

Name: \_\_\_\_\_

# Being *me*

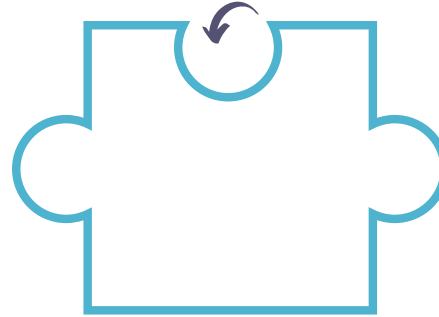
1. I am really good at :

2. I am really proud of:

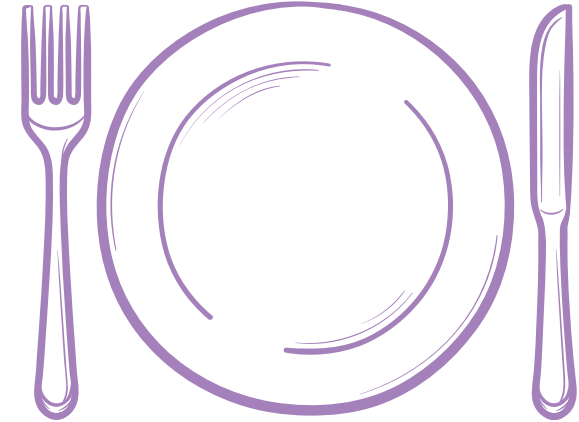
3. One thing that makes me unique:

4. I am most happiest when:

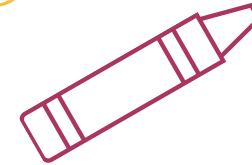
Something about me that  
people do not know



