

My Home Book of Feelings and Thoughts.



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This booklet has been made
for you to help you to
talk about and share
how you are feeling.

Change can make us
feel worried
and being at home
instead of school
is a **big** change!

This is how I feel...



Bored



Scared



Angry



Worried



Silly



Disappointed



Confused



Tired



Shy



Stressed



Surprised



Anxious



Lonely



Ill



Sad



Embarrassed



Hurt



Annoyed



Grumpy



Upset

To feel better I choose...

I FEEL...

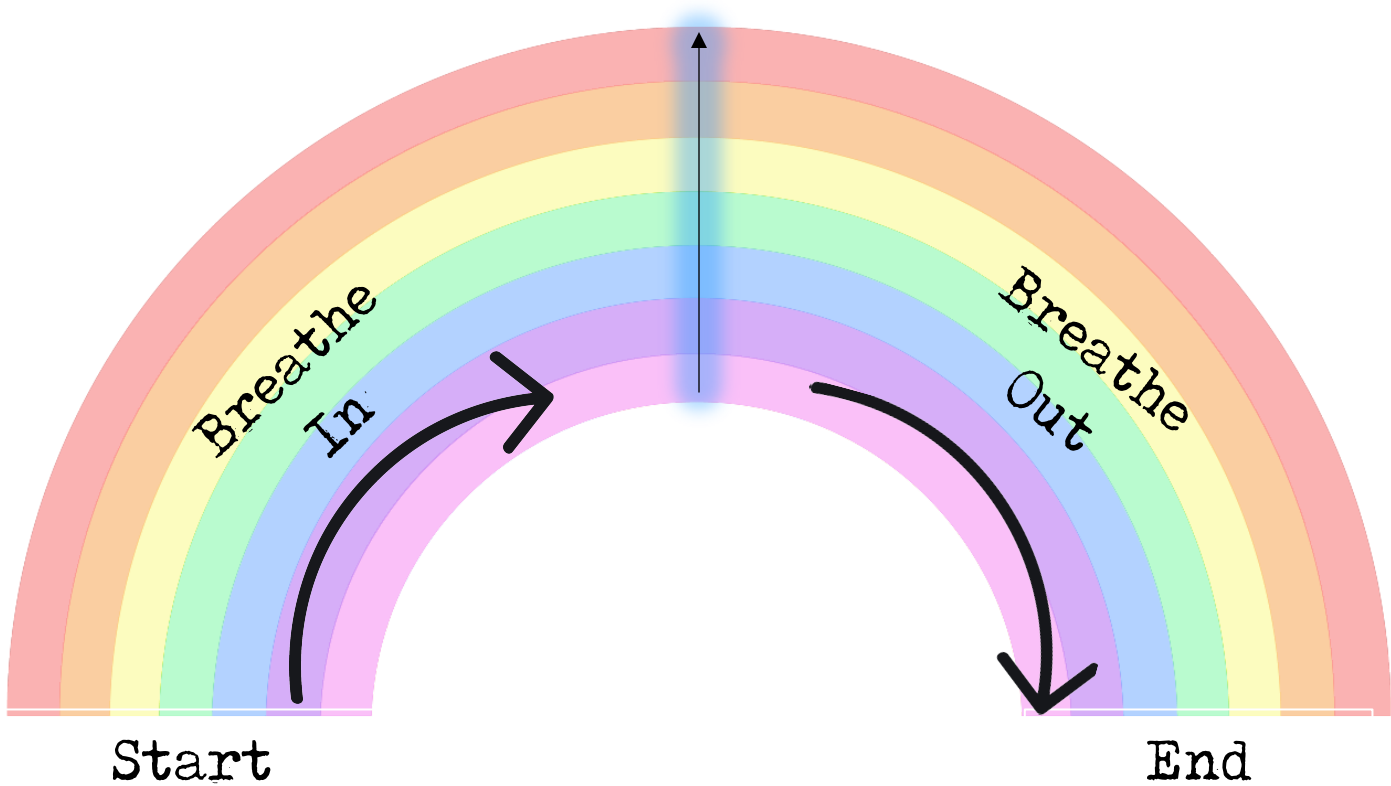


I CAN...



Rainbow Breathing

Breathing exercises are BRILLIANT for helping us to feel calm and settled.



Put your finger on the red colour.

Take a long, slow breath through your nose and slowly trace the colour to the top of the rainbow.

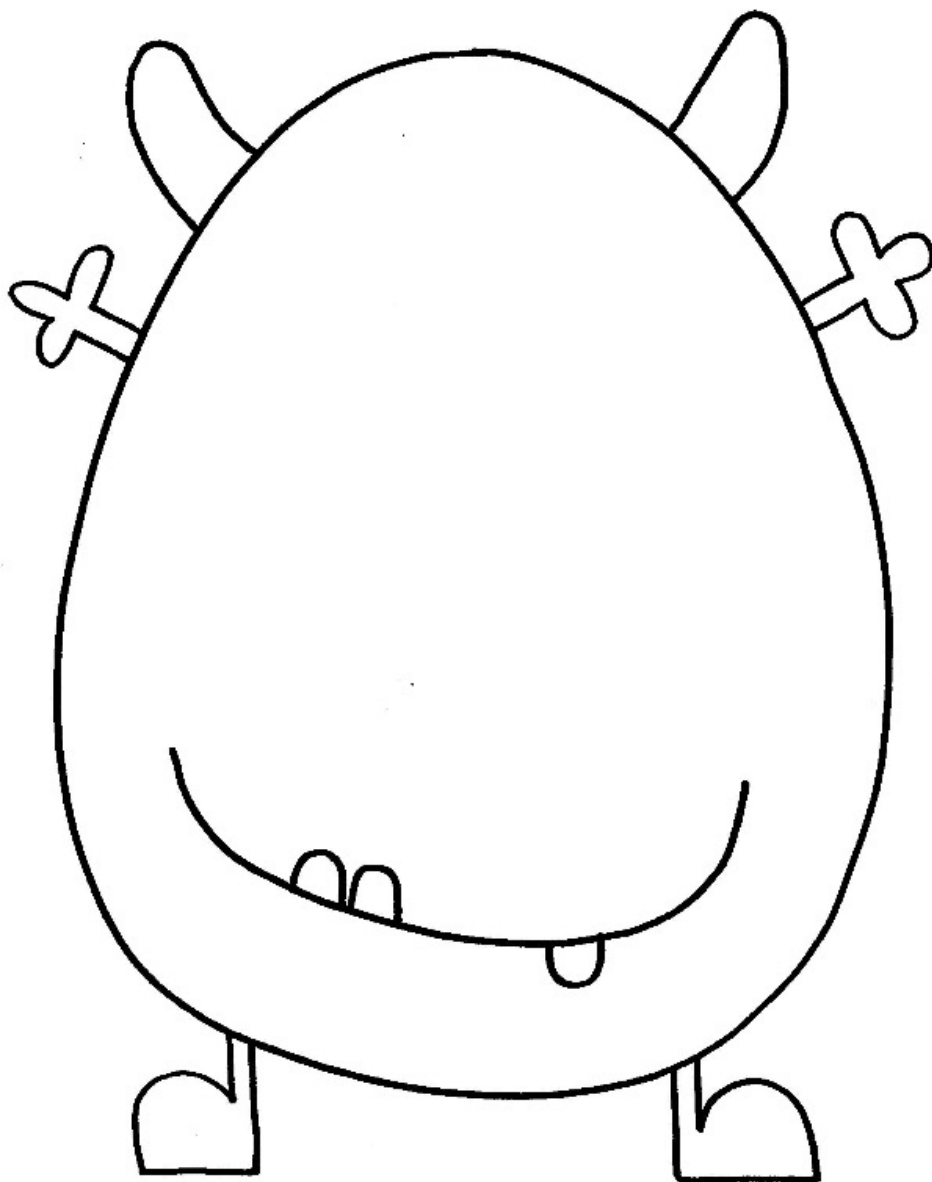
As your finger moves down breathe out slowly through your mouth.

