

KS2 Age 8-11

My Wellbeing Workbook



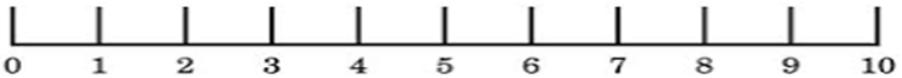
NHS
Leeds Community
Healthcare
NHS Trust

How am I feeling today?

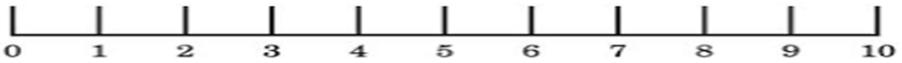
Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships



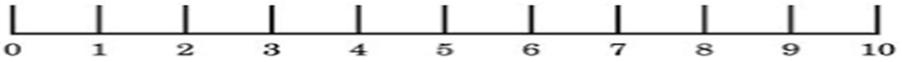
Mood



School



Friendships



Home



Colour							
Date							



MY FEELINGS

Traffic light your feelings:

Red = I feel these feelings a lot

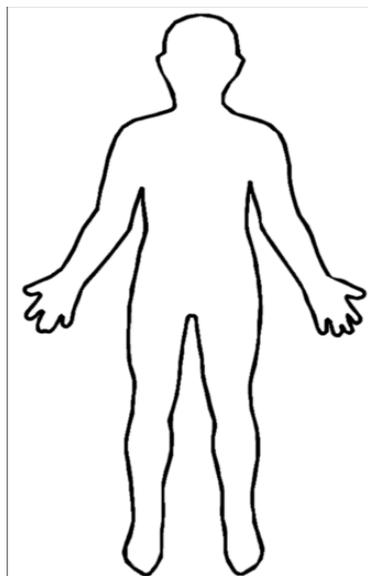
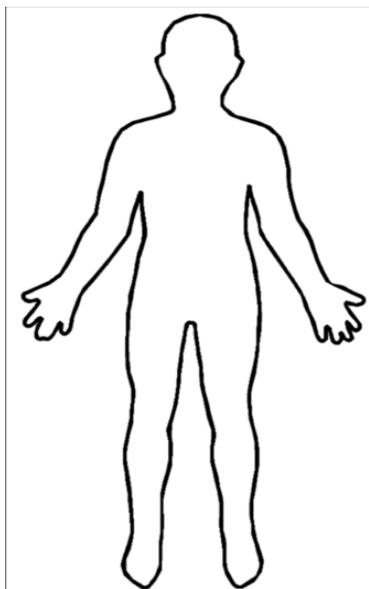
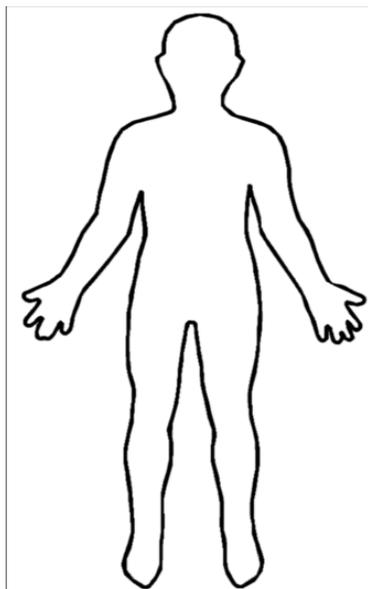
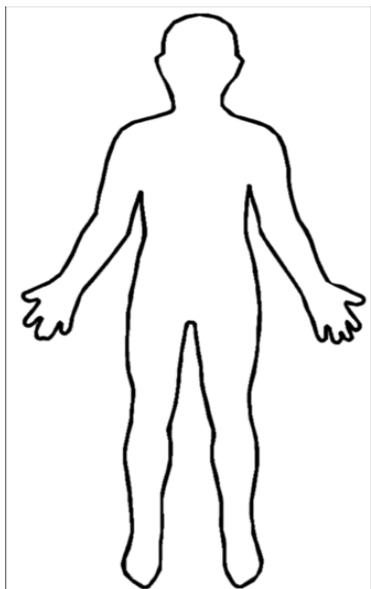
Amber = I feel these feelings often

Green = I don't feel these feelings very



A collection of 15 empty ovals of various sizes, arranged in a roughly circular pattern. Each oval contains a single emotion word in a simple, black, sans-serif font. The words are: Confident, Happy, Worried, Sad, Upset, Scared, Hurt, Angry, Lonely, Shy, Loved, Safe, Relaxed, Jealous, Embarrassed, and Sensible. The word 'Angry' is written in a larger font size than the other words.

Pick four feelings you feel often. What happens to your body when you feel this? Write it on the part of the



Match the activities to the emotions

Activity

Being given a present.



