloring book
- o Play with shadow puppets
- o Blow a feather
- o Blow a pom pom around using a straw
- o Take a bath with Epsom salts
- o Ask for a break
- o Push against a wall
- o Play with a sensory bin
- o Crash into a crash pad
- o Take a shower
- o Suck on ice
- o Do some joint compressions
- o Brush hair and/or skin
- o Blow bubbles in a cup of water
- o Smell scratch and sniff stickers
- o Turn off the lights
- o Read with a flashlight
- o Play I spy
- o Braid your hair
- o Climb a ladder or rock wall
- o Use positive affirmations
- o Hug someone
- o Doodle on paper, whiteboard, or similar
- o Use visual calm down cards or posters
- o Stretch
- o Play with a pet
- o Trace your hands with your finger

Look around you. What can you see? Can you write one thing you can see for each letter of the alphabet?

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____



M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

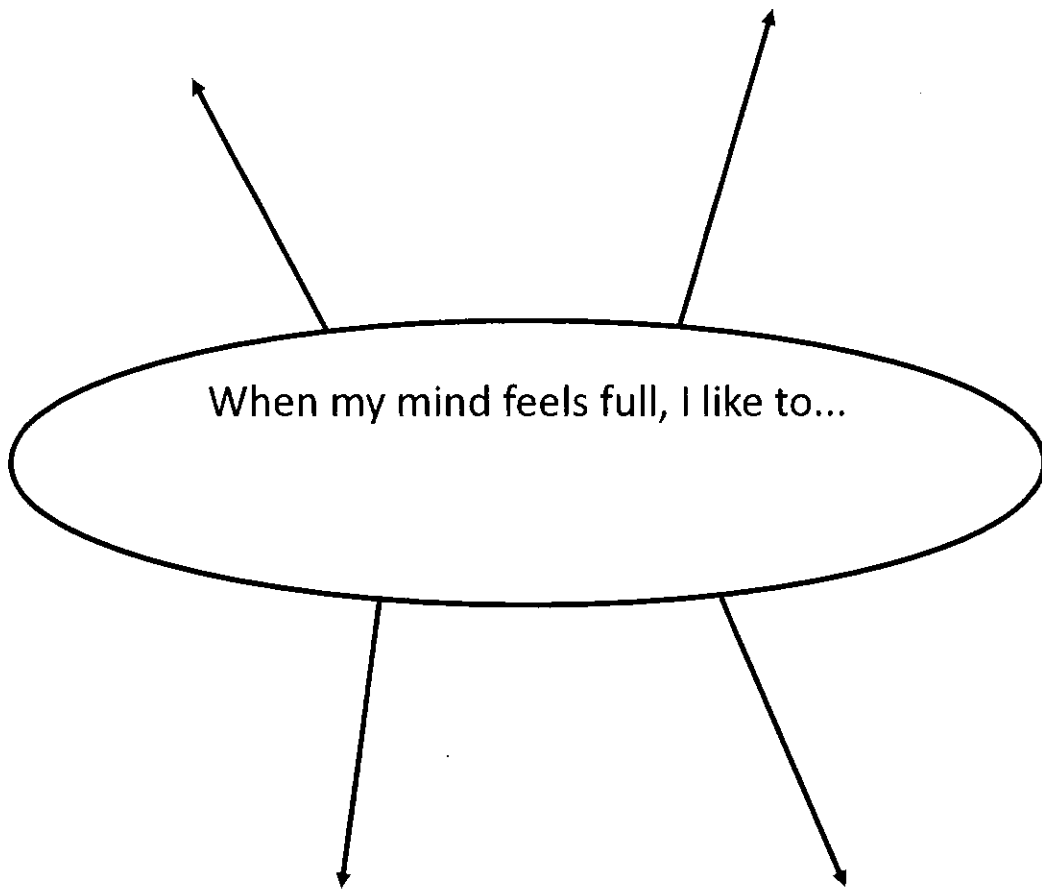
W _____

X _____

Y _____

Sometimes our minds can feel full of emotions.

It is good to know what things help you to feel calm and relaxed when you are worried or feeling sad.



I Am an Amazing Person!

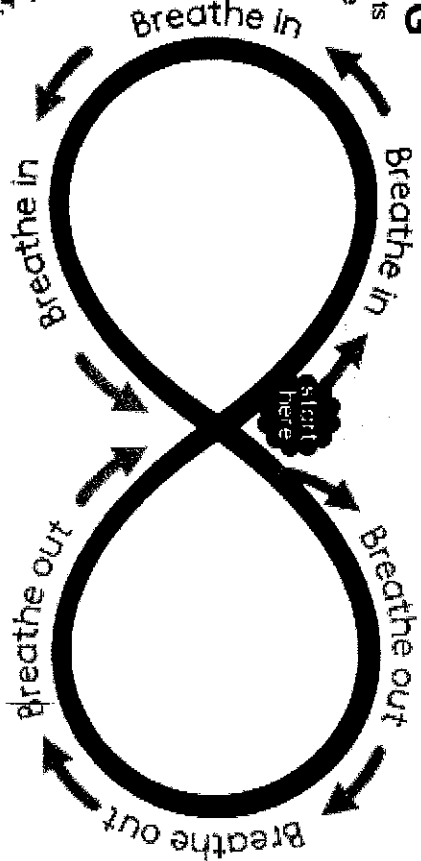
Read and answer the questions in the stars below.
You can draw or write the answers.