Repeat for the other colours.

Decorate this **worry monster** and
cut it out.

When you have feelings, worries,
good news or bad news to share.

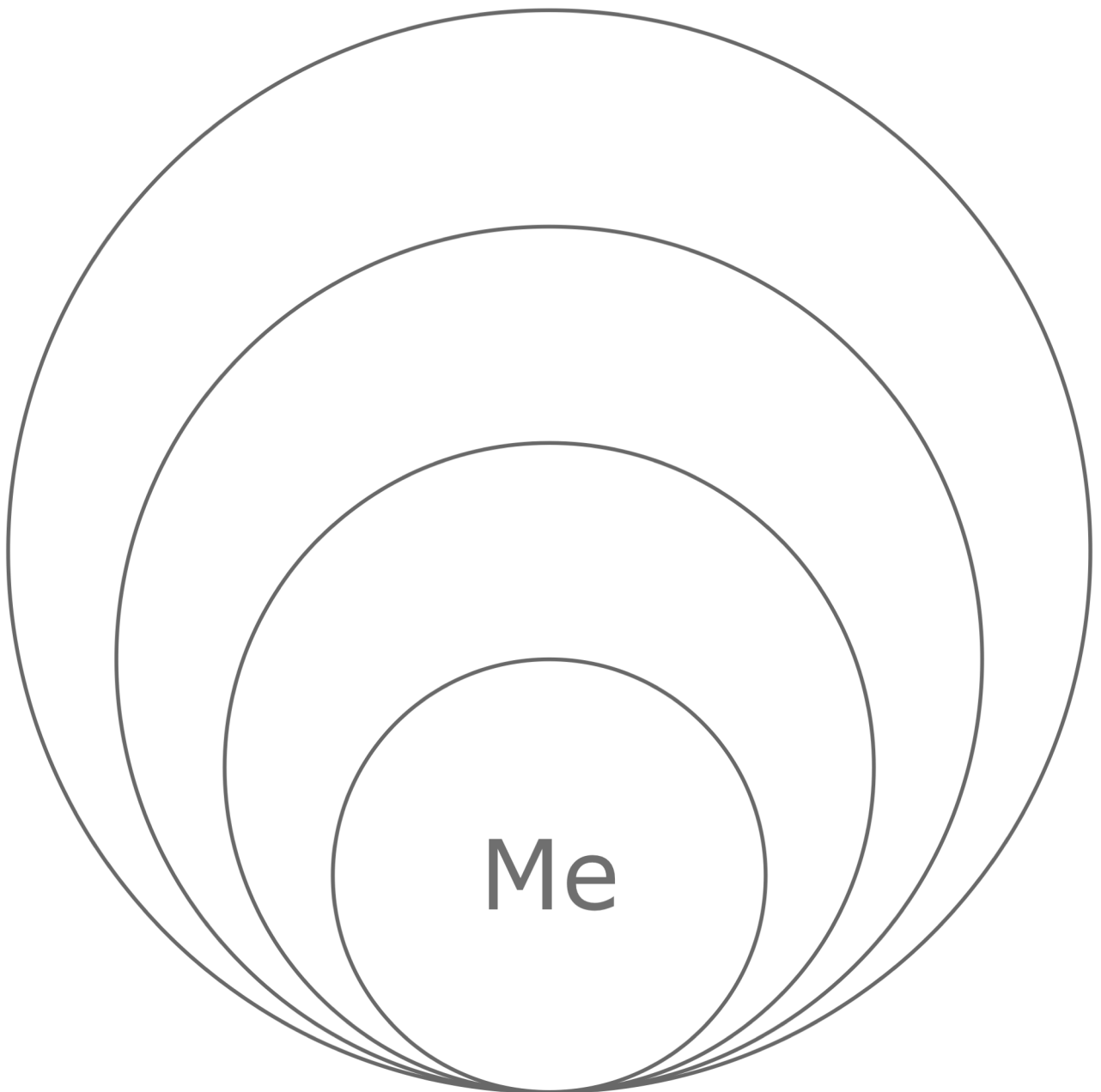
Whisper them and imagine what
advise they would give you?



My Circle of Support

You might feel lonely being off school.

Think about who is in your circle – friends, family and other people that care about you.