Listening to your favourite song.



Forgetting your PE kit.

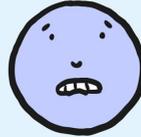


Falling over in the playground.



Emotion

Anxious



Upset



Excited



Happy



Match the activities to the emotions

Activity

Meeting a monster.



Winning a prize.



Having a birthday party.



Playing with friends.



Emotion

Happy



Excited



Scared



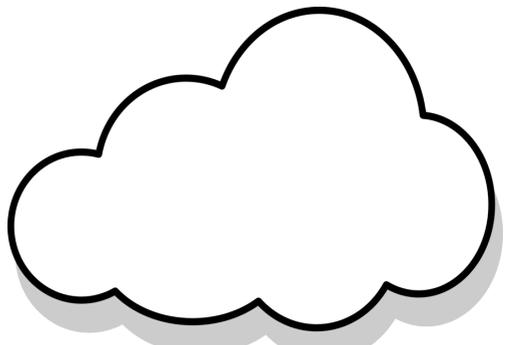
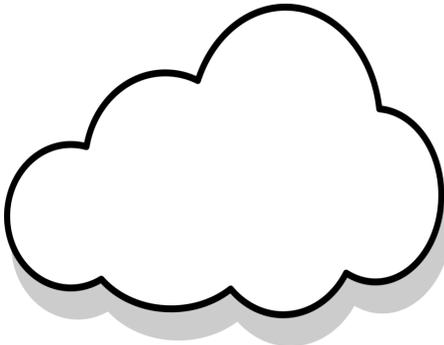
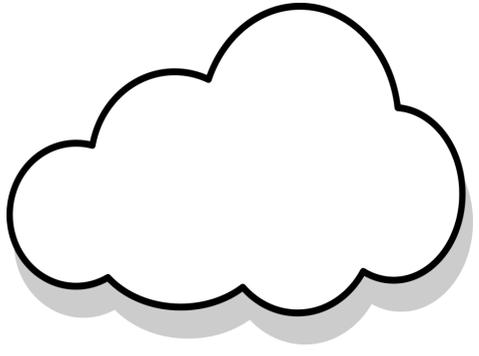
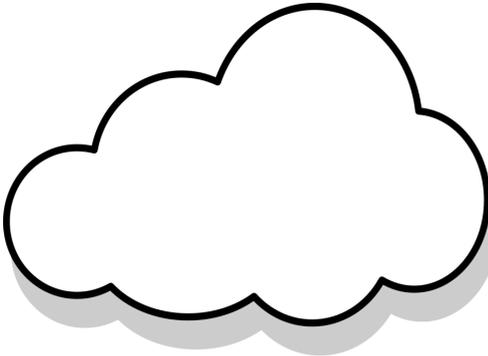
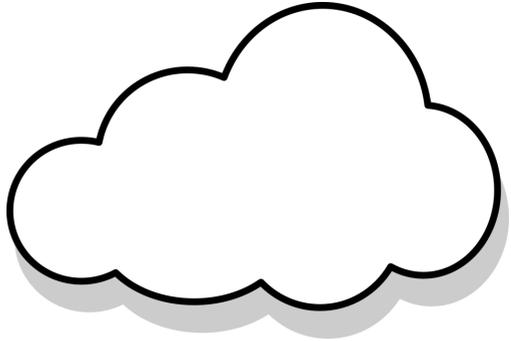
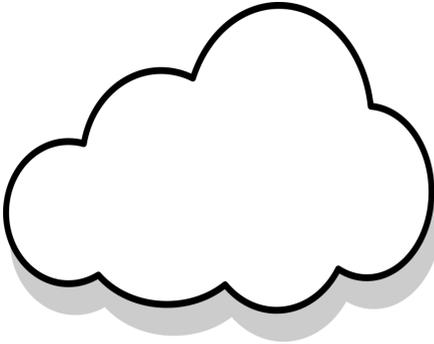
Proud



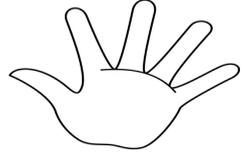
Worries



We all worry sometimes. If you have worries- write them in the clouds.... And imagine them floating away....



Getting help



If you are worried about things it's good to ask for help from a trusted adult.

Write down who you can talk to about

.....

.....

.....

.....

.....

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

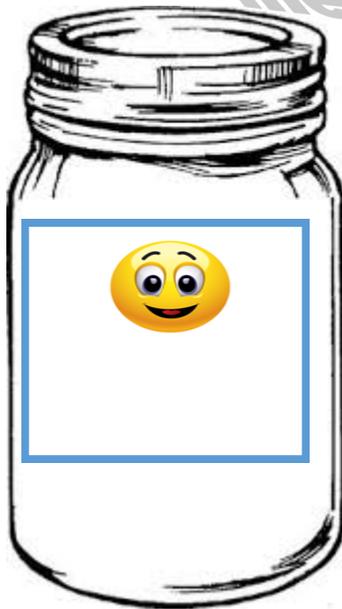
LOL moments

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.



