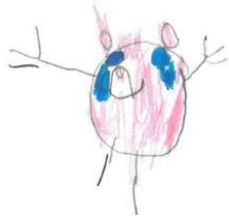




Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



Fear



Sad

cat M

# My Emotional Wellbeing Booklet



Happy



Angry



## My name is:

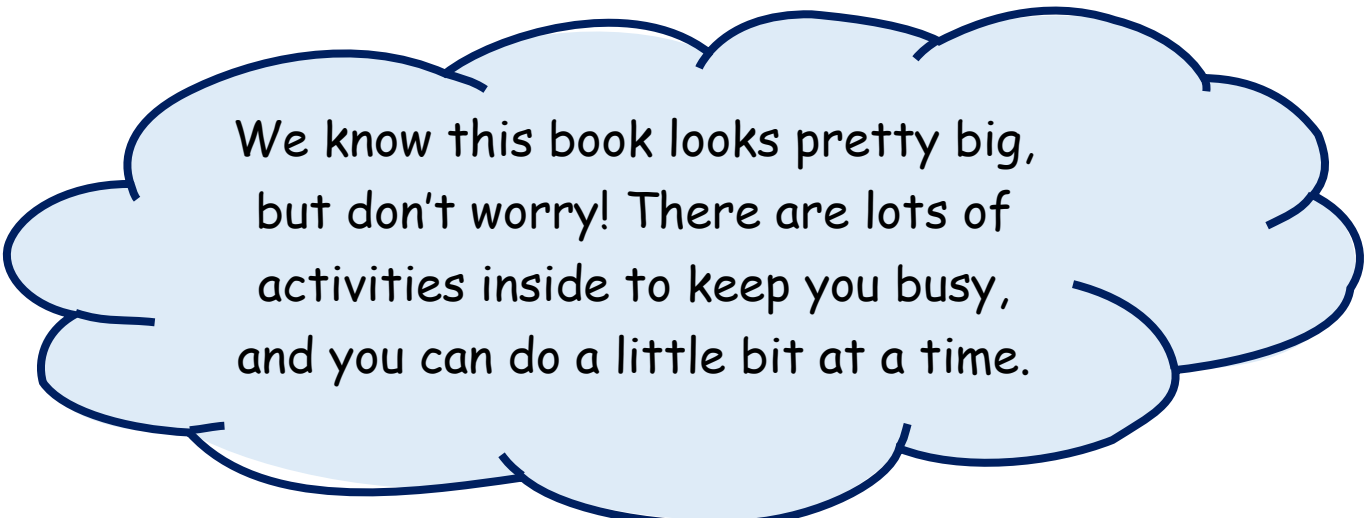


This booklet has been developed by the Assistant Psychologists in the Children's Centre Psychology Service and the Child and Adolescent Learning Disability Service in Aneurin Bevan University Health Board (ABUHB).

A special thanks to the pupils at Pen Y Cwm School for contributing their drawings and ideas to support the development of this booklet.

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We know this book looks pretty big, but don't worry! There are lots of activities inside to keep you busy, and you can do a little bit at a time.

# What are emotions?

Everybody has feelings



Sometimes we can't control how we are feeling



Sometimes things make us feel good



Sometimes things make us feel bad



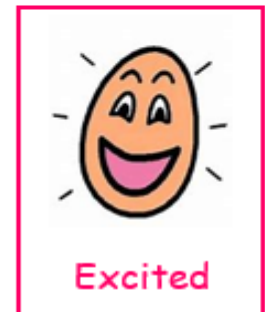
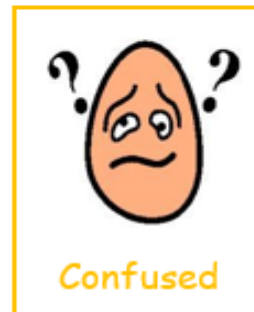
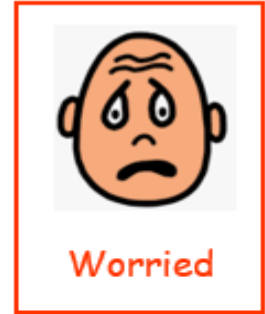
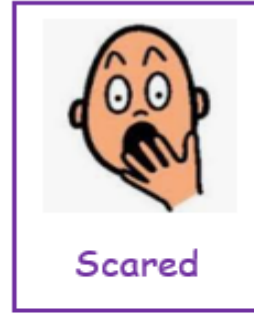
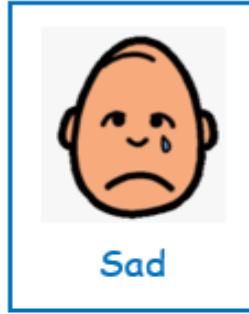
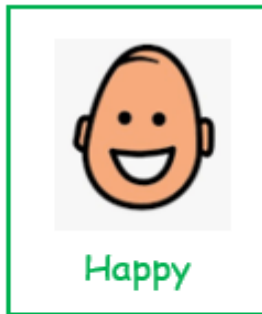
Sometimes the way we feel is called an emotion



Do you know the name of any emotions? If you do, write or draw them in this box.