Clap for the Carers

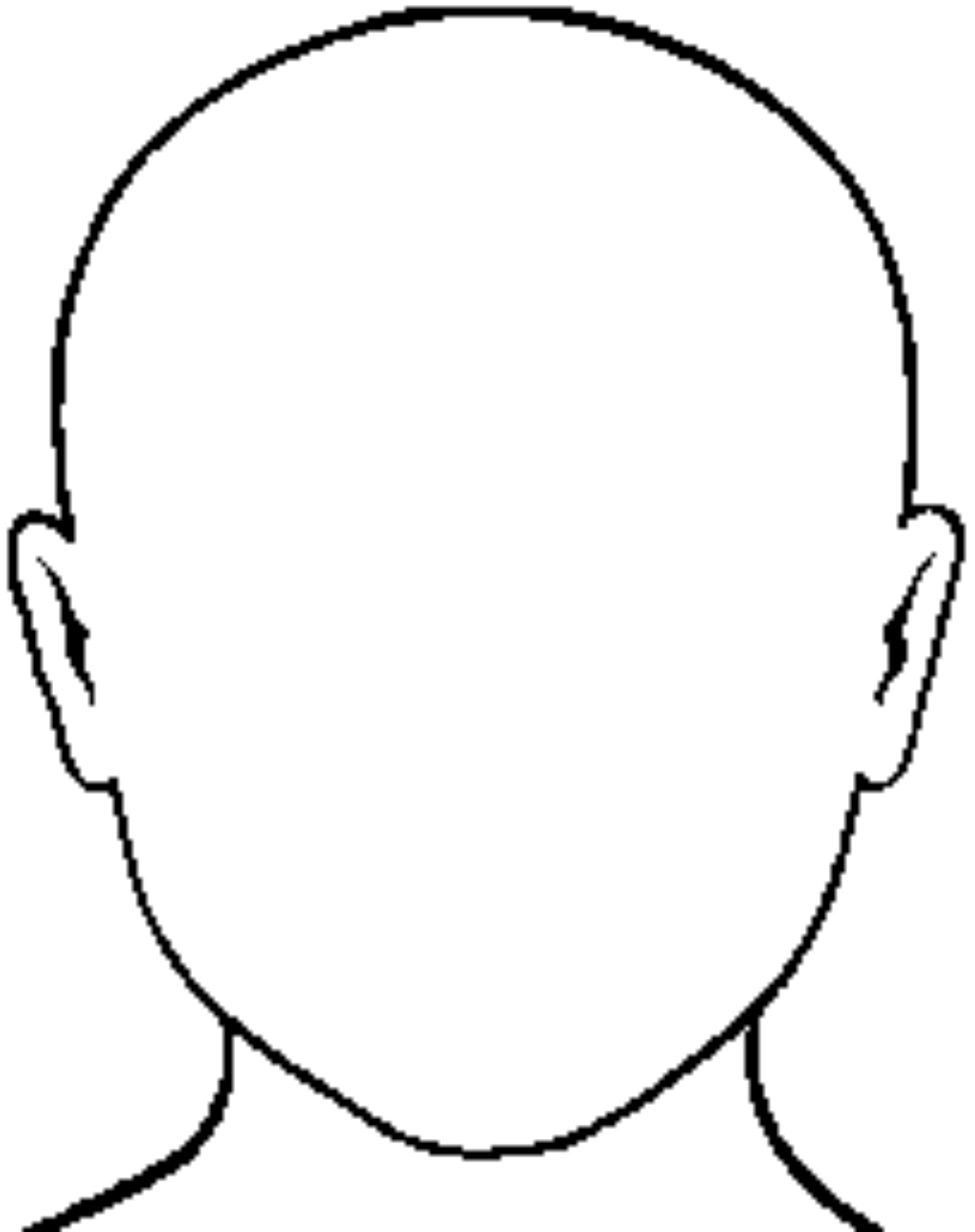
You might have clapped on your step
to thank the NHS for helping everyone.



Who else can you think of that is caring, kind
and helpful?

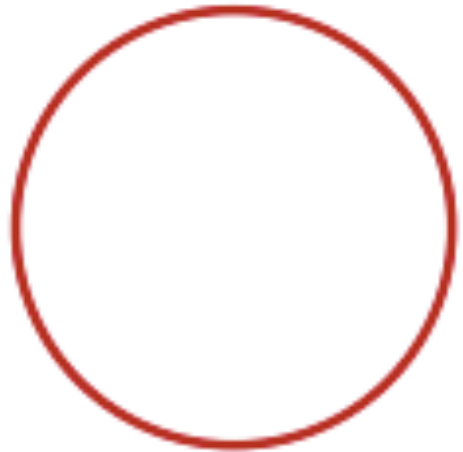
Write down all of the things
that you have been thinking about.

Circle the ones that make you feel happy.

