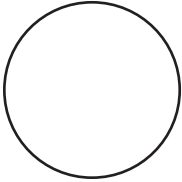
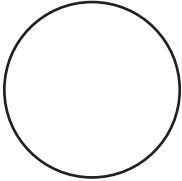
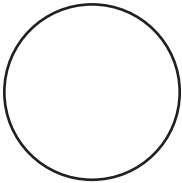
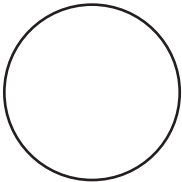
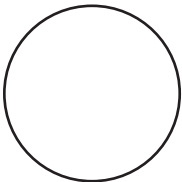


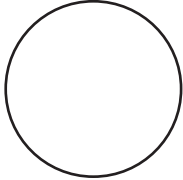
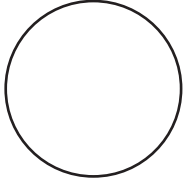
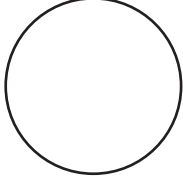
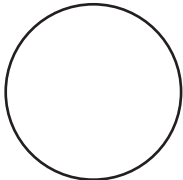
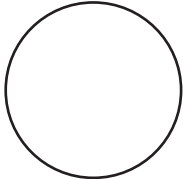
# UNDERSTANDING EMOTIONS



Emotion	Complete the faces by drawing the emotion	What might be happening in the body when feeling this emotion?	What small, everyday reason might someone feel this emotion?
<b>Happy</b>			
<b>Sad</b>			
<b>Scared</b>			
<b>Excited</b>			
<b>Angry</b>			

# UNDERSTANDING EMOTIONS



Emotion	Complete the faces by drawing the emotion	What might be happening in the body when feeling this emotion?	What everyday (small) reason might someone feel this emotion?
<b>Proud</b>			
<b>Worried</b>			
<b>Surprised</b>			
<b>Hungry</b>			
<b>Chilled</b>			

# POSITIVE EMOTIONS

Both positive and negative emotions are telling us something, so we shouldn't ignore them. We can all do things to help us deal with our emotions.

Scientific studies have shown that while experiencing positive emotions, our brains get really connected. All the neurons fire up and begin talking to one another. This means we are more likely to be creative, try something new and come up with solutions to problems.

So, the next time you have to do something difficult, like test it's worth doing something that makes you feel positive emotions just before it starts.

## ACTIVITY

Think of a song that makes you feel happy and if possible, find it and play it now. Use headphones so that you can really focus on the song and enjoy it. If you can dance, do that as well (it's great exercise).

Knowing what makes us feel positive emotions is really useful because it means we can do them when we are in a bad mood or feeling trapped because we can't go outside.

## ACTIVITY

Write down five things that make you feel happy. Be as detailed as possible. Make sure they are all things you can do while at home. Keep the list somewhere and think of it as your 'happy list' that you can use when you want to feel happy.

### My Happy List

1.

2.

3.

4.

5.

When we feel powerful emotions, they can take us over and mean we are not in control. When this happens, it is good to know how to calm down or distract ourselves. There are lots of distraction technique that can help us calm down powerful emotions. Take a look at the '**Calm & Focus Ideas**' on the next page.



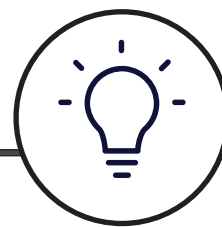
## **WATER SOOTHER**

Water has natural properties that can have a soothing effect on both mind and body.

Running a warm bubble bath and then cooling off afterwards in the shower can make you feel refreshed and stimulate your blood flow.

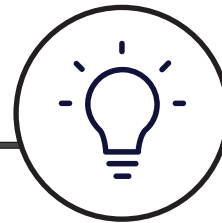
Alternating between warmer and colder water in the shower can achieve the same benefits.

Holding ice cubes in your hands until they melt can also be a good way to calm down and focus on something else.



## **VISUALISE DEALING WITH STRONG EMOTIONS**

Imagine stepping outside of your mind. Imagine climbing some stairs to a balcony above and looking down on your situation below. Seeing the situation from a distance. Not trying to change anything but just seeing it from above, away from it, not directly involved. Think about the advice you would give to deal with this in the best way?

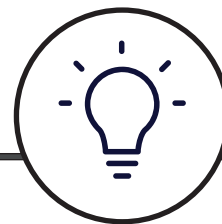


## **MENTAL GAMES**

Count down from 100 in 3s – 100, 97, 94, 91, 88, 85...

List of the members of your favorite sports team...

Think of an animal for every letter in the alphabet – A for antelope, B for bear, C for cat...



## **WALKING AWAY**

This can be the easiest and the most difficult thing to do!

If the situation you are in is leading to you feeling negative or powerful emotions then walking away, taking 5 minutes, doing something else is really useful.

If you are with someone else tell them you need a few minutes on your own and how long for.

## **3-7 BREATHING**

Sit on a chair with both feet on flat on floor, get comfortable but avoid slouching.

Close your eyes (is better if possible) or find a point on the floor directly in front of you to focus on.

Breath in (1, 2, 3) and out (1, 2, 3).

After 2 or 3 times slow the breathing down further, this time to count of 4.

Breath in (1,2,3, 4) and out (1,2,3,4).

After a couple of times go even slower to breath out to a count of 5.

Breath in (1,2,3, 4) and out (1,2,3,4,5).

Then to a count of 6

Breath in (1,2,3, 4) and out (1,2,3,4,5,6).

And finally, to a count of 7.

## Take Five

**It's a simple technique you can use anywhere at any time.**

Get comfortable.

Stretch out your left or right hand.

Look at your hand and stretch it out like a star, pulling the tips of your fingers as far out as they can. Don't overstretch your hand but just as much as feels comfortable.

**Notice what you feel in your hand right now.**

Wiggle your fingers very slightly and notice what you feel there right now. Next imagine the finger of your other hand is a pointer and you are going to trace, slow and steady around the outside of your hand.

Hold your pointer at base of your wrist next to your thumb.

Now start to slowly trace up to the top of your thumb, pause at the top and then trace your pointer down the other side of your thumb.

Now trace up slowly the side of your second finger, pause at the top and then down the other side.

Next add some breathing.

Take your pointer back to the wrist next to your thumb.

Remember to take it slow and steady.

This time as you trace up to the top of your thumb breathe in through your nose, pause at the top and then as you trace down, breathe out through your mouth.

Trace slowly up to the top of your second finger breathe in through your nose, pause at the top and then trace down to the bottom and breathe out through your mouth. Continue to trace all five fingers, taking five slow and steady breaths.

**At the end notice how you feel.**

**Do you feel calm, or calmer than before?**

**When might this exercise, or something similar be useful for you?**