Let's practice some breathing activities to help us feel calm and focused on the 'now'.

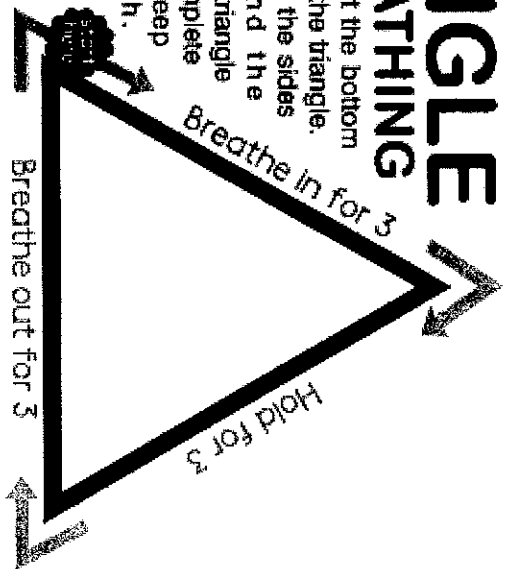
LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



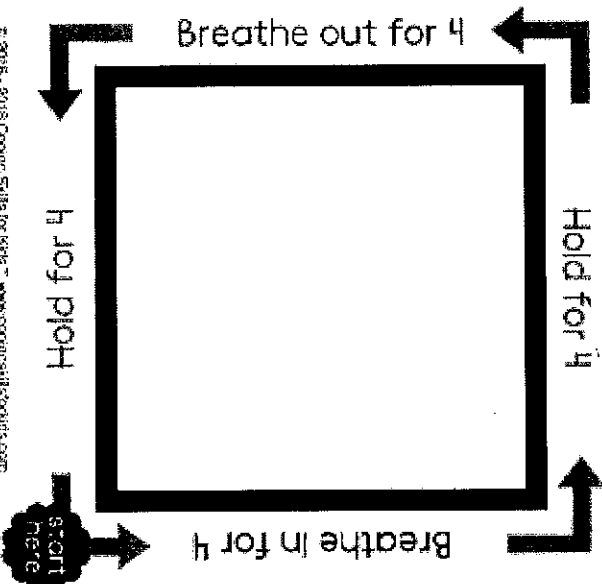
TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



SQUARE BREATHING

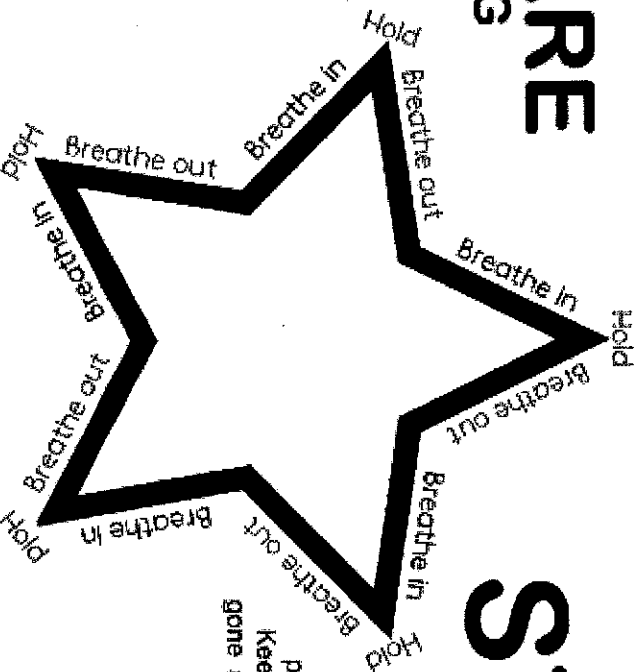
Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.




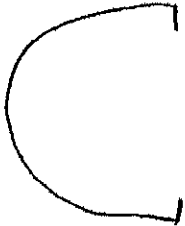

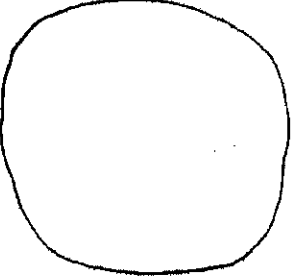



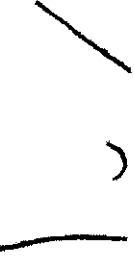



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STAR BREATHING

Start at any "Breaths in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.



It's ok to make mistakes. I want you to create a drawing out of the 'mistakes' in each box. This activity will show you that mistakes can be turned into something amazing.

IMAGINATION WORKOUT		INSTRUCTIONS: Use your imagination to create a picture out of the shapes and abstract lines in each of the squares.	
			