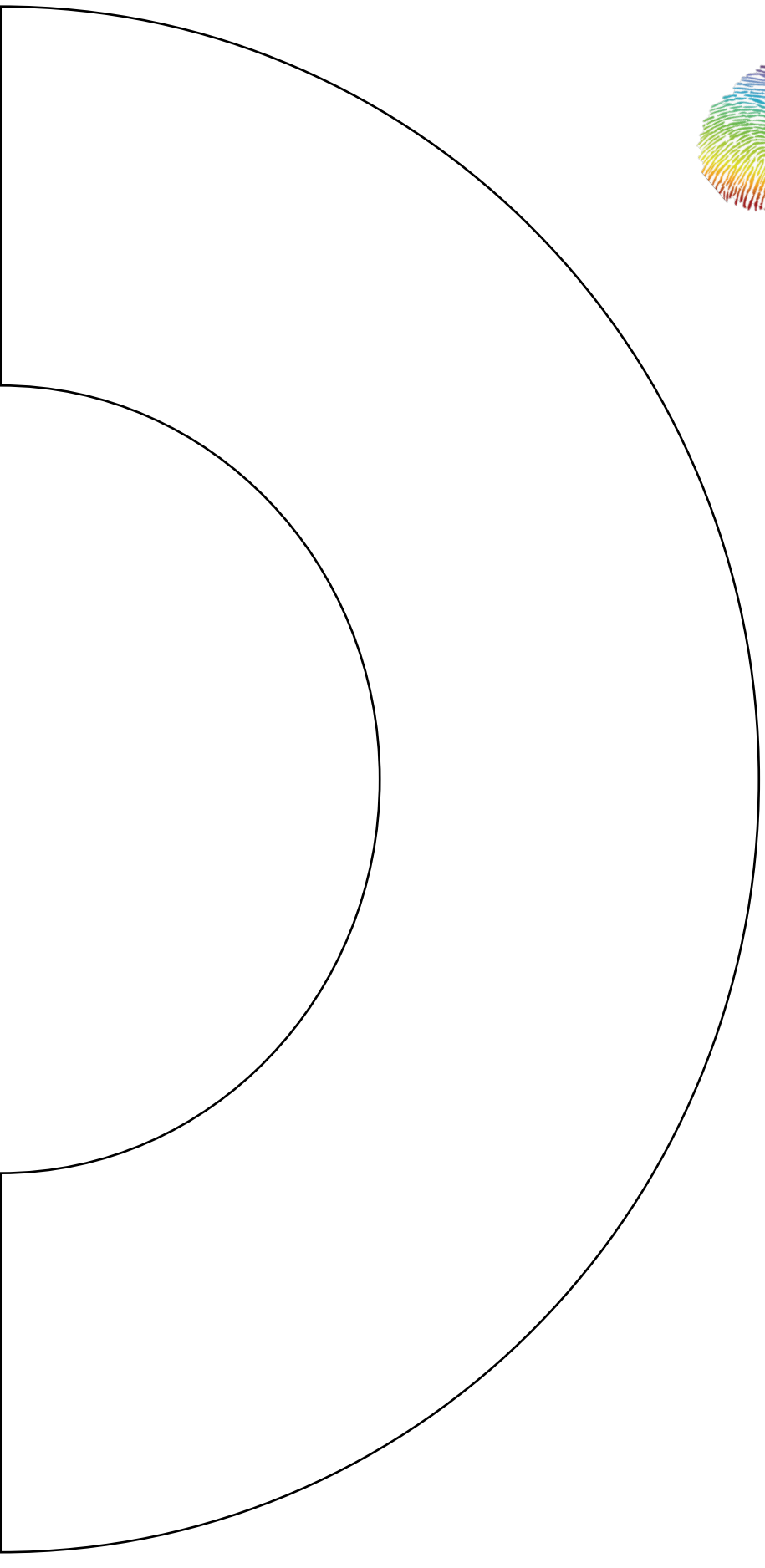


Draw the Emotions!

Can you draw a happy, sad, angry and scared face?



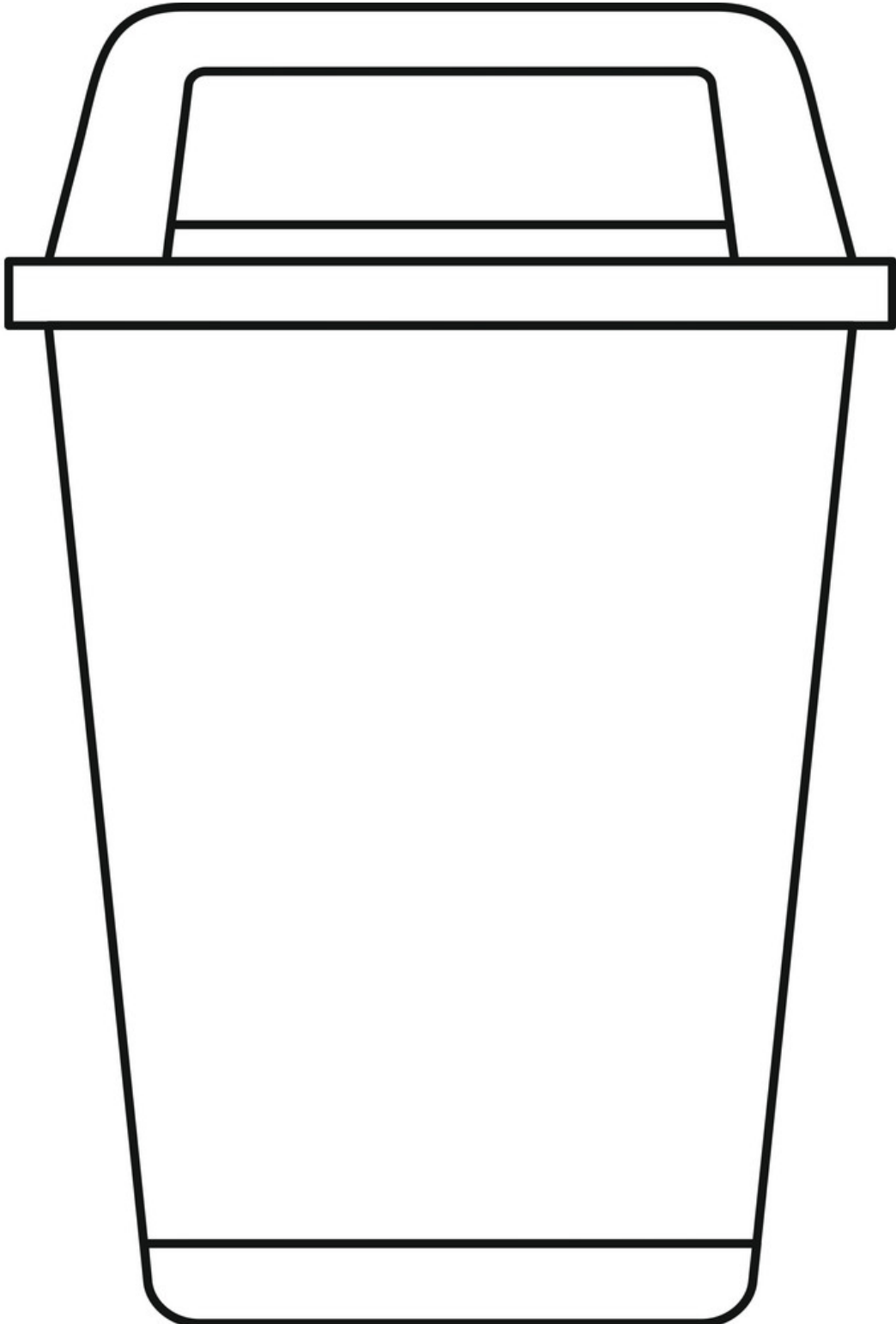
Fingerprint Rainbow



Create a colourful rainbow of your fingerprints!

Dump your worries!