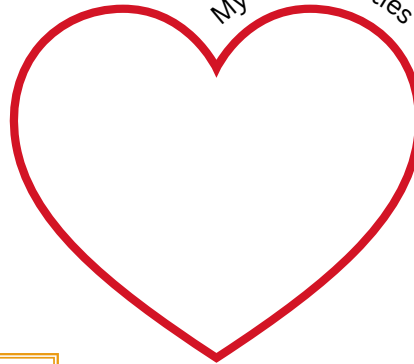
My favourite food



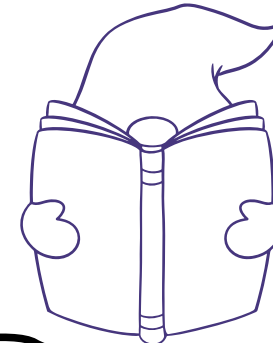
Favourite colour



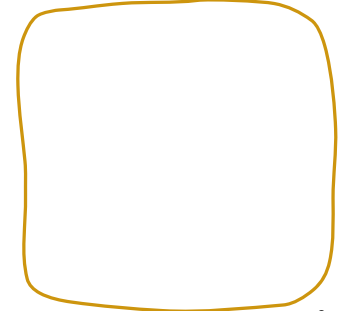
My best qualities



Favourite book



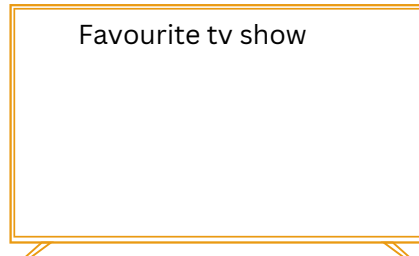
My favourite animal



Favourite game or sport



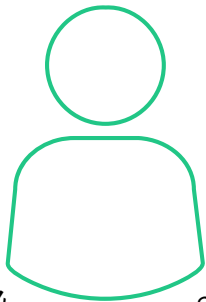
Favourite tv show



Best place to visit



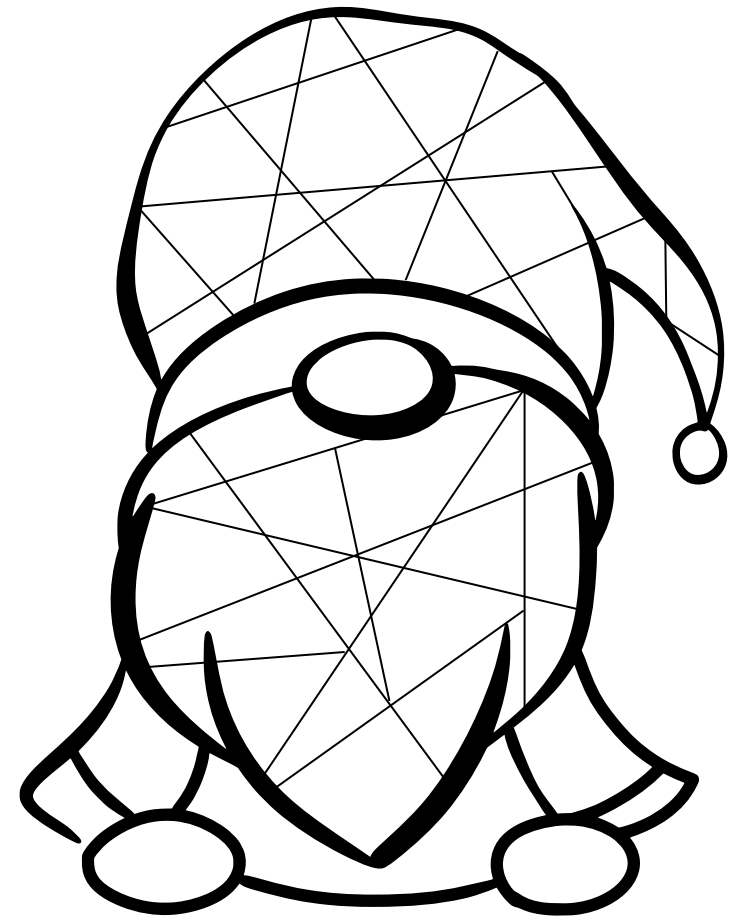
My favourite person



**PROUD  
TO BE ME**

## Tangled Emotions

- Colour code the list of emotions to your preferred colours and add your own emotions as you go along.
- Colour in one small section for however you are feeling in the moment (you can colour more than one section a day if needed).
- This visual can help with self-regulation of emotions.
- Seeing how colours change over time can encourage self-reflection and emotional learning.
- Colouring is a great way to help calm and alleviate stress



<input type="checkbox"/>	<i>happy</i>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<i>sad</i>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<i>angry</i>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<i>proud</i>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



## What Can I Do?

When feelings seem a little overwhelming, these are some ideas that can help. Can you think of any more that can help you?

- Read a book
- Talk to someone
- Go for a walk
- Sip a drink slowly
- Tidy your room
- Do push ups against a wall
- Squeeze a pillow or something squidgy
- Do some breathing exercises
- Listen to some music
- Ask for a hug
- Self soothe by putting your arms in a cross shape across your body and moving your hands up and down the top half of your arms.

What else?

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# GROWTH MINDSET

Changing thoughts to grow your mind



I know how to do it.



Is there anything else I can learn?

I'm just no good at ....



With practise I get a little better each time.

It's just not working!



What else can I try that might work?

I am struggling with this.



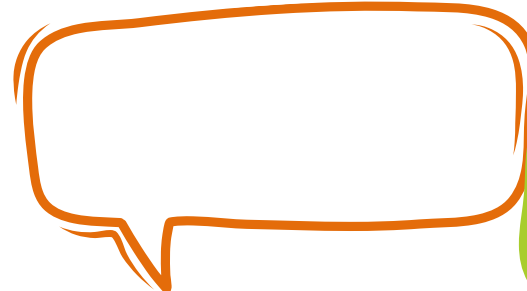
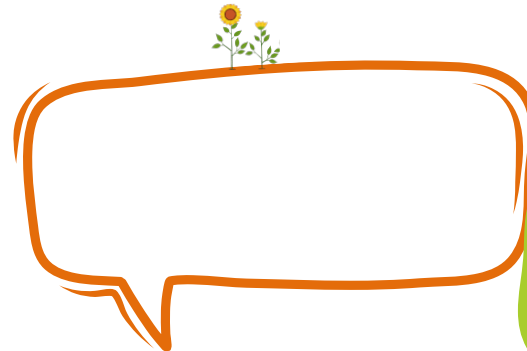
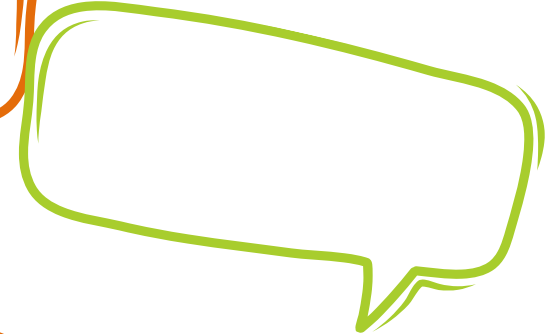
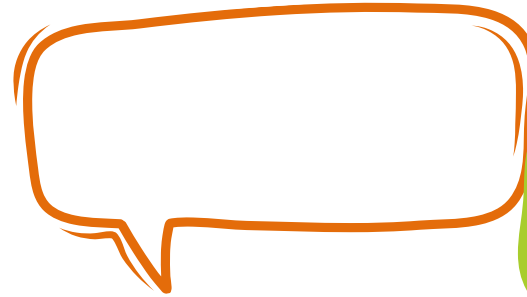
Not everything is easy. I need to ask for help.

This is something I am really good at.