# All emotions are normal!

Do you recognise any of these emotions?

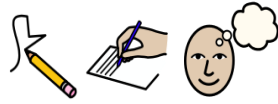


**It is okay to feel these emotions!**

Our emotions might feel really big, or they might feel small. When they feel really big, we might not know what to do.

It's ok to feel big feelings, we don't need to control them, get rid of them, or try to push them away.

In fact, this can sometimes make them feel bigger. There's lots of exercises we can do to help notice the feelings and let them pass on their own.



# My emotions

Here is an activity for you to try on your own or with an adult. Can you write or draw what activities or situations make you feel different emotions?

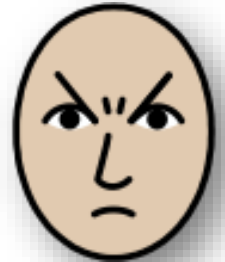
Things that make me feel **happy**:



Things that make me feel **sad**:



Things that make me feel **angry**:



Things that make me feel **worried**:



# Rating your Emotions

Can you think of a time when you wanted to talk to somebody about an emotion or a feeling?

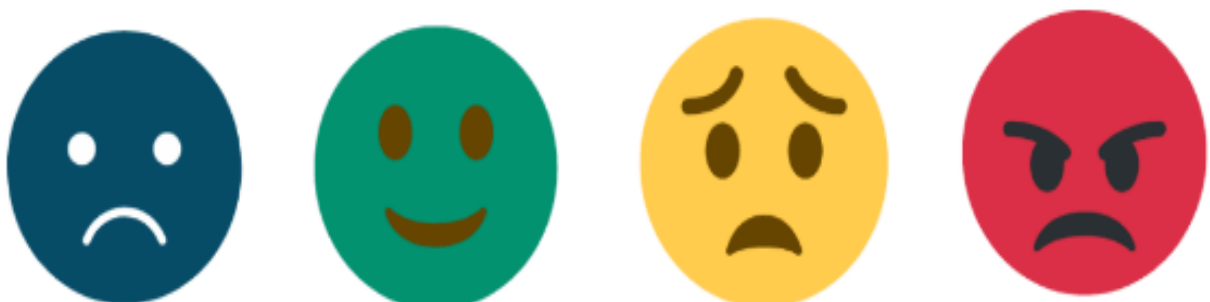
Sometimes it can feel really tricky to talk to other people about our emotions. It might be useful to rate how you are feeling on a scale and show someone.

Have a look and try out some of the examples below!

You can use a thumb to show someone how you are feeling. You could point to the thumb that matches how you are feeling or show someone using your own thumbs!



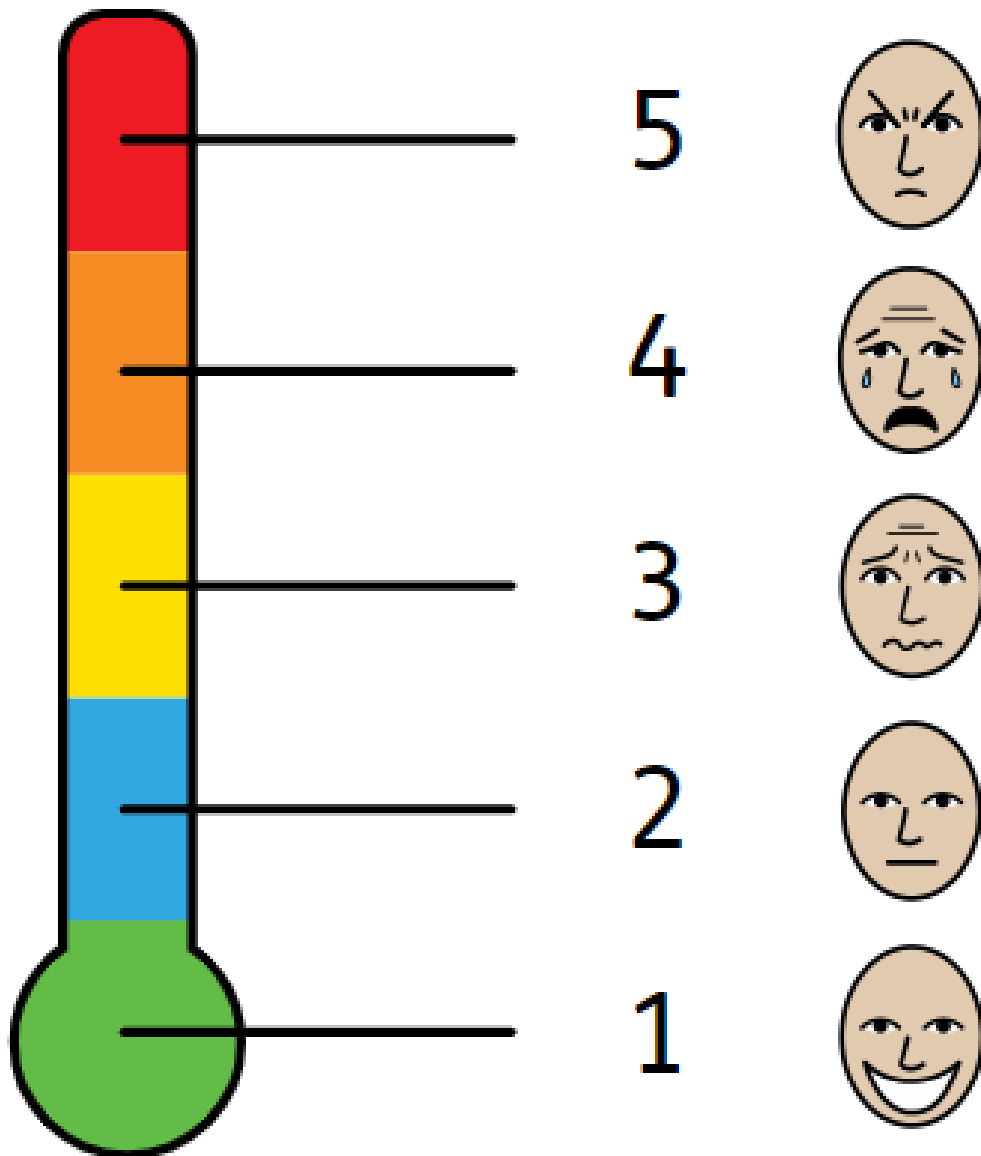
You can use different faces to show someone how you are feeling. You could point to the face that matches how you are feeling!