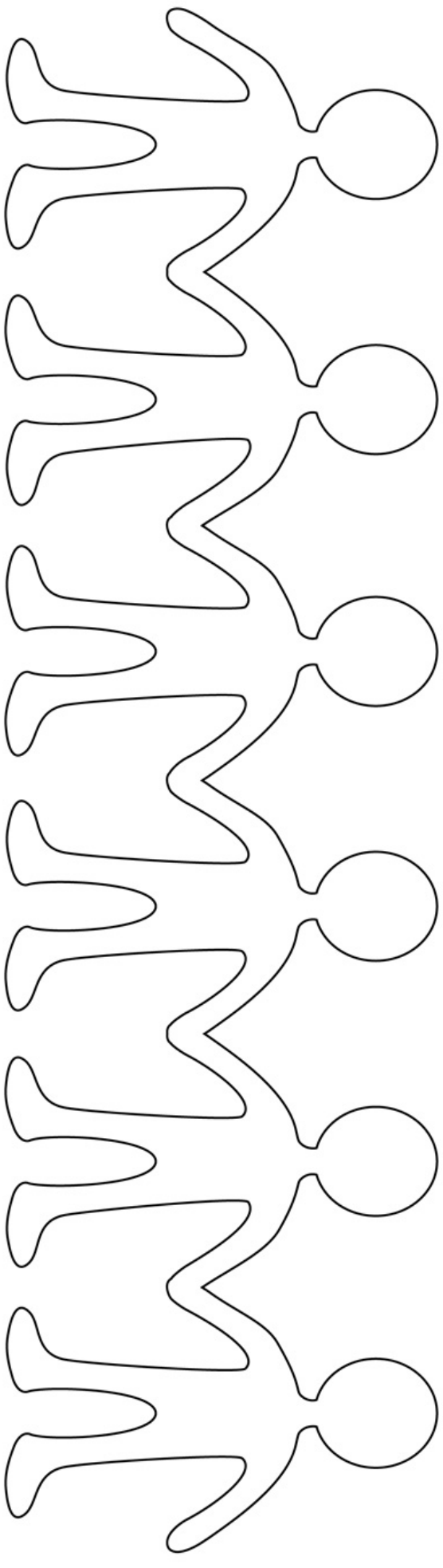
Fill the bin with the thoughts you'd like to get rid of.
When they are all out – rip it up, scrumple it,
stamp on it and throw them away!



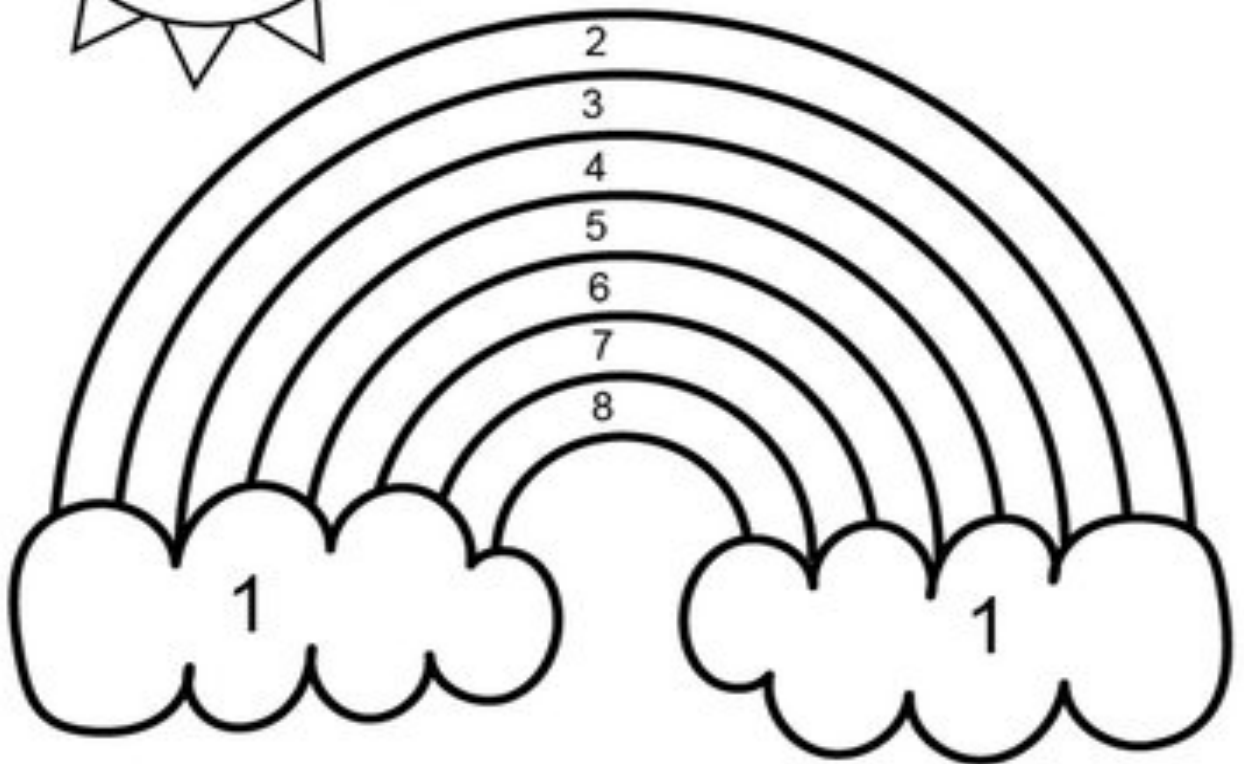
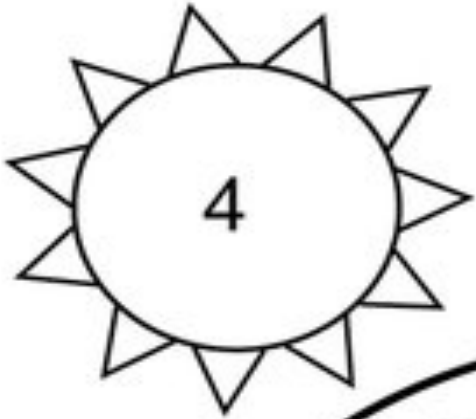
The people that I miss!

It's hard to be separated from our friends and family.

Decorate and name the people you wish you could see.