I'll keep on doing what I'm doing.

Write down any thoughts you can change and try to work on (one at a time).







**KINDNESS** builds *Happy* brains



Donate  
some old  
toys to  
charity.



Write a 'thank  
you' note to  
someone.



Happiness  
makes people  
kinder.



Happier  
people are  
less likely to  
get sick.



Draw  
someone a  
picture.



*I am kind*



Ask  
someone to  
play with  
you.



Cheer  
someone up  
by telling  
a joke or a  
funny story.



Happy people  
make other  
people happy.



## GRATITUDE BALLOONS

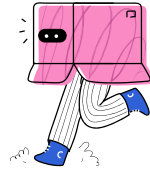
Write in the balloons four things you are grateful for or something that makes you happy (like Birthdays).



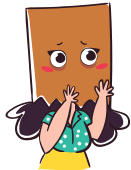


Everybody makes mik-stakes! 🤦‍♀️

So what do you do when you make one?



hide?



Does it make you feel really bad, or maybe embarrassed?

Mistakes are part of life and you can try to change your thoughts to ...



OK, what lesson did I learn from this?



Own it! Yes that's right (be brave). Put up your hand and say "it was me."

Laugh it off! Pat your head (gently)! and say "D'oh, look what I did."



This feeling won't last. In a couple of days or weeks you probably will have forgotten all about it.



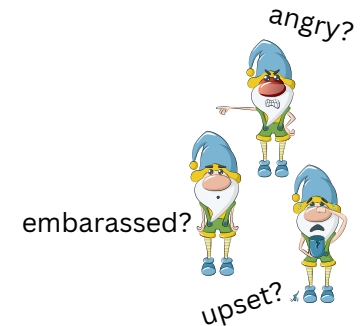
Can you think of a time you were embarrassed or made a mistake?

What did you do?

How did you feel?

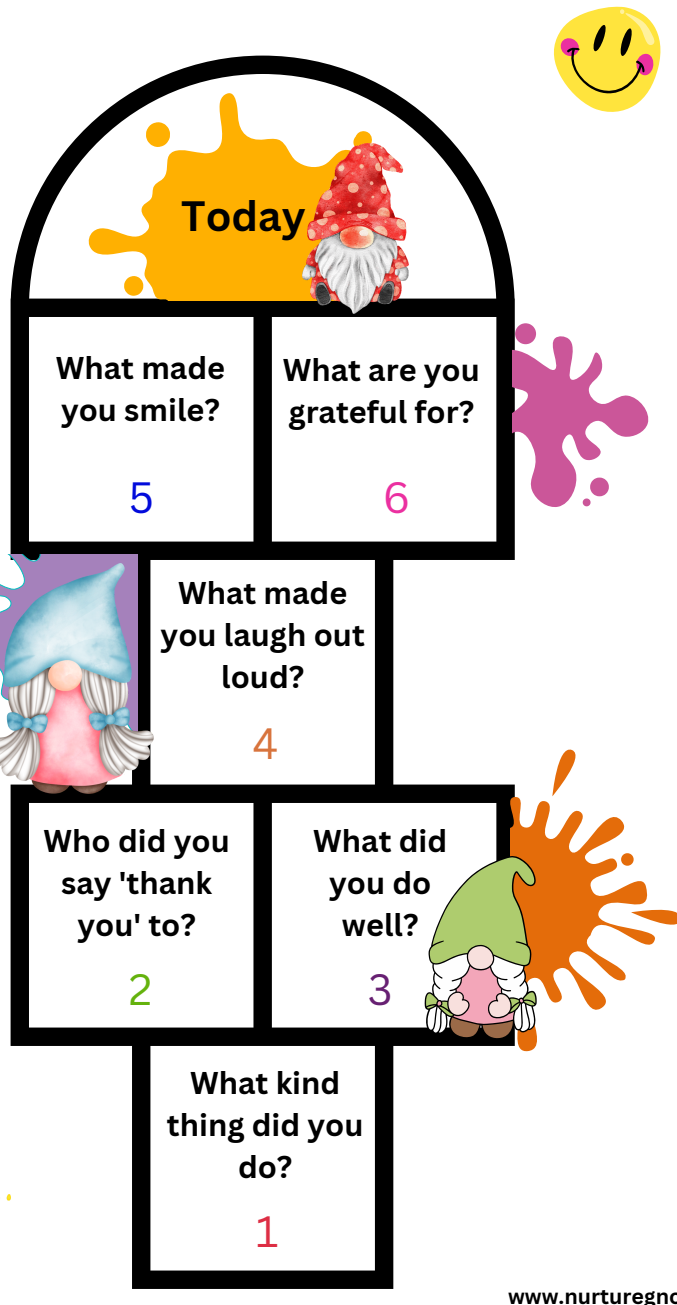
What would you do differently next time?

