

Staying emotionally healthy workbook

for primary aged children



Aims and goals:

- To understand what emotions are and how they affect us
- To explore new ways to manage strong emotions
- To explore how sleep, diet and exercise can affect our emotional well being
- To try our relaxation and mindfulness

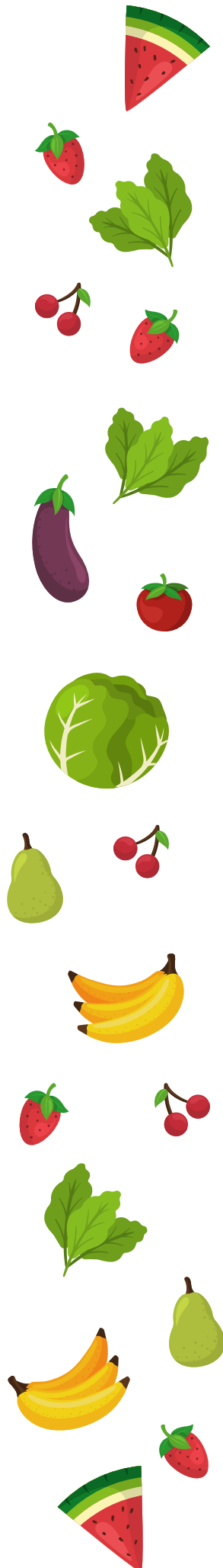
What is emotional wellbeing?

Your body is amazing but you have to look after it by eating the correct foods, exercising, getting a good night's sleep and taking time for yourself.

Doing this every day can help you feel happy and keep healthy.

When our body feels healthy, it helps our brain feel happy and healthy too. Sometimes, we have to look after our brains more carefully, especially when we are angry, worried or scared.

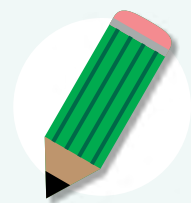
When our bodies and brains are fit and healthy and we are in a good mood, we are able to do more, concentrate more and fully enjoy the things and the people who make us happy, which in turn boosts our mood even more.



How are they feeling?

Everybody has feelings. All feelings are normal.

For example we can feel **happy, sad, nervous, shocked, angry, or confused**. The people below are feeling these different emotions. Can you draw on their facial expressions to show those emotions listed above?



What other emotions can you name?



The Fight, Flight or Freeze response

Part of your brain is a bit like a Meerkat, always looking out for things that might hurt us or put us in danger. Anger or worry are some of the body's ways of responding to danger.

When we feel like we are in danger, or we feel threatened, your 'Meerkat' brain sends messages to your body to stay and 'fight' the problem, to run away, 'flight' or to 'freeze' and hope the problem goes away.



For example, if you were hiking in the woods and you came across a bear, there are three main things that your body would do:

| Fight | Flight | Freeze |
|---|---|-------------------------------------|
| Try to make yourself look big and scary, shout and fight the bear | Run away from the bear as fast as you can | Become frozen to the spot with fear |

Here are some ways your body can feel when you are angry or worried. We call these physical sensations. Do you notice any of these in your body?

Tick which ones apply to you...

☐

Your face feeling hot and red

☐

Tummy ache

☐

Feeling sick

☐

Hot and sweaty

☐

Breathing faster

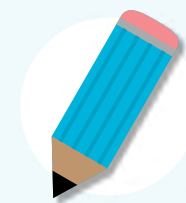
☐

Headache

☐

Heart beating faster

Body Sensations



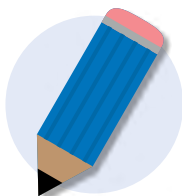
When you experience big emotions such as worry or anger, think about the changes that occur in your body.

It can be helpful to do a body scan starting at your feet and working all the way to your head to notice what **CHANGES** when your body is experiencing the fight, flight, freeze response.

Use the body diagram below to write or draw the signs you experience.



