

My red thought:  _____



How am I feeling?			
			
☐ Sad	☐ Anxious	☐ Wobbly	☐ Strange
☐ Upset	☐ Angry	☐ Nervous	☐ Confused
☐ Worried	☐ Cross	☐ Shocked	☐ Other: _____



What can I do to help myself?					
Breathing exercises	Relaxation activities	Get some space /distraction	Talk to someone	Write it down	Exercise
<u>Ideas</u> - Take slow, deep breaths. - In for 4, out for 6. - Use the sheets in this pack: - figure-of-8 - finger-breathing - straw-breathing.	<u>Ideas</u> - Search on Youtube Kids or GoNoodle/Family for: - Mindfulness - Kid's Yoga - Relaxation sounds - Colouring/ drawing - Anything you enjoy!	It can be good to get away from the situation that is making you feel bad. This will give you time to become calmer before you react.	<u>Who can I talk to?</u> ☐ Parent/carer ☐ Older sibling ☐ Teacher / TA ☐ Friend ☐ Someone else: _____	If you can't talk to someone, or don't want to, it might help to write down how you are feeling. You could put these in a worry box.	Doing exercise is so important for your mind as well as your body. It makes us feel happy! <u>Ideas</u> - Play in your garden (if you can) - PE with Joe (Youtube) - Dance to a song (e.g. GoNoodle) - Do 20 Star Jumps!