So you tried it? You were brave. How did it feel?



## DAILY DICE

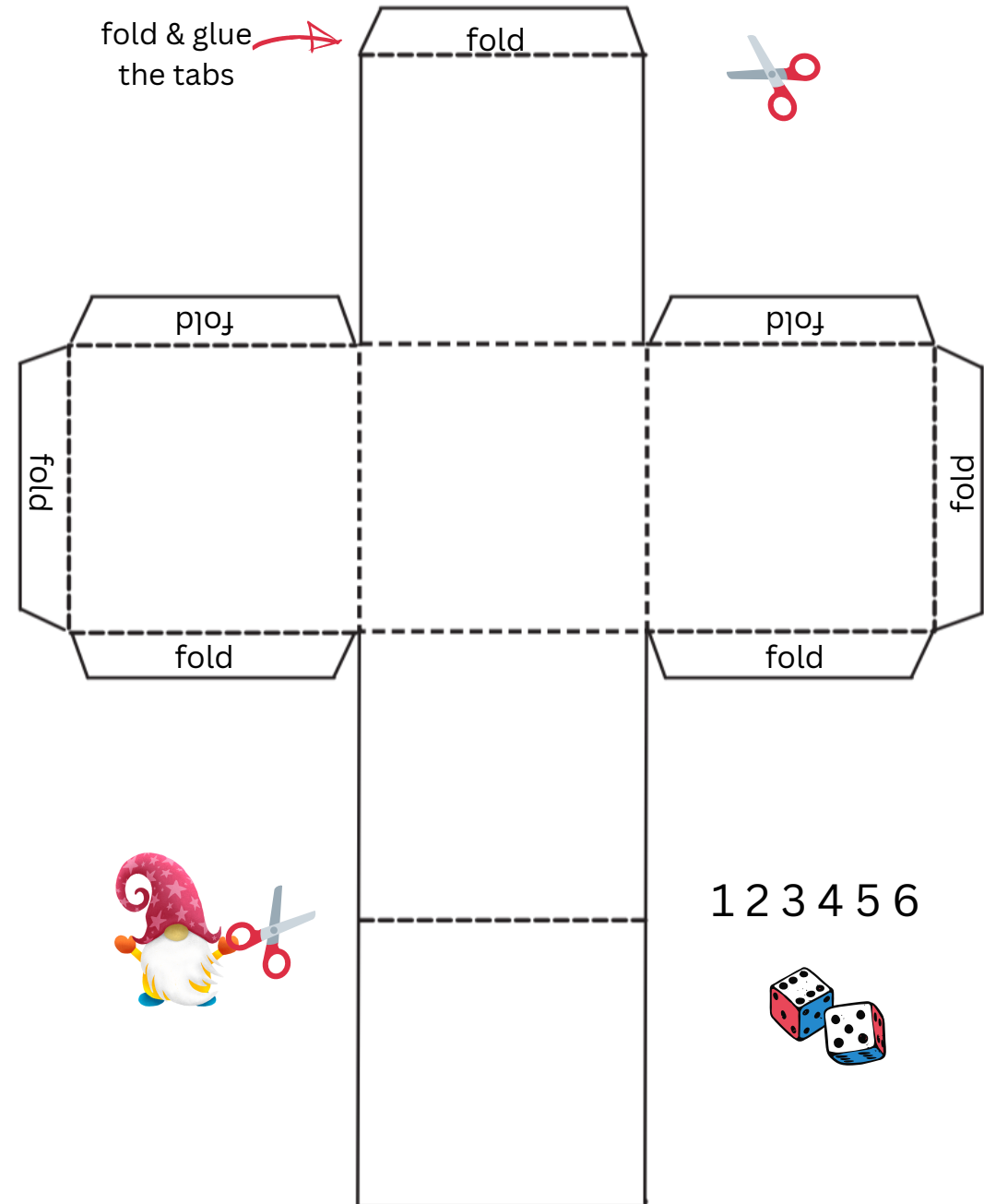
Throw a dice each at the end of the day for your gratitude question.



**Today**

What made you smile? 5	What are you grateful for? 6
What made you laugh out loud? 4	
Who did you say 'thank you' to? 2	What did you do well? 3
What kind thing did you do? 1	

Decorate the dice template, cut out and glue. Use this for your Daily Dice affirmation game.



## 7 Day Challenge

Cut them out, fold them up and choose one each day. ✂

Think about your senses today. Notice something that smells good, looks colourful or has a calming sound.

Find some time to do some calm and deep breathing exercises.

Listen to some music or sing your favourite song (out loud if you can).

Say something nice to someone. How do you think they felt for the rest of the day?

Think of an affirmation and say it to yourself throughout the day (I am kind, I am strong).