My happy bucket



Fill your bucket with everything that makes you happy. This could be anything like things, places or people! Knowing what makes you happy and being grateful for it can have positive impact on your emotional well-being.



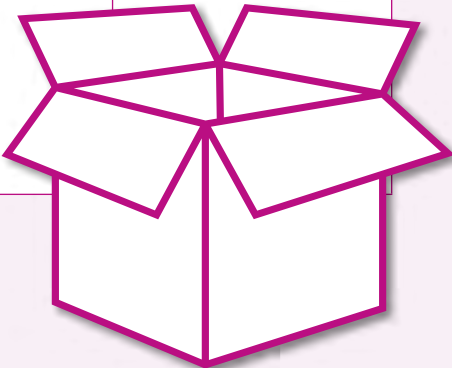
The Self Soothe Box



A self soothe box is a useful tool to use when you are feeling lots of emotions including sadness, worry and anger. It is personal to you! Here are some ideas of what to include in this box.

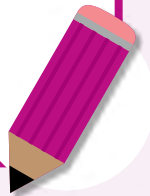
Here are some ideas on what to include in a self soothe box.

| Sensory Items | Photos | Hobby items | Bubbles | Relaxation |
|---|--|--|--|---|
| Things like: fidget cubes, spinners or stress balls. These items can help restlessness. | Pictures of loved ones, friends or pets etc. These can help to remind you of your close relationships and who is around to support you. | Things like: music, books, games, colouring, books. These can help to relax and distract you. | Help to support relaxation and help regulate your breathing. | Things like: breathing and other relaxation techniques, that you may have found useful. |



We recommend sourcing a shoe or delivery box and taking time to decorate this to ensure it's personal to you. Make sure to keep it somewhere you can easily access it.

Why not have a go at making your own?
Write some ideas below of what you would include...



Refocus your mind!

When your mind wanders to negative thoughts, it is important to bring yourself back to the here and now by distracting your mind.

Why not try some of these ideas to help you along?



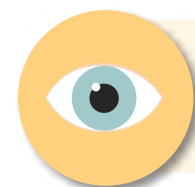
Letters game

Go through the alphabet and name countries, animals, and food!



Counting game

Pick a number, add it to the number before and see how far you get!



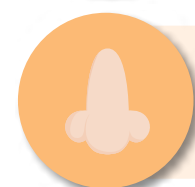
5 things
I can see



4 things
I can hear



3 things
I can touch



2 things
I can smell



1 thing
I can taste

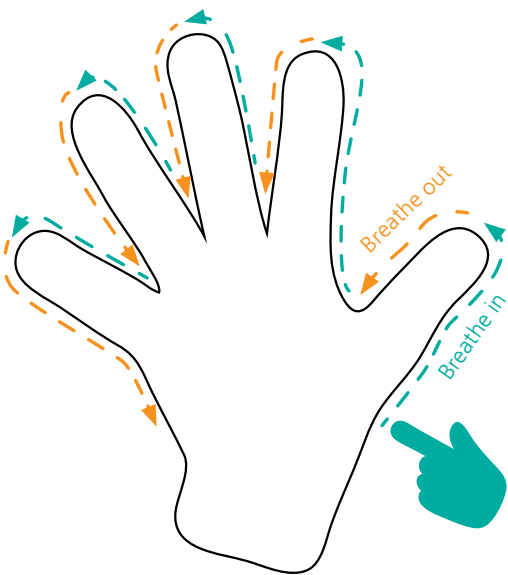
Grounding

Try using your 5 senses to name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.



Relaxation

When our Fight, Flight, Freeze response happens, we can use relaxation methods to help manage our body sensations and our emotions.