			
			

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Mindfulness Handwriting

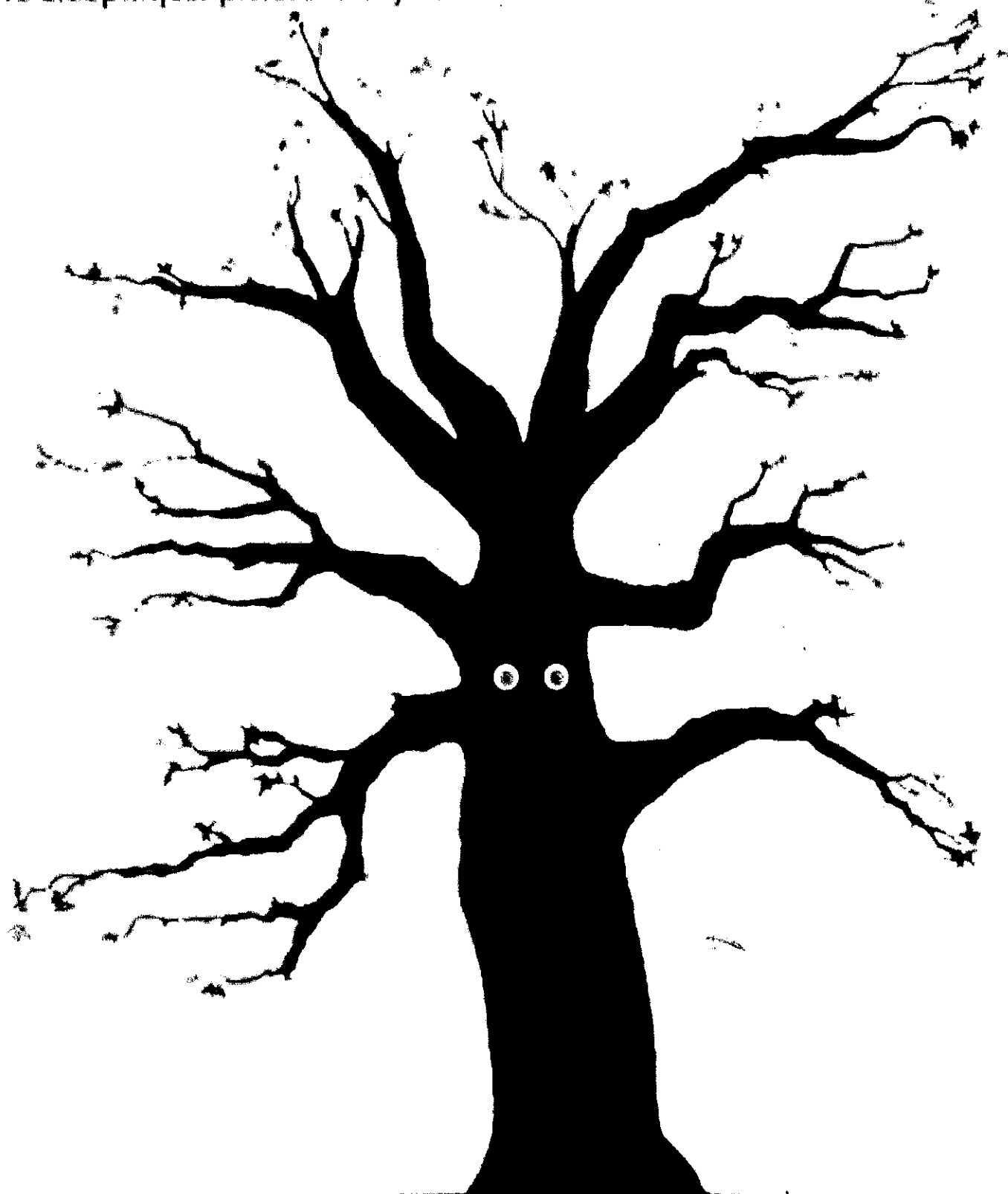
Carefully trace over the sentences and write them below as neatly as possible. Take deep breaths as you go and focus on how your pencil is moving on the page.

I am important and special.

Today you are you. That is truer than true. There is no-body in the world who is you-er than you.

