





Staying at Home

In the last few weeks, our lives have changed a lot. We were in school with our friends and suddenly, we were all asked to stay at home.

At the moment, there is a lot of worry around because of Covid 19. Having some worry can be really good because it keeps us safe, but when we have lots of worry, it can make us feel bad and make it hard for us to manage our feelings. This is normal and you are not alone. If you are feeling worried or scared, you may find it helpful to try some of the activities in this booklet.

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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When we are happy and relaxed, our body works fine. But when our brain thinks we are in danger, it sends messages all over our body to get ready to run away from the danger, fight and be ready to meet the danger or freeze, which means we get stuck to the spot. This is a good thing when we want to hide!

Watch the clip '*Flight, Fright, Freeze*', to find out more.

https://www.youtube.com/watch?v=FfSbWc3O_5M

Colour or tick all the feelings you have had over the last week. Which zones have you been in?

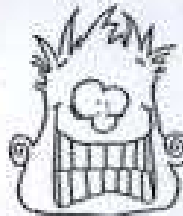
How Are You Feeling Today?



Exhausted



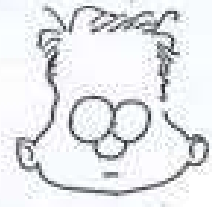
Confused



Ecstatic



Guilty



Suspicious



Angry



Hysterical



Frustrated



Sad



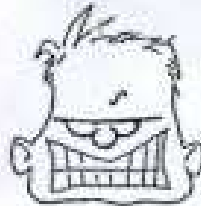
Confident



Embarrassed



Happy



Mischievous



Disgusted



Frightened

Remember: Your feelings are perfectly normal, but understanding how we are feeling can make things seem less scary.

THE BLOB TREE

WHAT IS THE BLOB TREE?

[The Blob Tree](#) is a tool that can be used to help students articulate their feelings and help facilitate their development. It consists of many blob figures on or around a tree. The tree represents a setting, such as a school or group, and the blobs represent different emotions and feelings. You can use this as a self-reflection tool for the children by getting them to observe the blob characters on the tree and select which one expresses how they currently feel.

WHY USE THE BLOB TREE

Blob Trees can give students an opportunity to share their issues and what they're feeling. It has been [scientifically shown to be effective](#) as a means of expressing feelings and emotions with children, young people and adults. Using Blob Trees can help young children understand and master their emotions. The Blob Tree is one of the first of its kind: a visual stimulus that guides children in understanding their emotions.

WHO IS THE BLOB TREE FOR?

The Blob Tree was developed by renowned behavioural psychologist, Pip Wilson, whilst working with young people. The tools can be used in a variety of settings. Adults can easily start a discussion by asking the child which blob they relate to, especially since there is no right or wrong interpretation of the blobs. They can be viewed in many different ways as they show a variety of feelings.

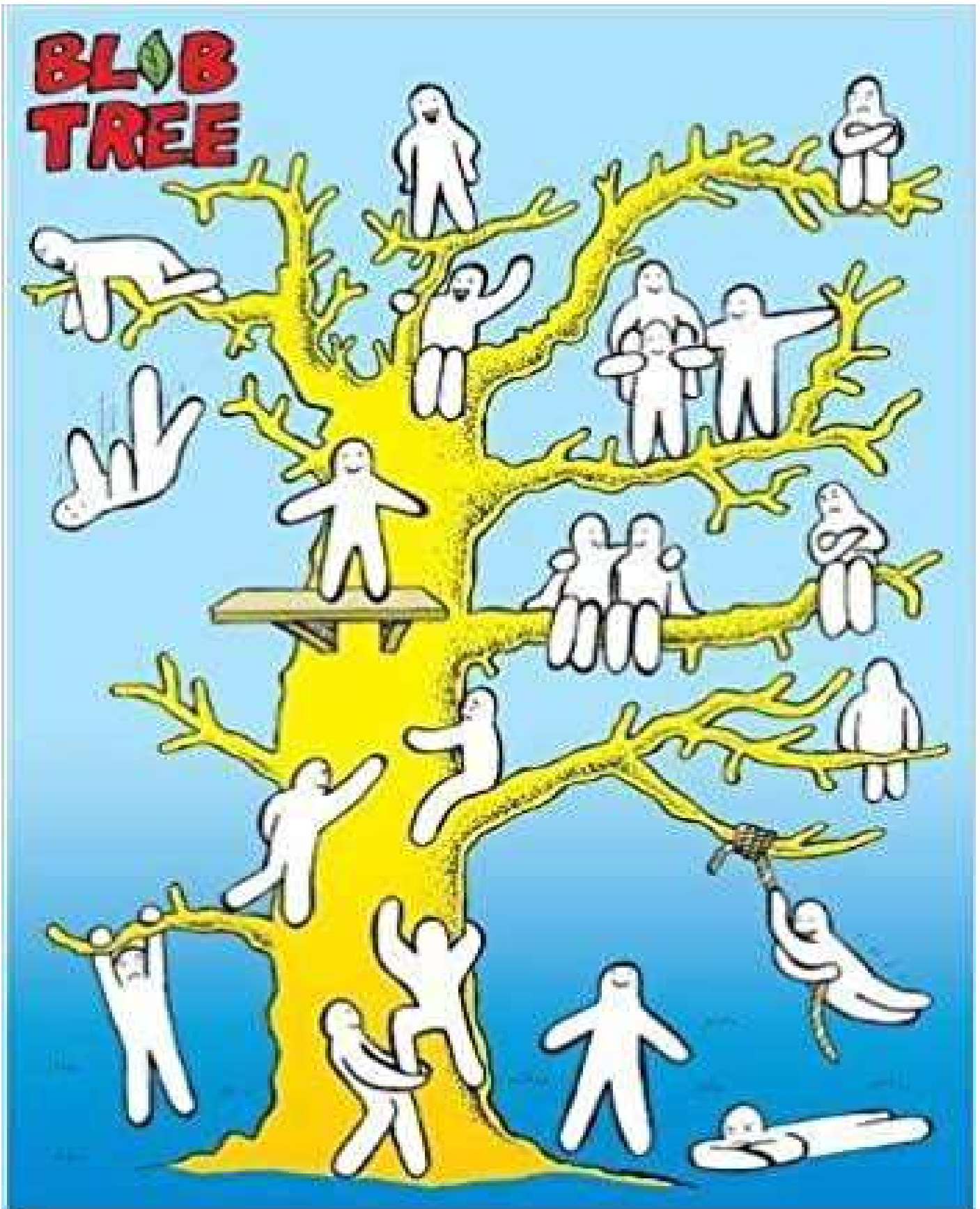
The blobs deal with deep issues using feelings, interactions and body language, making it easy for children to pick which one best represents them. Although the Blob Tree was initially created for use in schools and with children, it has now even been introduced into different fields such as business and marketing.

