

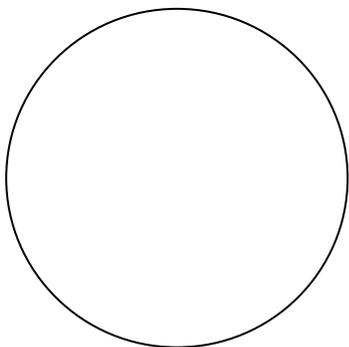
KS1 Age 4-7

My Helpful

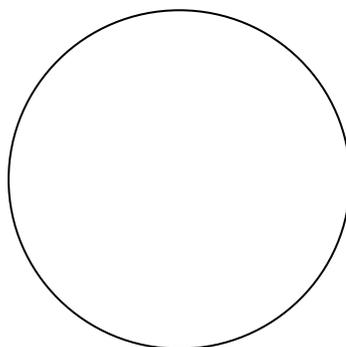


NHS
Leeds Community
Healthcare
NHS Trust

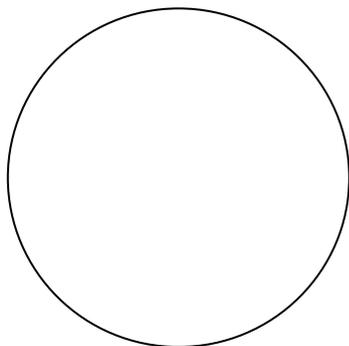
Draw feelings on the faces:



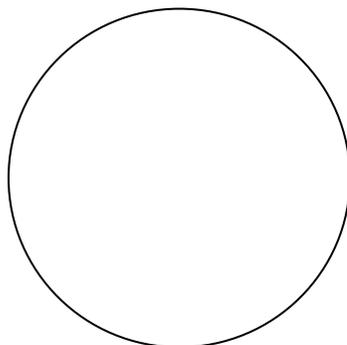
Happy



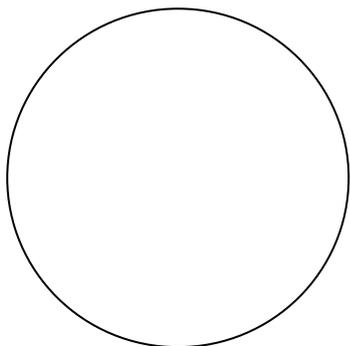
worried



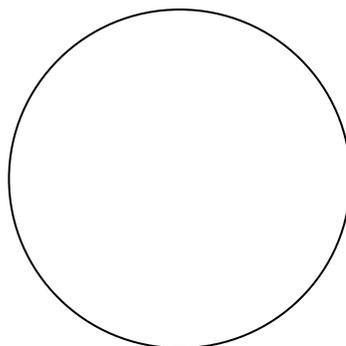
Sad



Embarrassed

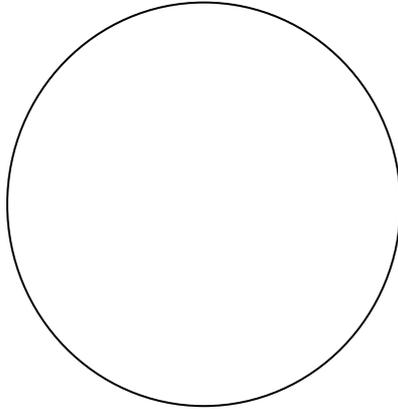


Angry



Loved

Draw how you are feeling?



Grown ups can be good at helping you work out your feelings. Make a list at who you can talk to about your

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.....

.....

.....

My positive



Write at least one thing per day that has

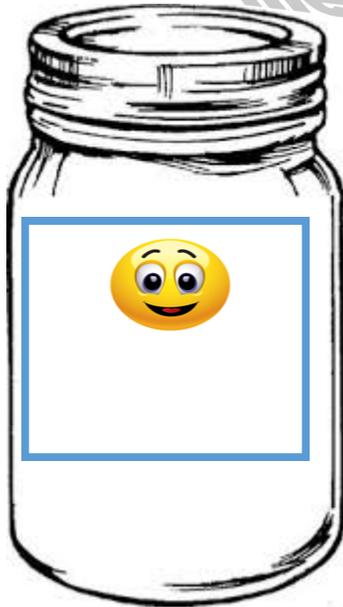
Day	Event	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

My happy Jar

Continue the positive thinking by writing the positive things that have happened to you on little pieces of paper. I.e. surprises, gifts, accomplished goals, 'lol' moments and great memories. Keep all of the positive memories in a Happy Jar. Then at the end of the month (or when you are feeling a little blue) open your jar and celebrate all the positive things that have happened to you. Remember

LOL moments

memories



proud moments

surprises

accomplished goals

Family Activities

It's great to spend time with family . As a family think of things that you can do at home and out in the community. Its fun to fill the jars with ideas, pull one out together and make it happen! Think of some activities you do at home or would



Home Activities

- Bake
- Arts and crafts
- Reading
- Board Games

Outside Activities

- Go for a walk
- Play sports
- Collect pebbles from



Calming



Sometimes it is important that we have some time to ourselves to feel calm. Create your own calming down box which you can use to help relax you. Here some ideas of things to add to your calming box.

- Relaxation activities (within this booklet Pg. 8/9)
- Playdough
- Rainbow Pom-Poms
- Cotton Balls
- Shredded Paper
- Squashy balls
- Light up balls
- Instruments
- colouring book
- A variety of fabrics
- Calm down bottle
- Fiddle toys
- Rubik's cube
- Chewing toy

Relaxation



Try one relaxation technique per day. Rate out of 10 (10 being really helpful and 0 being not helpful) how helpful it was.

Relaxation techniques	Score out of 10	Relaxation techniques	Score out of 10
Meerkat Paw		Jaw: Chew the carrot	
Sleepy elephant		Squeeze the lemon	
Monkey Climb		Stretch like a cat	
Meerkat Stretch		Elephant Stretch	
Elephant squish		Grounding techniques	



Meerkat Paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat



Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel



Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to your-



Meerkat stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right.



Stomach make sure the elephant does not squish you

You are lied down and a baby elephant is coming towards you. Tighten your stomach muscles incase it walks over you. The elephant has gone so you can relax..oh wait its back, quick, tighten your stomach muscles again, just incase it walks over you. Don't



Shoulders and neck: Hide in your shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now.