Do something kind for someone. How do you think they felt? How did it make you feel?

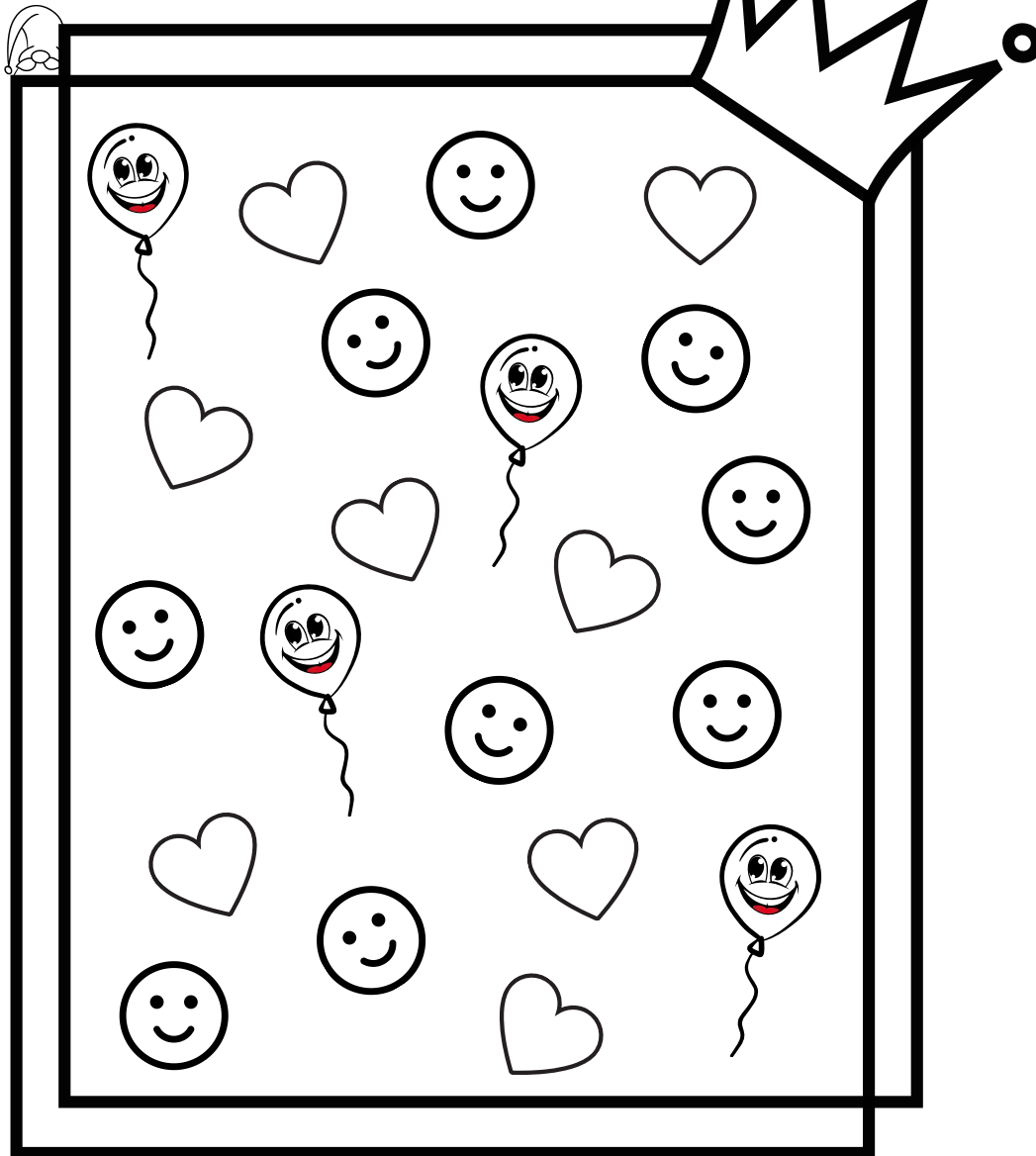
Set a goal for next week (drink more water, eat more vegetables/fruit, start a new book).

## My Cup of Positivi-tea

Write down within the lines some different words in your cup for when you are feeling happy or feeling positive (example: content, safe, smiling, cheery, joyful) and then colour in the cup with your favourite colours.



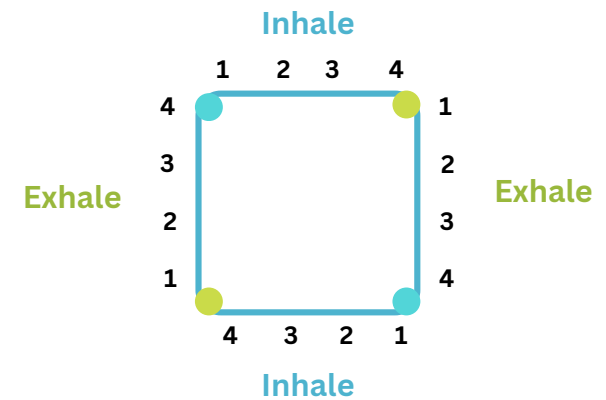
For every act of kindness, colour in a smiley face, balloon or heart.