Finger breathing

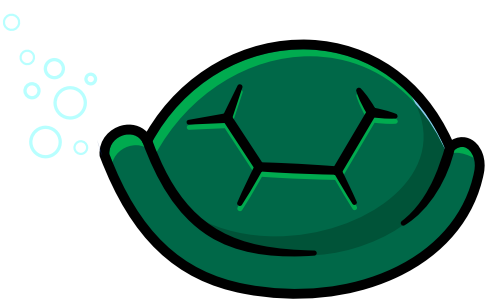
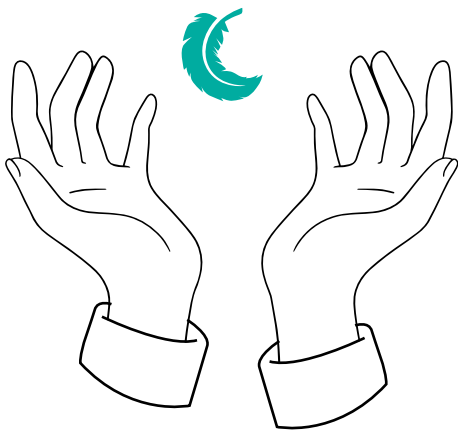
Outstretch one of your hands like a star. Have the index finger of your other hand ready to trace your hand.

Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your index finger up to the top of your thumb.

Breathe out slowly and slide your index finger down the inside of your thumb. Continue breathing in and out as you trace your whole hand.

Feather breathing

Blow a feather from hand to hand: Your breaths have to be so gentle and slow. This will help your heart to beat slower.



Be a turtle!

Curl up very small on the floor, imagine you have a hard turtle shell, nothing can get through it; it will protect you from the things that are making you feel angry.

Breathe in for 4 and out for 4 very slowly, keep breathing slowly, as your body calms down and your turtle shell protects you.

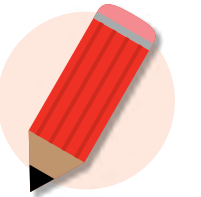
Body scan

Ask a trusted adult to help you try to relax your muscles by reading the following script.

- 1 **Make your hands into fists.** Go on, really squeeze those fists. Feel that tight feeling... and now go floppy. Enjoy that lovely floppy feeling.
- 2 **Make your hands into tight fists again, then bring your hands up to touch your shoulders.** Feel that tight feeling along your arms... and now relax. Enjoy that lovely floppy feeling.
- 3 **Push your shoulders up and try and touch your ears.** Really push upwards. Feel the tight feeling and relax. Enjoy that lovely floppy feeling.
- 4 **This time scrunch up your face like a ball of paper.** Feel that tight feeling in your face... and relax. Enjoy that lovely floppy feeling.
- 5 **Now really squeeze your tummy muscles tight like a big squeeze hug...** then relax enjoying that floppy feeling.
- 6 **Tighten all the muscles in your legs,** really squeeze them all and feel that tight feeling... then relax. Enjoy that lovely floppy feeling.
- 7 **Make your toes into fists,** really scrunch up those toes like your shoes are too small. Feel them all scrunched up... then relax. Enjoy that lovely floppy feeling.
- 8 **Take a deep breath and hold that breath.** Feel that tight feeling in your chest, feel the tight feeling... now let the breath out slowly and feel all the tightness go away. Enjoy that lovely floppy feeling.
- 9 **Keep your eyes closed.** We are going to check each part of your body to see if there is any tightness.

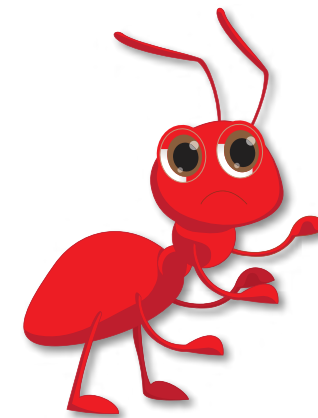
You should now be feeling wonderful and relaxed and floppy. Just enjoy that wonderful feeling and when you feel ready open your eyes.

Splat the ants!