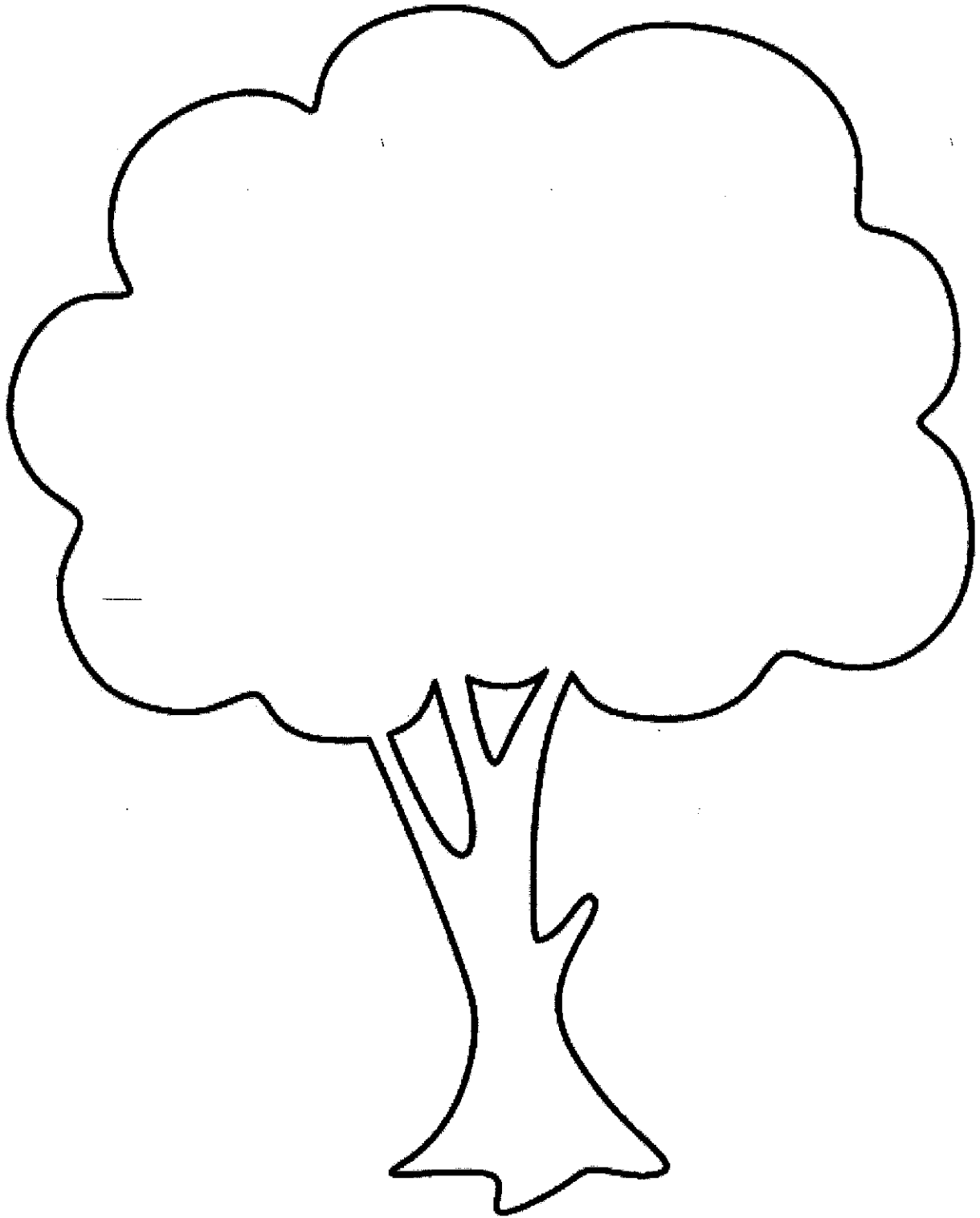
Letting Go Of Worries

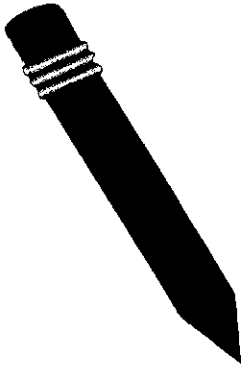
Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and hang them on the branches. You can use the Hug Me tree at night to hang up your worries before you go to sleep....just picture it in your mind!



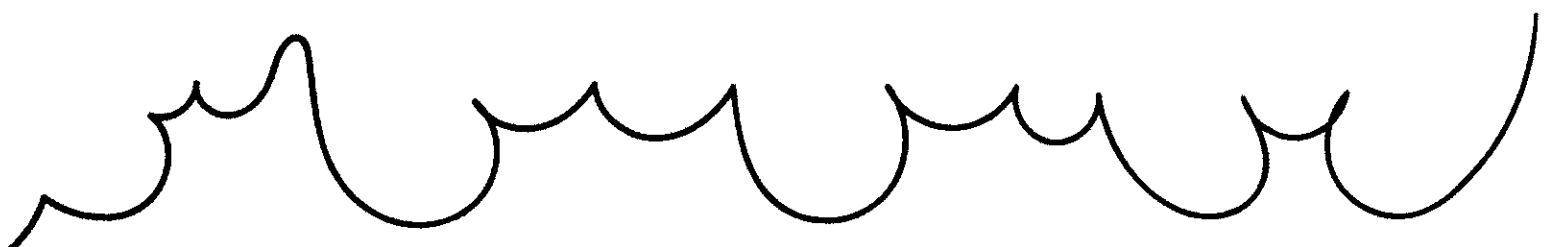
We all have worries and it is completely normal to feel sad or worried.

Imagine there is a tree called a 'Hug Me' tree. This tree is so big and has so many branches that it can seem to take away or ease your worries. Draw or write about your worries and the Hug Me tree might help to ease them in your mind.





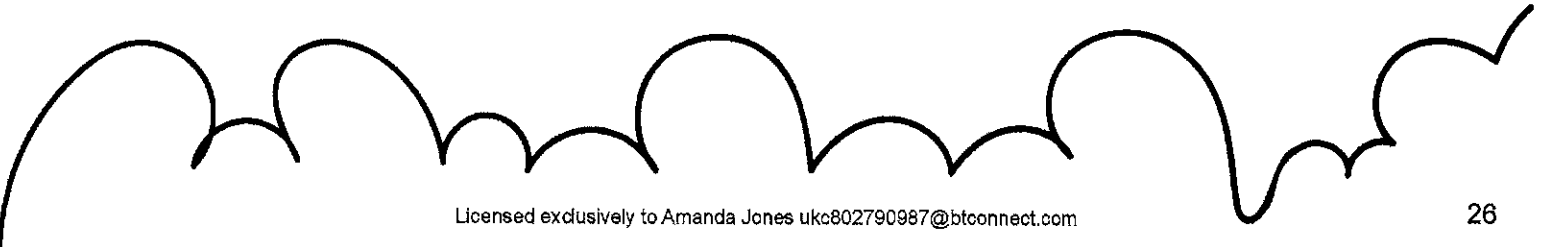
For two minutes, try to keep your pen or pencil moving for the entire time. What will your page look like by the end of the two minutes?