## Square Breathing

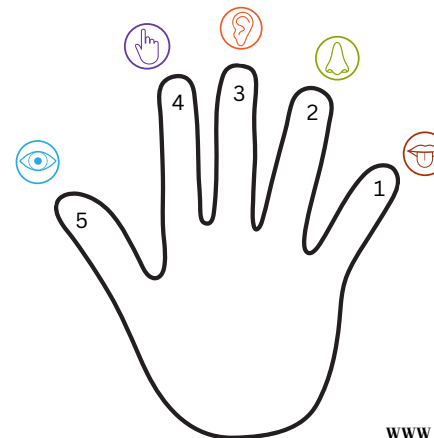


Find something square or rectangle to look at like a window or cut out this sheet to keep with you. Start at one corner and inhale for a count of 4 as your eyes travel to the next corner. Exhale for a count of 4 as you follow to the next corner. Repeat the sequence around the object until you feel calmer.



## 5,4,3,2,1 GROUNDING TECHNIQUE

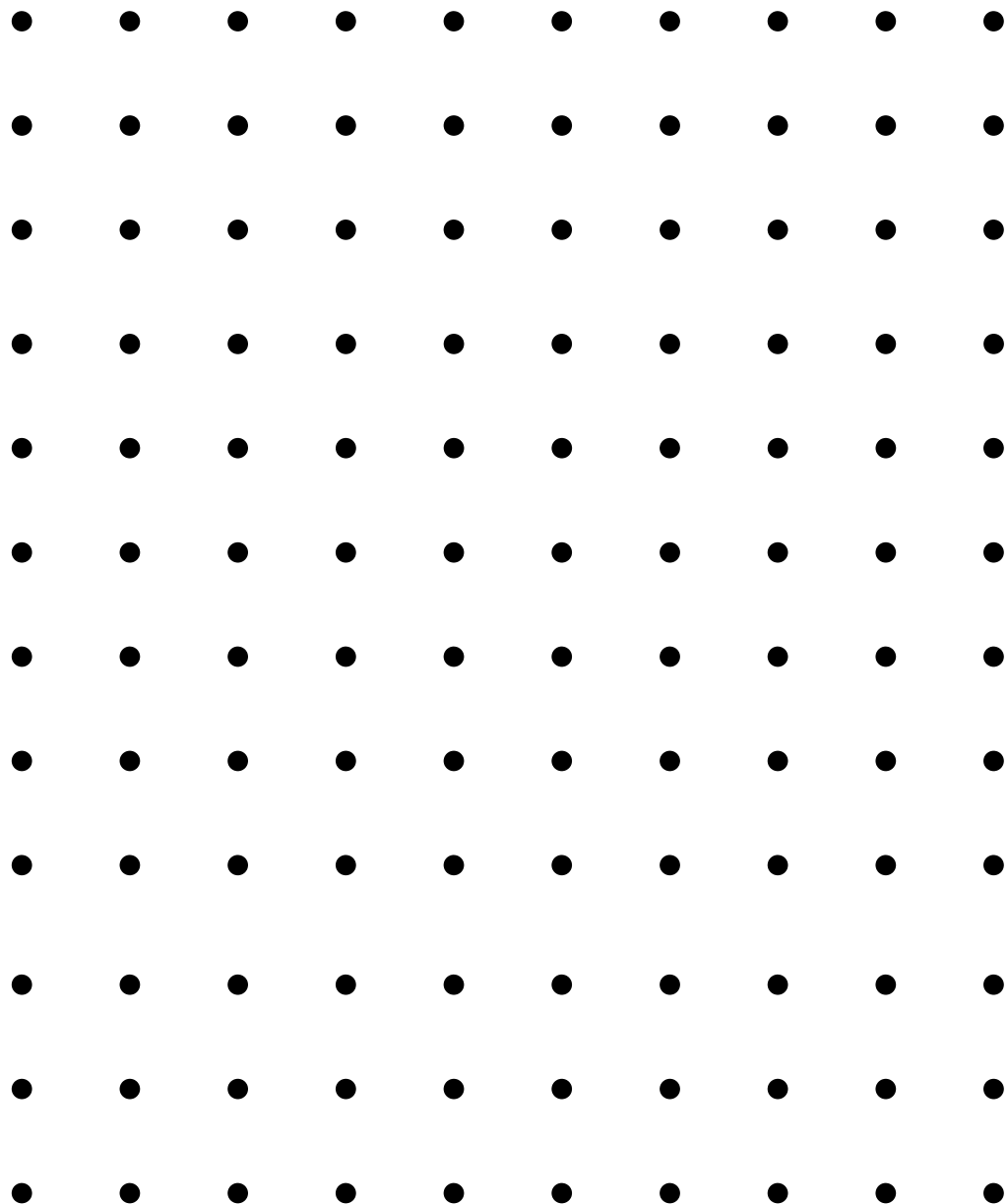
Use your fingers to count 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 thing you can taste.