Changing **RED** thoughts to **GREEN** thoughts. Sometimes when we are feeling unhappy we may get **RED** thoughts. These thoughts are negative and unhelpful and often make us feel worse.

Sometimes we call these thoughts automatic negative thoughts, it is normal to have negative thoughts sometimes but when we have these too much they can impact our emotional wellbeing. **Let's practice splatting them!**



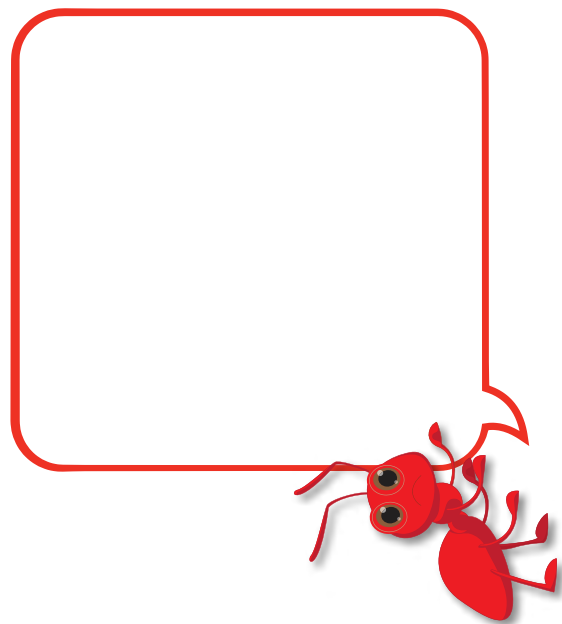
I am feel different from the other people in my class. I don't like it.

Red thought

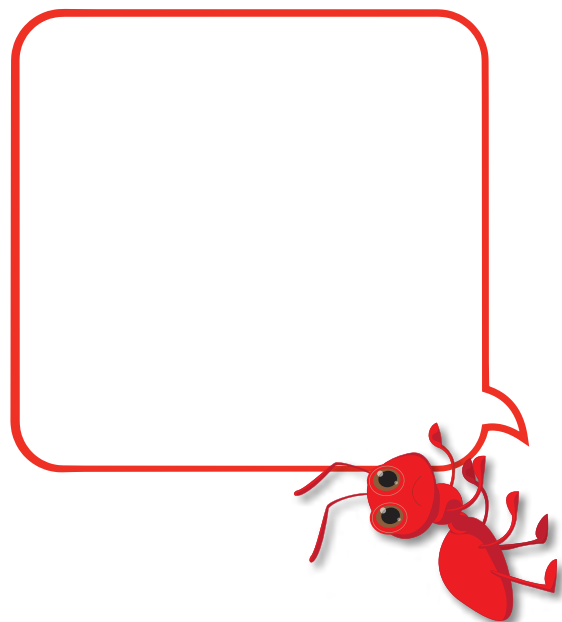
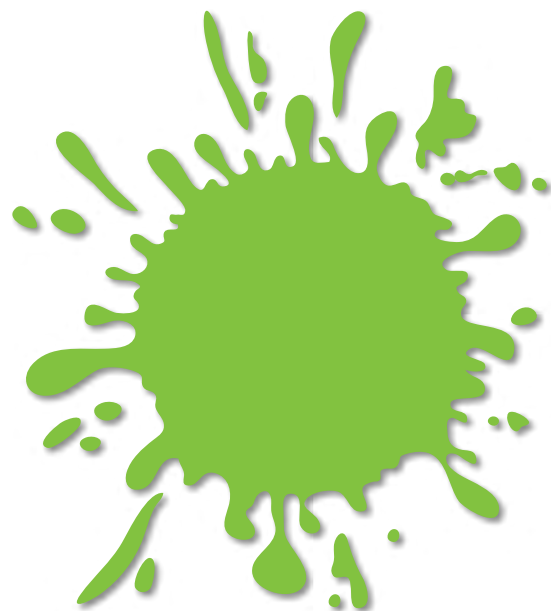
When we get these thoughts we need to splat them out and make helpful **GREEN** thoughts instead.