Colour By Numbers Rainbow



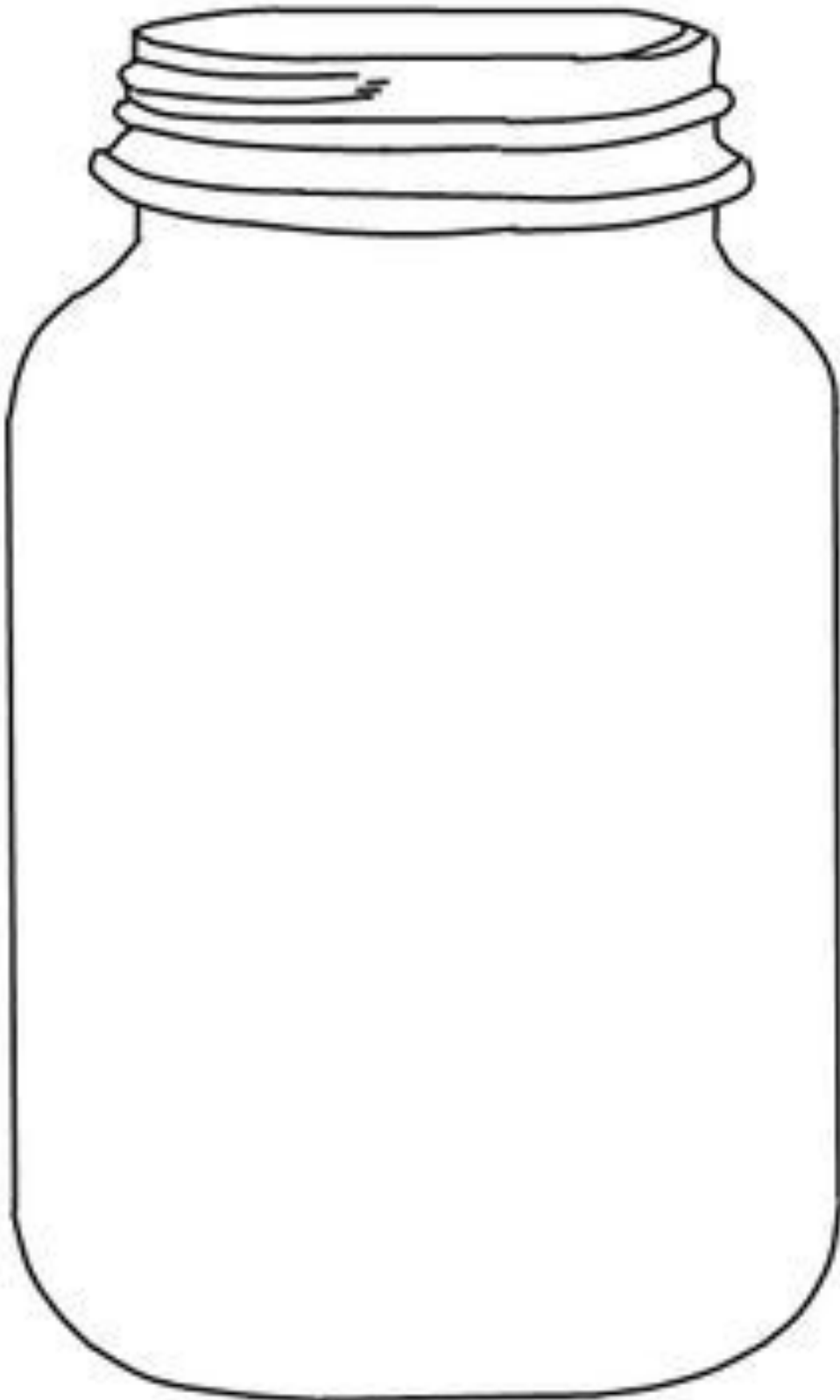
1- white
2- red
3- orange
4- yellow

5- green
6- blue
7- indigo
8- violet

Gratitude Jar

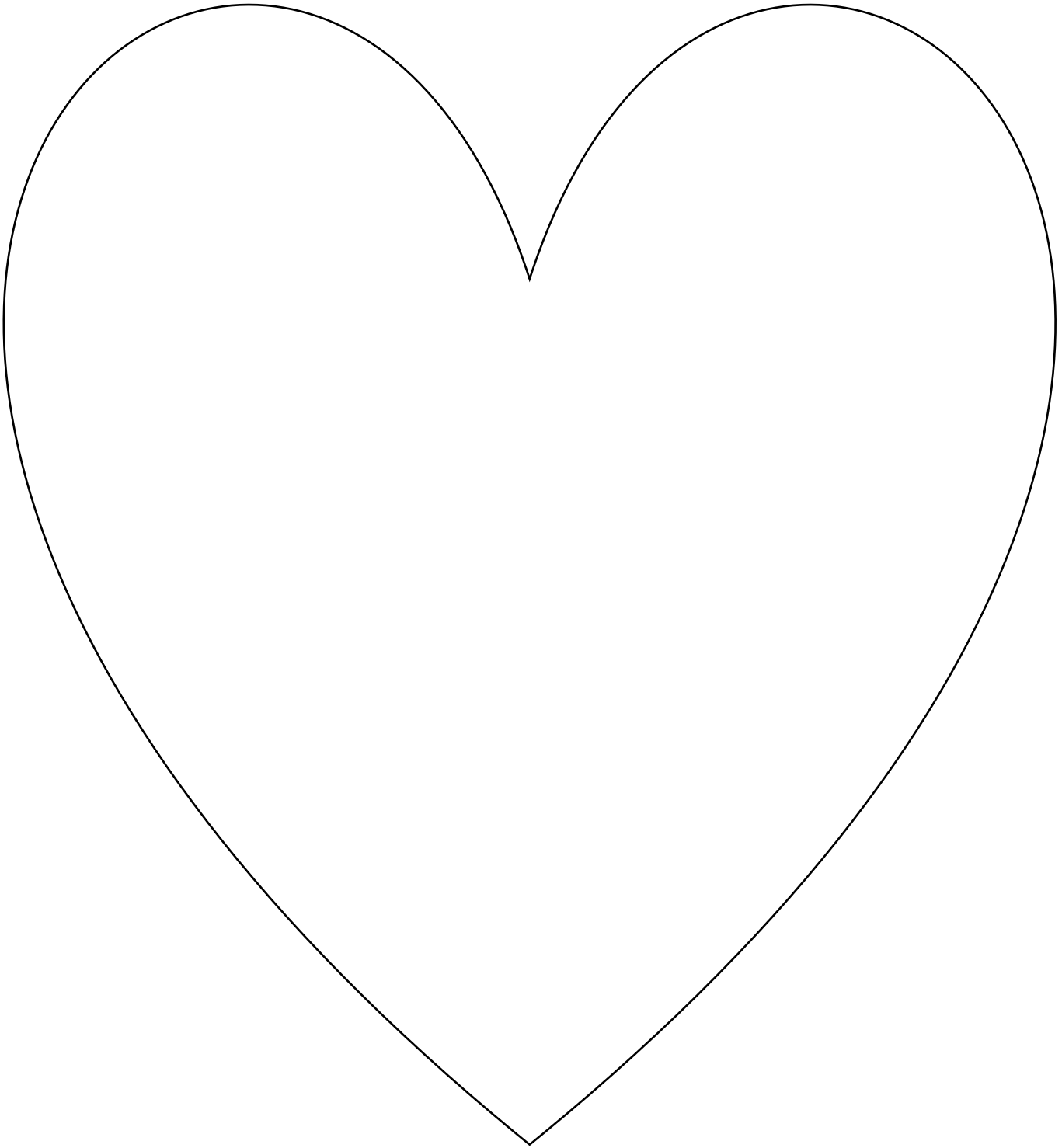
Every day write down something you are
grateful for.