- 5: Look at five objects around you or marks on walls.
- 4: This could be your hair or the feeling of your feet on the ground. Notice colour and shapes.
- 3: Open a window or go outside if you can. Inside, turn on tv/radio, rustle packets.
- 2: Walk around if necessary and open jars.
- 1: If you cannot taste, remember the last thing you ate or the flavour of your toothpaste.



Design your own pattern by joining the dots and colouring them in.

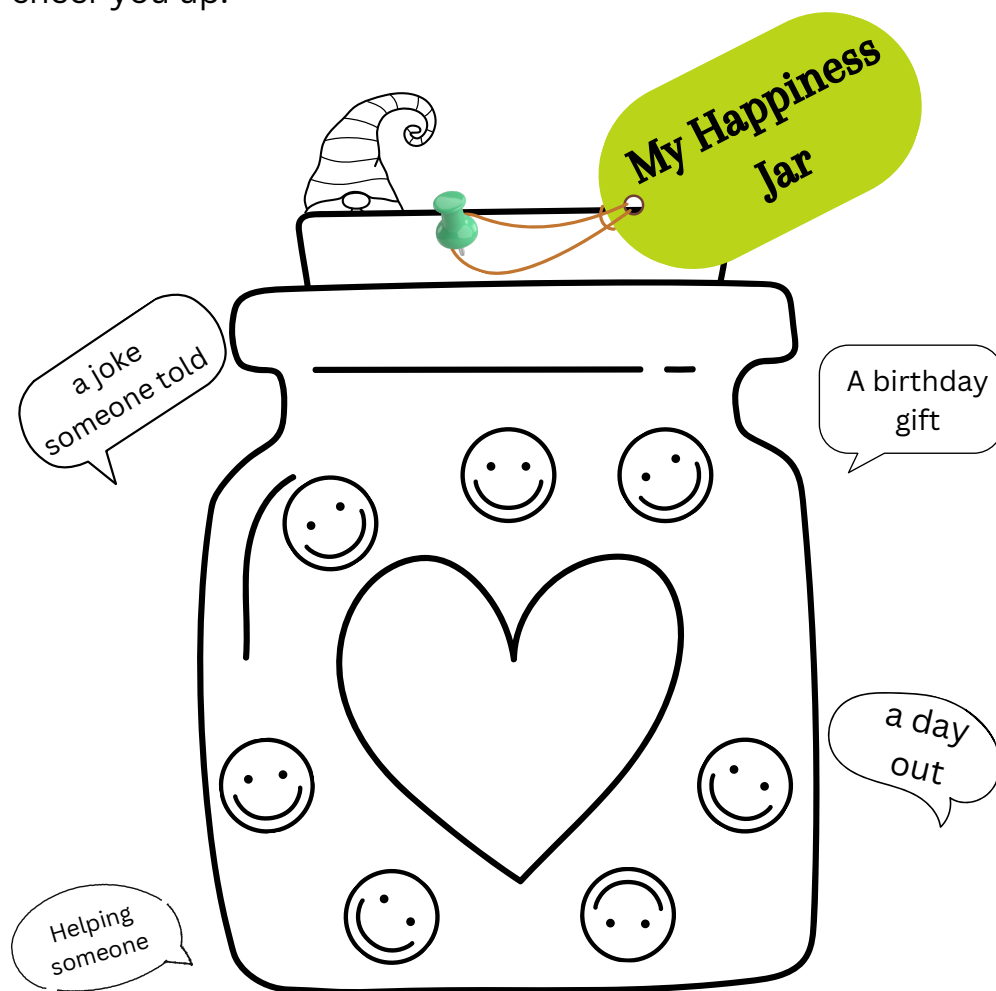


Fill up a jar of little notes with:



- All the things that make you happy.
- Funny jokes.
- Things that make you smile.
- Fun memories.

If you have a sad day, you can take one out and read it to help cheer you up.