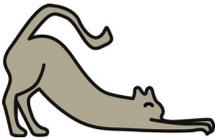
Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds.



Hands and Arms: Squeeze a Lemon

Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10



Arms and Shoulders: Stretch Like a Cat

Pretend lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very



Elephant Stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breath out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant.

Grounding technique

Notice

5 things you can

4 things you can

3 things you can

2 things you can



Flower and Candle: Breathing



Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a

Your own ideas

Write/draw your own ideas of relaxation and breathing exercises.

Positive Affirmations



It is really important to remind yourself that you are fantastic. Using the cards opposite to help, finish the sentences below that best describe you.

1. I am
2. I am
3. I am
4. I am
5. I am
6. I am
7. I am



I am joyful.

I enjoy my silliness.



I treat myself with kindness.



I am creative.



I am helpful.



I am thankful.



I am worthy.



I am flexible.



I belong.



I am a good listener.



I am friendly.



I respect myself.



I am super!



I am lovable.



I trust myself.



I can try things.



I can learn new things.



I am responsible.



I play great with others!



I am proud of myself.



Random acts of

Being kind to people not only makes them feel happy,



Donate toys,
books and



Cheer some-
one up by



Smile at
everyone you



Say
hi/hello



Give hugs to
friends and



Leave positive
post- it notes



Help with
the chores



Volunteer to
help at
school/in the



Give out
compliments



Open doors
for people



BEGINS WITH ME

Write a log of all the acts of kindness you do and how it makes you feel.

Day	Act of kindness	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Physical Exercise

When we do physical exercise our body releases happy chemicals which make us feel good. Therefore it is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel



Cycling



Roller
blading



Basket



Yoga



Skip



Football

Exercise

Diary

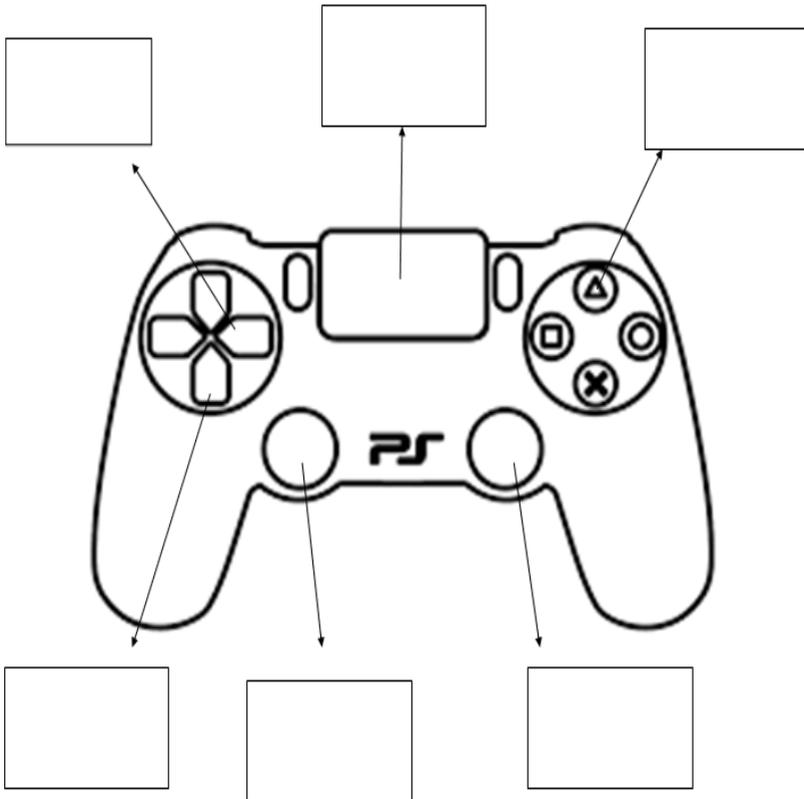


Day	Type of exercise	How did it make you feel?
Monday		
Tuesday		
Wednes- day		
Thursday		
Friday		
Saturday		
Sunday		

My Plan of Support

Remember: **YOU ARE IN CONTROL** of you're emotions.

In the boxes below write down the things that you have identified from the booklet that will help you feel calm..e.g. Calming box , relaxation techniques, positive affirmations



My wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you..Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep

My goals:-

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Helpful strategies:-

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People/activities I enjoy:-

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I can talk to:-

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Remember ...

You are great!!