So let's splat!

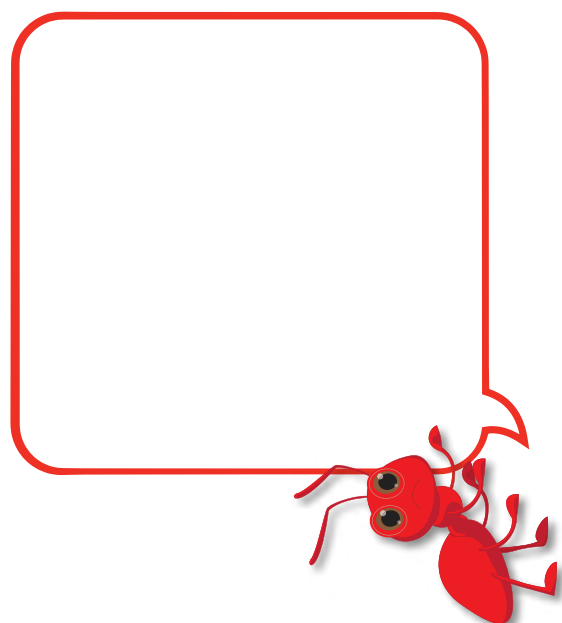
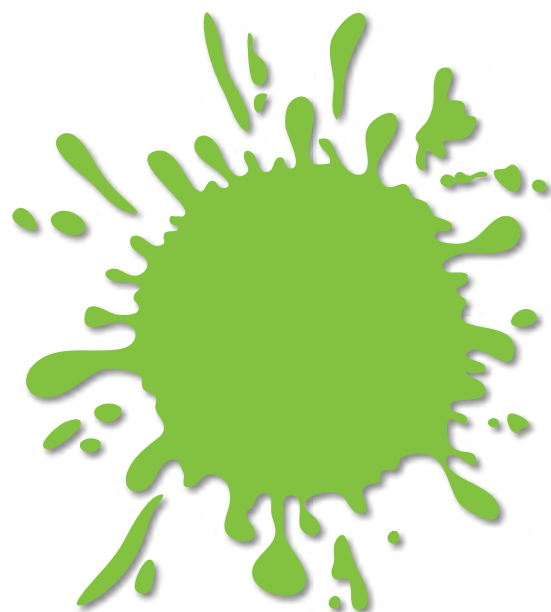




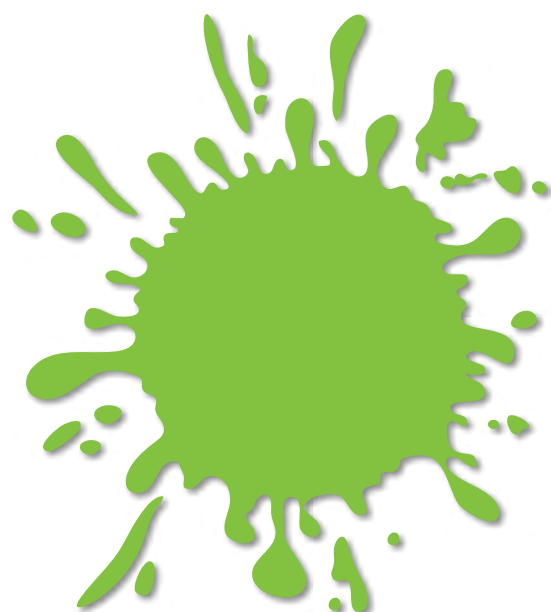
Let's splat!



Let's splat!



Let's splat!



Helpful questions

Like any new skill learning to create green thoughts can take practice, if you are finding it hard to challenge those negative thoughts, there are some helpful questions you can ask yourself:

If a friend or family member had this thought, what would you say?

Is there any other way to view this situation?