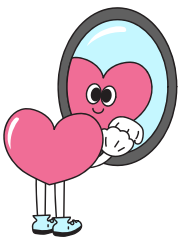


## What makes me 'me'?

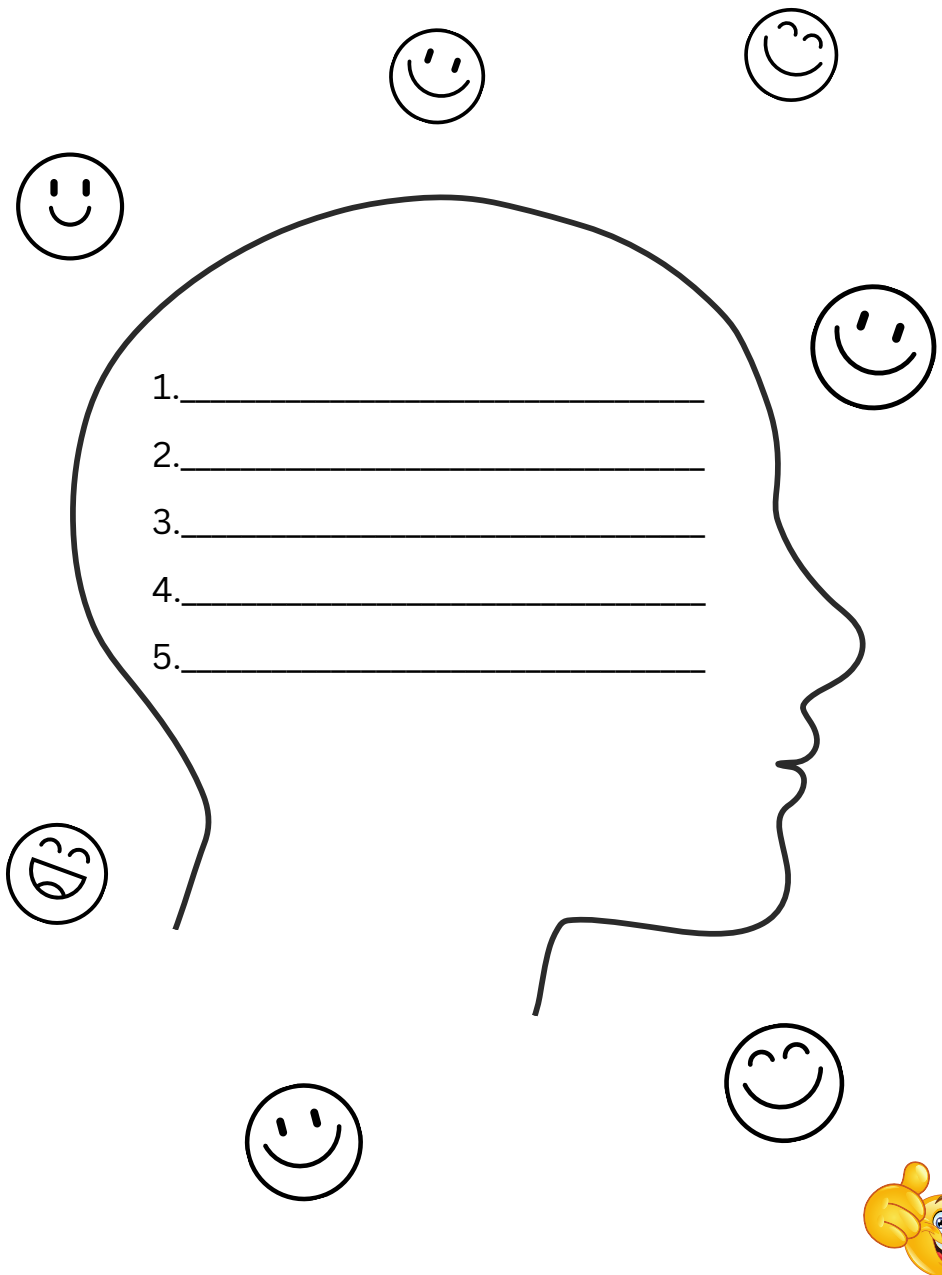
Write down what you like about yourself and what your great qualities are.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Write down five things that make you feel happy.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## MAKING YOUR VOICE HEARD



Everyone has thoughts, emotions and feelings, yet sometimes it can be quite difficult to find the words to say these out loud.

Certain topics can make us feel anxious or nervous, so writing them down to give to someone else can help. However, using your voice (even though it might be scary at first) can help build on your self-esteem and give you confidence - a good idea is to practice quietly first.

There are lots of situations where you might 'find your voice' and helping someone else is another way in which your voice can be heard.

Here are some ways to open up a conversation. Can you think of any more?

I feel sad/angry/  
happy/proud  
when ....

I don't like it  
when ...

Can I talk with  
you please?

I think I might  
need a little  
help.

Is there anything  
I can do to help?

## CERTIFICATE

Name: \_\_\_\_\_



*Your*  
**VOICE**  
**MATTERS**



I used my voice for



How I started the conversation



It made me feel



Date: \_\_\_\_\_