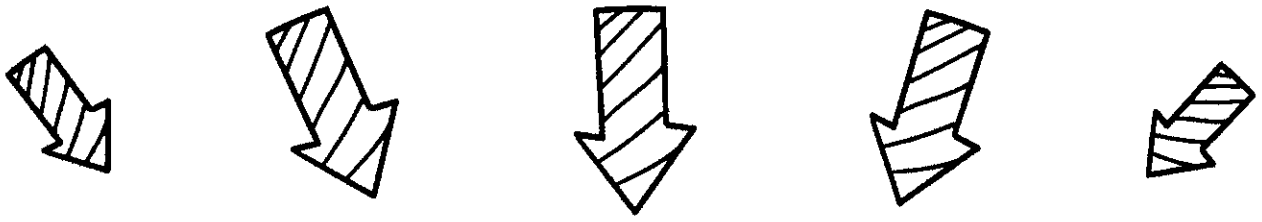


I CAN DO

HARD

THINGS

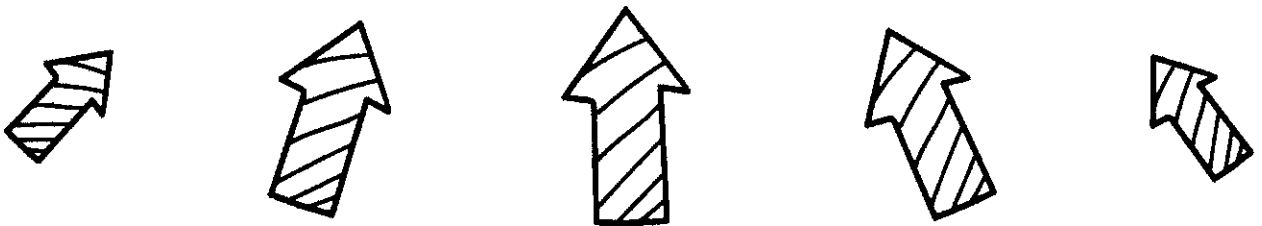




CHALLENGES

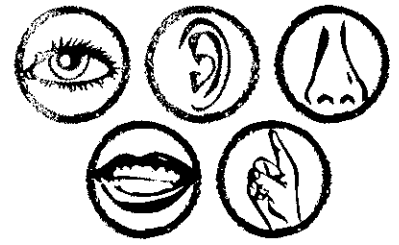
MAKE ME

STRONGER



Our 5 Senses...

To focus and relax our minds, it is helpful to notice things around you. This can help you think about the 'now'.



I can see....	
I can smell...	
I can taste...	
I can hear...	
I can feel...	



Worry Monsters

Worries are normal but sometimes they can make our minds feel full. Design a worry monster who you can imagine will scare your fears and worries away.

Sometimes when we are sad, we can think of happy thoughts to help change our mood. Colour in Roald Dahl's words whilst thinking of things that make you happy.

"A person who has
good thoughts cannot
ever be ugly. You can
have a wonky nose
and a crooked mouth
and a double chin and
stick-out teeth, but if
you have good
thoughts they will
shine out your face
like sunbeams and you
will always look
lovely"

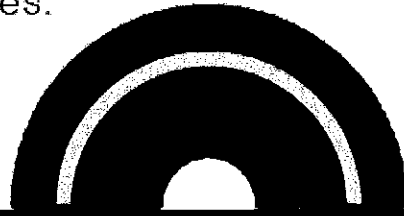
- Roald Dahl

Rainbow Breaths

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Did you like doing rainbow breaths? Yes No

How did you feel before doing rainbow breaths?

How did you feel when you were doing rainbow breaths?