Will it matter next week?
Or in a month?
Or a year?

What advice would my teacher give me?

Could this be changed to a more positive / coping green thought?



Sleep

Good sleep is important to everyone. It helps you feel happy and healthy and helps you grow. Sleep is important for your brain and body.

Sleep helps you make memories and helps your brain stay awake and concentrate during the day so you can learn.

Sleep hygiene means having environments and routines that promote restful sleep.



**You need
9 to 12 hours
sleep every
night!**

Here are some tips to promote good sleep hygiene that you can try. Tick the ideas you are can do.

- ☐ Go outside to get natural light, especially in the morning. Walking to school is great for this!
- ☐ Try to move daily! This could be anything you enjoy like football or a walk with friends.
- ☐ Only use your bed for sleep. Try not to play games on it or use your phone.
- ☐ Avoid looking at screens before going to sleep because it tricks your brain into thinking its daytime.
- ☐ Do something relaxing before going to bed, like some meditation or breathing exercises.
- ☐ Don't go to bed too hungry or too full.
- ☐ Have a notebook by your bed to write down any worries then put them away until your 'worry time.'
- ☐ Make your bed comfortable to sleep in.



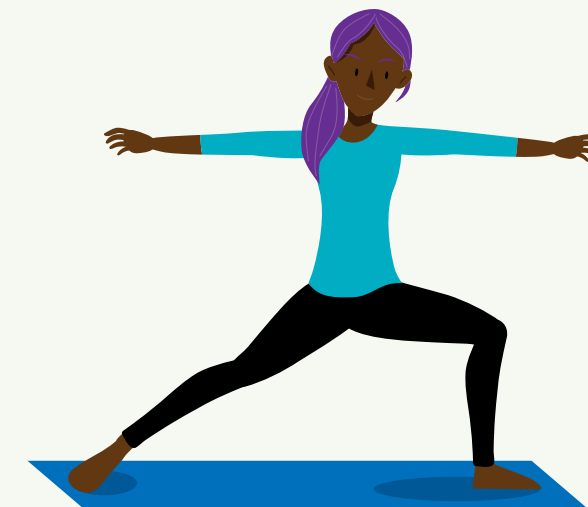
Staying healthy

Exercise

The NHS recommends that young people should exercise for 60 minutes a day.

Keeping active helps your body and brain feel good in many ways.

Exercise helps to keep your heart strong, it can help your body fight off germs that can make you ill, makes you feel happy and have fun with your friends.



Water

Another way to keep your body and brain healthy is to drink lots of water. Drinking water and milk are healthy choices because they are good for your teeth. It is recommended that you drink 8 glasses a day.

Superfood

To help your body and brain be all it can be, it needs you to eat lots of different healthy foods.

Eating a balanced diet gives you energy to learn, play, grow and be happy. Eating well helps you stay well.

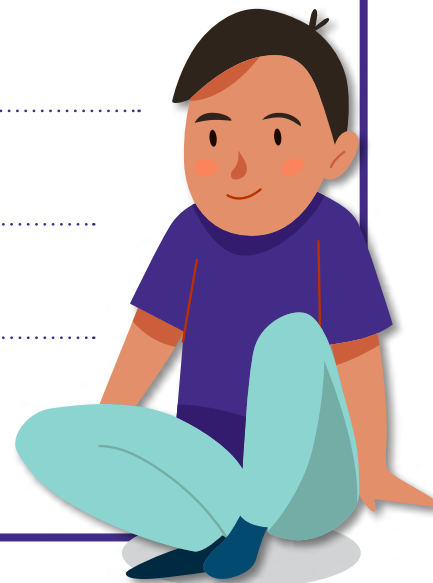
Have a look at the food pyramid.

This shows how much of the different food types are recommended.

Are there any changes you can make to supercharge your diet?