Fill it up!

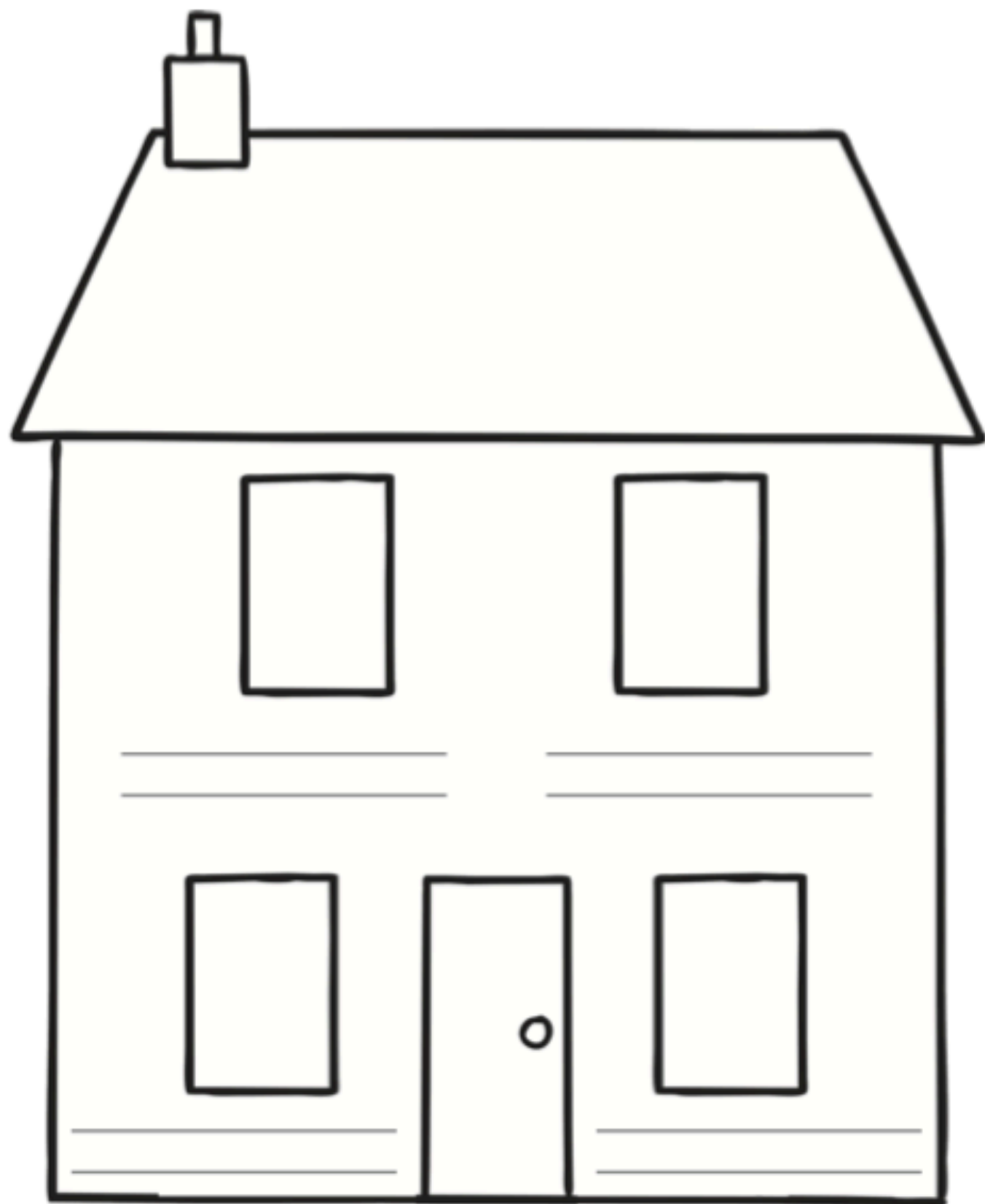


These things make my heart happy

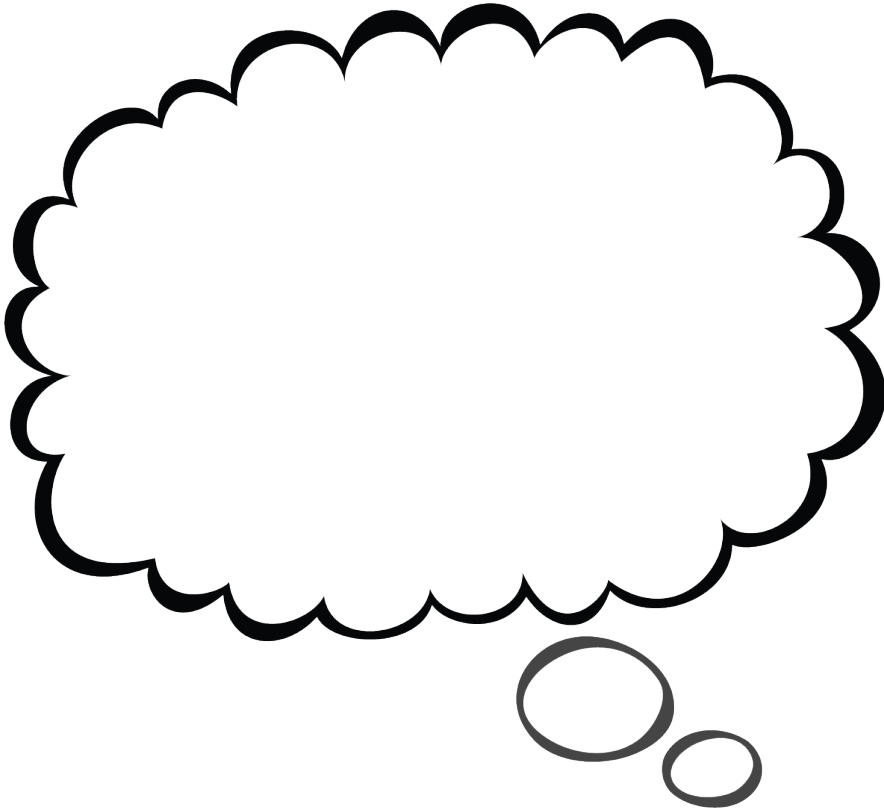
Draw or write all of the people and things that you
love or that make you feel loved.