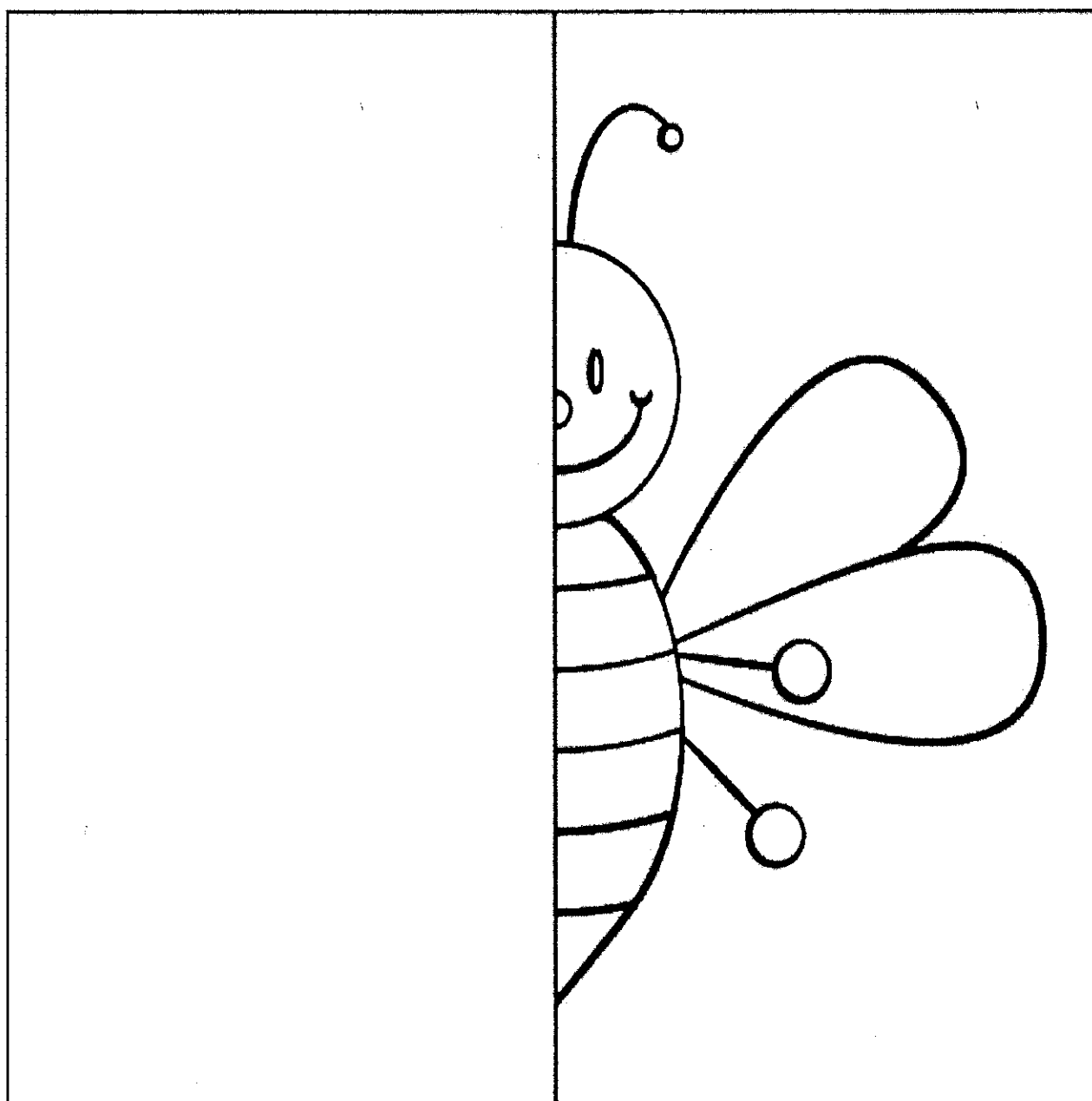
How do you feel now?

Doodle Page

Sometimes a good way to relax our minds is to fill a page with doodles and drawings.

Can you focus your mind and pencil by completing the other half of this drawing?

If you do this carefully, it should look almost symmetrical to the right hand side.



Relaxation

Adapted from Dr Hannah Mortimer 'Worry Box' (2007)

Lie down on your back, close your eyes and take a minute to go as floppy as you can. Let your feet fall gently forwards. Let your arms lie by your sides. Try to breathe slowly and steadily, breathing in through your nose and out through your mouth.

You are feeling relaxed and calm. Squeeze your toes and push your heels as if you are pushing something away. Hold it... then let go. Feel your feet fall back onto the floor. Do this again, then let go.

Tighten your knees, so that your legs stick out straight, hold them for a few seconds, then let go - do this again. Can you feel your legs going floppy?

Squeeze your bottom and the tops of your legs together and hold. As you breathe out let them relax and become floppy again. Do this once more, squeeze, hold and let go.

Squeeze your tummy in and hold it for a few seconds then relax. Take a few slow breaths, squeeze again, hold, let go and breathe.

Notice how floppy and soft the bottom half of your body has become. Notice how floppy your toes, heels, calves, knees, your thighs, your bottom and your tummy are.

Make tight fists with your hands - tighter, tighter, tighter - clench them tightly and then let go. Make fists again - tighter, tighter, tighter, then let go. Give your hands a shake to help them feel soft and floppy again.

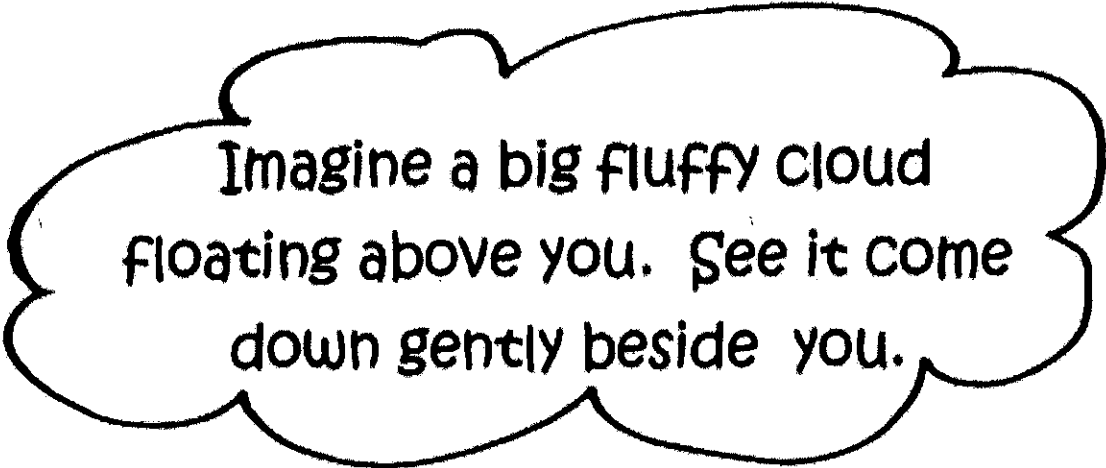
Tighten your elbows so that your arms stand out like sticks, hold then let go. Notice the difference. Tighten your elbows once again, hold and relax.