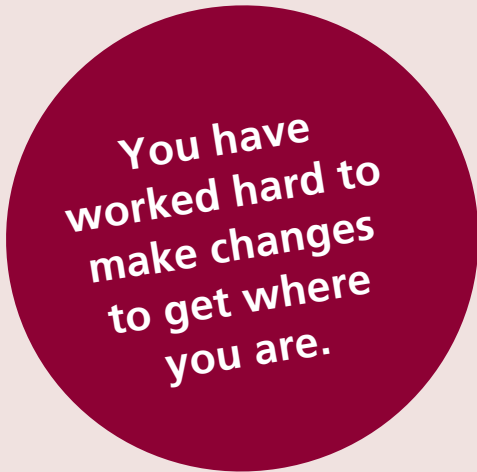
Four identical green stopwatch icons are arranged horizontally. Each stopwatch has a circular face with tick marks and two buttons on top. Below each stopwatch is a white rectangular box with a green border, containing the day of the week: Thursday, Friday, Saturday, and Sunday.



Keeping well

Everyone is different, but it's important to think about what can help you stay healthy and well.

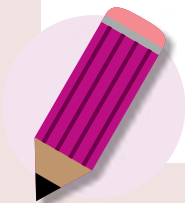
Fill in the boxes below to remind you of what you learnt in future.



What have I learned about how to keep myself healthy?

What do I need to keep doing?

What times ahead might be difficult for me?



Who can help me and how can they help?
(Write as many names as you can)

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

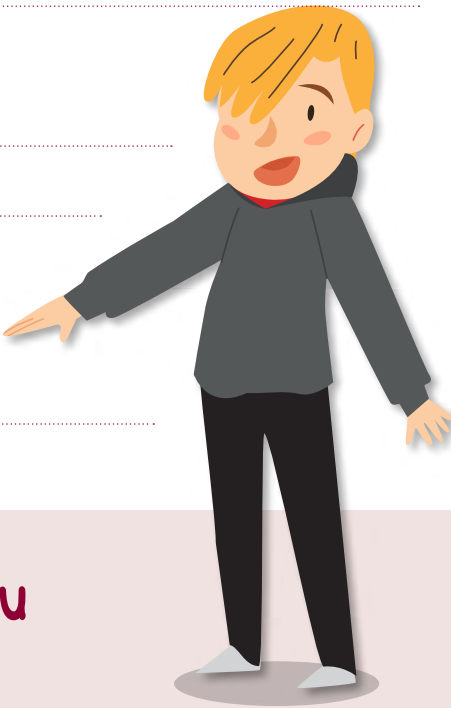
How can they help?

Name:

How can they help?

Name:

How can they help?



Doing more of what matters to you
helps you get more out of life.

Useful websites and numbers



Mental Health Crisis Response Team

01744 415 640

24 hours a day
seven days a week.

24/7 Mental Health Crisis Line

Freephone
0800 051 1508

24 hours a day
seven days a week.

Text Support

Text REACH
to 85258

24 hours a day
seven days a week.

HOPELINE247
0800 068 41 41

Are you, or is a young
person you know, not
coping with life?

For confidential suicide
prevention advice
contact **HOPELINE247**.

Call: **0800 068 41 41**
Text: **07860 039 961**

www.papyrus-uk.org

THE MIX
Essential support for under 25s

Essential support for
under 25s. Get advice
about relationships,
drugs, mental health,
money and jobs.

0808 808 4994

4pm to 11pm Monday
to Friday

One to one chat and
message, visit
www.themix.org.uk

 **LISTENING EAR**
someone to talk to

A charity to help those
who've been bereaved,
suffered loss or
experienced separation.

0151 488 6648
www.listening-ear.co.uk

kooth
www.kooth.com

SAMARITANS

116 123

YOUNGMINDS
fighting for young people's mental health

www.youngminds.org.uk

childline

0800 1111

Additional info

We have other workbooks available.
Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.
Please fill out a short survey once you have completed this workbook.