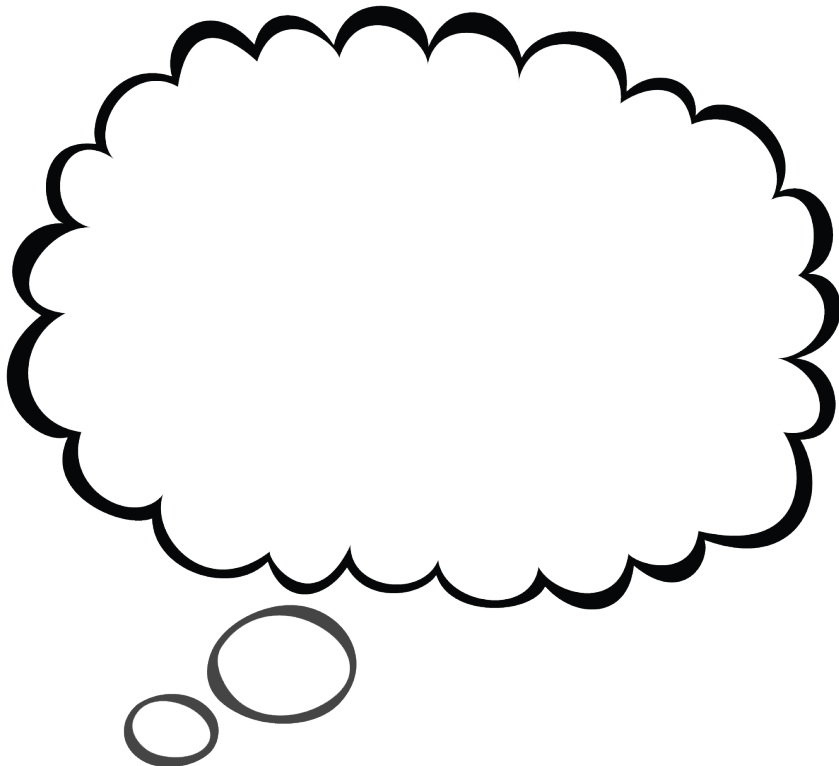
The People In My Home



What I love about being at home.



What I miss about being at school.

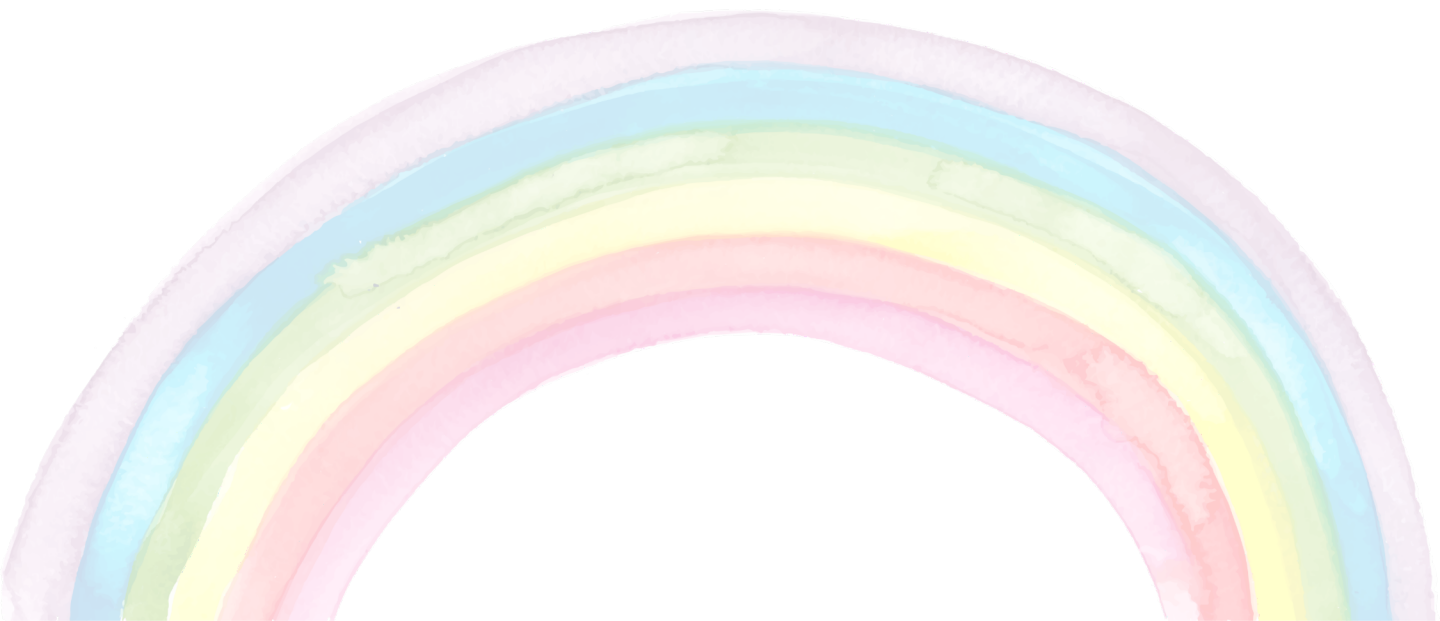


Things I want to tell my teachers when I go back to school.

Use this page for all of the things you will share with your
teacher when you are back in school.

Places I want to go when I can go out again!

Write down all of the things you are looking forward to doing again!





Resources on YouTube

Search “Peace Out” for stories to relax and help you to sleep.



Search “Cosmic Kids” for yoga and stretching activities.



Search “Go Noodle” for breathing, dancing and singing fun.