Raise your shoulders as high as you can, hold them tightly then let them go. Take a breath, hunch your shoulders once again, hold, let go and breathe. Give your arms a shake so that they go completely floppy. Close your eyes tightly shut and notice how this feels, then keeping your eyes closed, relax. Squeeze them shut once more. Hold... then relax.

Frown so that your forehead becomes tight. Hold it then let your forehead go smooth. Frown once more, hold and let go. Your face should feel smooth and relaxed with no frowning.

FLOATING ON A CLOUD

- * Lie on your back & close your eyes.



Imagine a big fluffy cloud floating above you. See it come down gently beside you.

- * Imagine what your cloud looks like. What color is it? Does it have a shape? This is your own special cloud... you are completely Safe & Happy when you are on your Cloud.
- * Climb up onto your cloud & it will take you anywhere you want to go.
- * What things do you see as you float on your cloud? Where will it take you? Let your cloud Fly you to a special place where you can rest Quietly & feel Peaceful.

Compliment Page

Leave this page open. Each person in the class will walk around the classroom writing a complement in each person's Mindfulness Journal.

This page will soon be full of compliments to make you smile.



How to make a Motivation Box

Take a rectangle of stiff paper.



Fold from bottom to top and unfold it then fold side to side and unfold it.



Fold both the long edges to the middle. Crease and then unfold them.

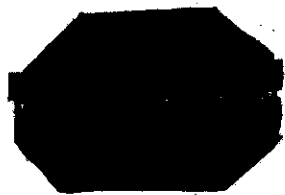


Fold both the short edges to the middle crease and leave them there.

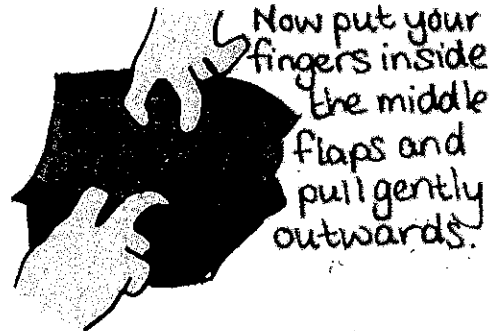


nearest crease

Fold in all the corners so they meet the nearest crease.



Fold back the edges in the middle so they overlap the corners you just made.



Now put your fingers inside the middle flaps and pull gently outwards.



Now pinch the corners to make your box stand upright.