EVIDENCE BASE

[Evidence suggests that](#) those children with higher emotional intelligence pay better attention, are more engaged, and are more empathic. The Blob Tree plays a role in [developing this emotional intelligence](#) and it helps children to articulate their feelings. Taking ownership of their emotions is a key aspect in children developing emotional intelligence.

Maybe have a go and see how you get on.

Have a look at the Blob Tree. Which one do you think you are and why?



Relaxation exercises.

Sometimes it is good to have some quiet time. Here are a few ideas to try if you just need a bit of relaxation.

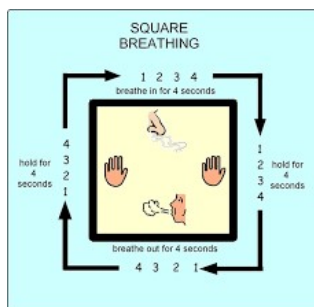


<https://www.youtube.com/watch?v=sh79w9pn9Cg>

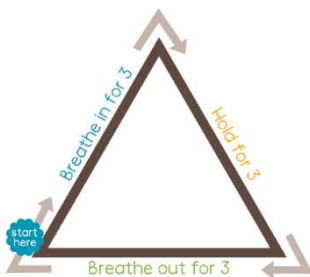
<https://www.youtube.com/watch?v=DSqOW879jjA>

Deep breathing using shapes

<https://copingskillsforkids.com/blog/using-shapes-to-teach-deep-breathing>



<https://www.youtube.com/watch?v=YFdZXwE6fRE>



TRIANGLE BREATHING

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.



STAR BREATHING

Start at any "Breathe In" side on the star.

Trace your finger over the "breathe in" side of the point

Hold your breath when your finger gets to the tip of the point

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths

Be Kind to Yourself and other people

Write down some ideas about how you can be kind to yourself or other people. Maybe you could write an idea on a heart and give it to someone. Maybe you could make your grown up a cup of tea or pay someone a compliment.

Relax

Be Brave

Laugh

Do something
new

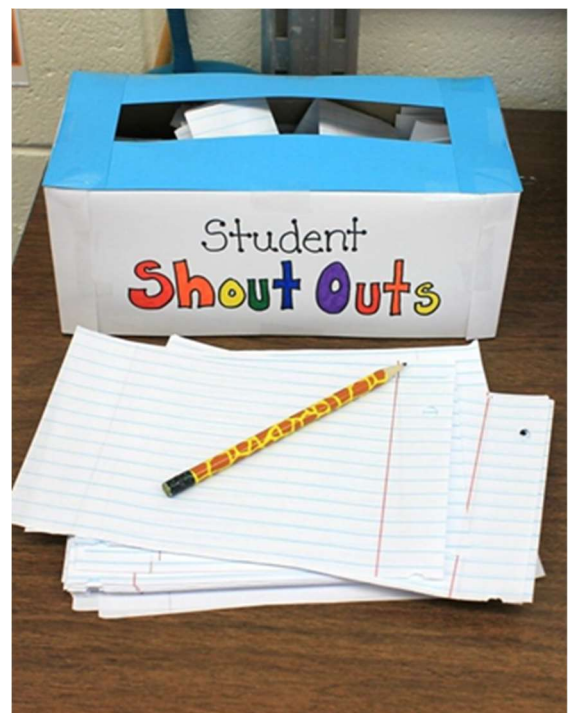
Breathing



Gratitude/Positivity Jar or box

You could draw a jar and write down the things that you are grateful for – this might be your family, your pets, having enough food to eat.

You could even find a jar or a box and make a positivity jar just like the ones we had at school. You and your family could write some lovely positive messages to each other to keep everyone's spirits up.



When I'm anxious, I can



do some deep breathing

When I'm anxious, I can



draw

When I'm anxious, I can



talk to an adult

When I'm anxious, I can



listen to music

When I'm anxious, I can



do some colouring

When I'm anxious, I can



do some yoga