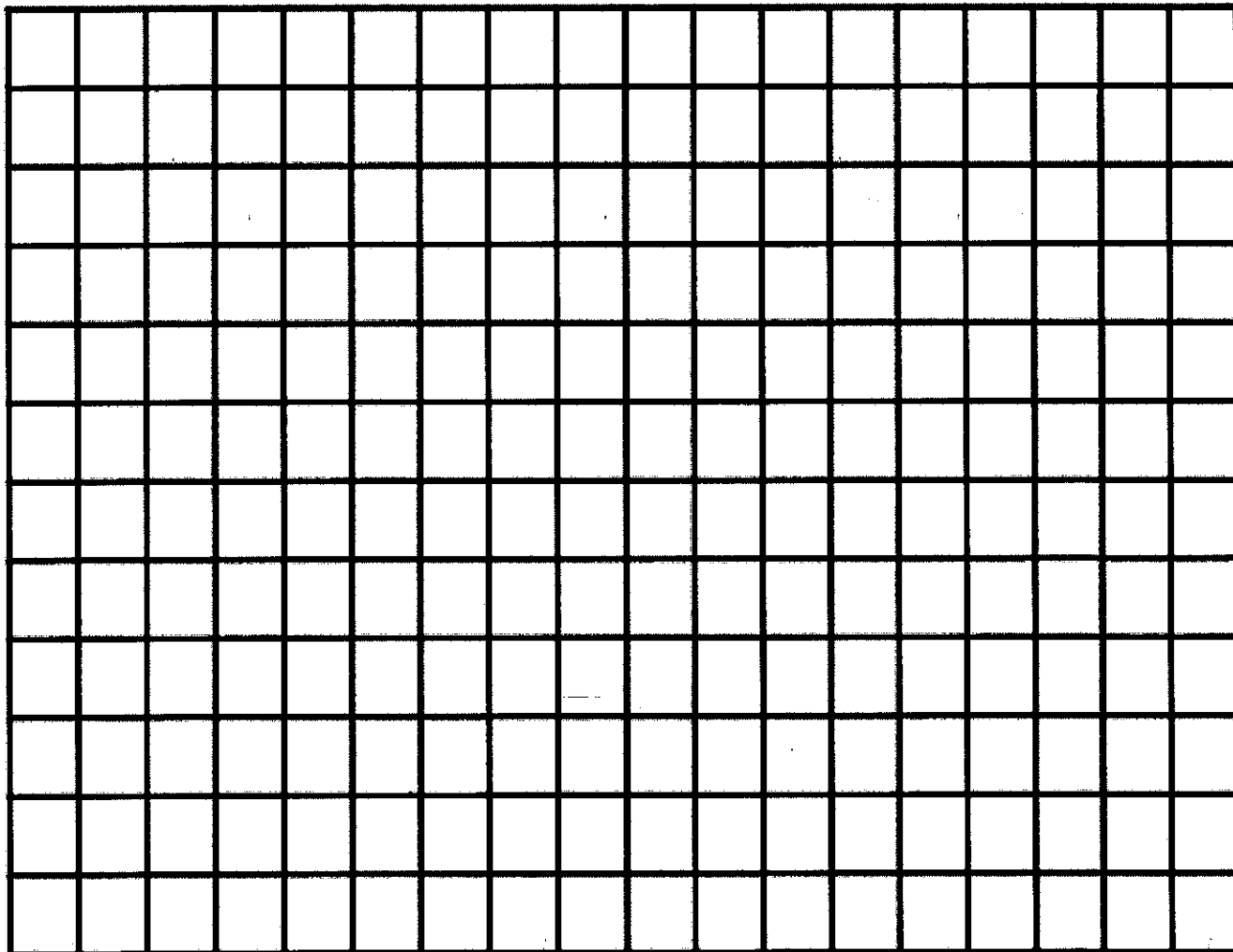


Take 1cm strip off the long side and short side of another rectangle of stiff paper. make a second box. The larger box will fit over the smaller to make a lid.

Fill me up with positive statements!
Keep reading them every day

Make a word-search filled with happy and positive words.

Create-Your-Own
WORD SEARCH



WORDS:

Four horizontal lines for writing words.

Random Conversation Starters

What was the last funny video you saw?

What do you do to get rid of stress?

What is something you are obsessed with?

Who is your favorite entertainer (comedian, musician, actor, etc.)?

What's your favorite way to waste time?

Do you have any pets? What are their names?

Where did you go last weekend? What did you do?

What are you going to do this weekend?

What is something that is popular now that annoys you?

What did you do on your last vacation?

What was the last time you worked incredibly hard?

Are you very active or do you prefer to just relax in your free time?

What do you do when you hang out with your friends?

Who is your oldest friend? Where did you meet them?

What's the best / worst thing about your work / school?

If you had intro music, what song would it be? Why?

What were you really into when you were a kid?

If you could have any animal as a pet, what animal would you choose?

What three words best describe you?

What would be your perfect weekend?

What do you think of tattoos? Do you have any?

What's your favorite number? Why?

What's the most useful thing you own?

Have you ever saved an animal's life? How about a person's life?

If you opened a business, what kind of business would it be?

Are you a very organized person?

Report this ad

 MEDIAVINE

Have you ever spoke in front of a large group of people? How did it go?

What is the strangest dream you have ever had?

What is a controversial opinion you have?

Who in your life brings you the most joy?

Who had the biggest impact on the person you have become?

What is the most annoying habit someone can have?

Where is the most beautiful place you have been?

Where do you spend most of your free time / day?

Who was your best friend in elementary school?

How often do you stay up past 3 a.m.?

What's your favorite season? Why?

Which is more important, a great car or a great house? Why?

What animal or insect do you wish humans could eradicate?

Where is the most beautiful place near where you live?

What do you bring with you everywhere you go?

How much time do you spend on the internet? What do you usually do?

What is the most disgusting habit some people have?

Where and when was the most amazing sunset you have ever seen?

Which recent news story is the most interesting?

Where is the worst place you have been stuck for a long time?

If you had to change your name, what would your new name be?

What is something that really annoys you but doesn't bother most people?

What word or saying from the past do you think should come back?

How should success be measured? By that measurement, who is the most successful person you know?

What is your guilty pleasure?

Was there ever an event in your life that defied explanation?

If you could learn the answer to one question about your future, what would the question be?

Has anyone ever saved your life?

What benefit do you bring to the group when you hang out with friends?

Report this ad

 MEDIAVINE

How often do you curse?

What trends did you follow when you were younger?

What do you fear is hiding in the dark?

What was the best time period of your life? What do you think will be the best time period of your entire life?

What do you do to improve your mood when you are in a bad mood?

What is the silliest fear you have?

What are some things you want to accomplish before you die?

What is the best room in your house? Why?

Who is someone who is popular now that you really like? Why do you like them so much?

Where is the best place to take a date?

What smell brings back great memories?

How often do you help others? Who do you help? How do you help?

What are you best at?

What makes you nervous?

Who, besides your parents, had the biggest impact on your life?

What weird or useless talent do you have?

What are some strange beliefs that some people have?

Who would be the worst person to be stuck in an elevator with?
How about the best person to be stuck in an elevator with?

What's the funniest TV series you have seen?

Which TV show do you want your life to be like?

If you could bring back one TV show that was cancelled, which one would you bring back?

How have TV shows changed over the years?

What's the best sitcom past or present?

What's the best show currently on TV?

What do you think about game shows? Do you have a favorite one?

What's the most underrated or overrated TV show?

What do you think about reality TV? Why is it so popular?

Do you like reality TV shows? Why or why not? If so, which on