You can also use an emotion scale to show someone how you are feeling. You could point to the point on the scale that matches how you are feeling!

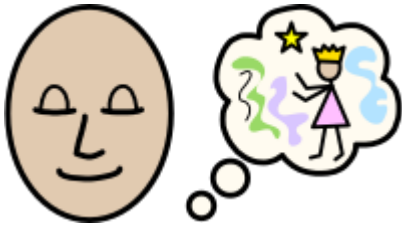
Try using the scale below to show someone how you were feeling at a certain time.

I was feeling...



# Activities To Try

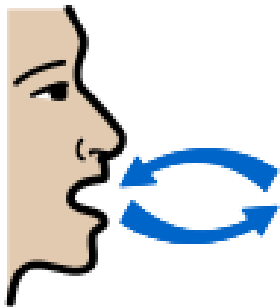
Throughout the rest of this book there will be lots more activities for you to try.



My Calm Place



Distraction Cards



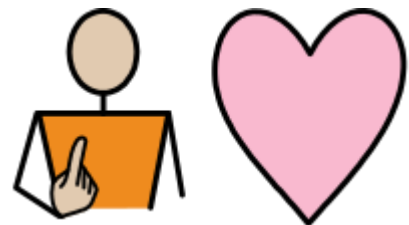
Breathing Exercises



Soothing Boxes

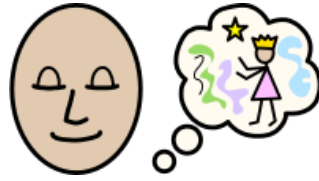


5 Senses Game



Self-Care

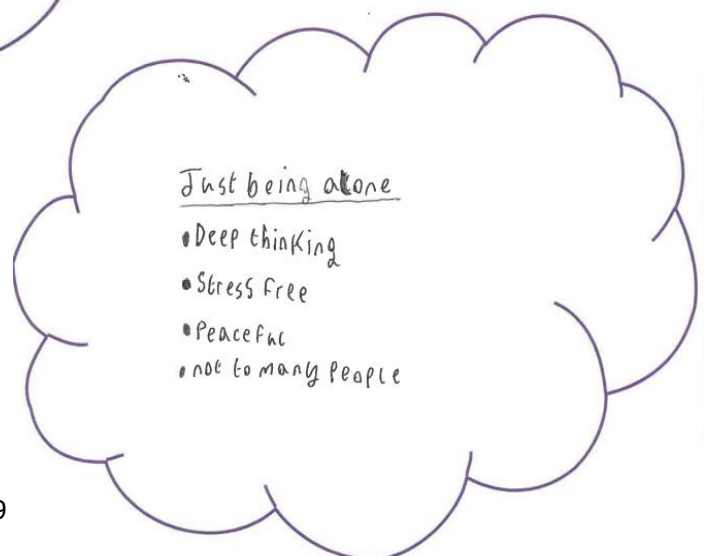
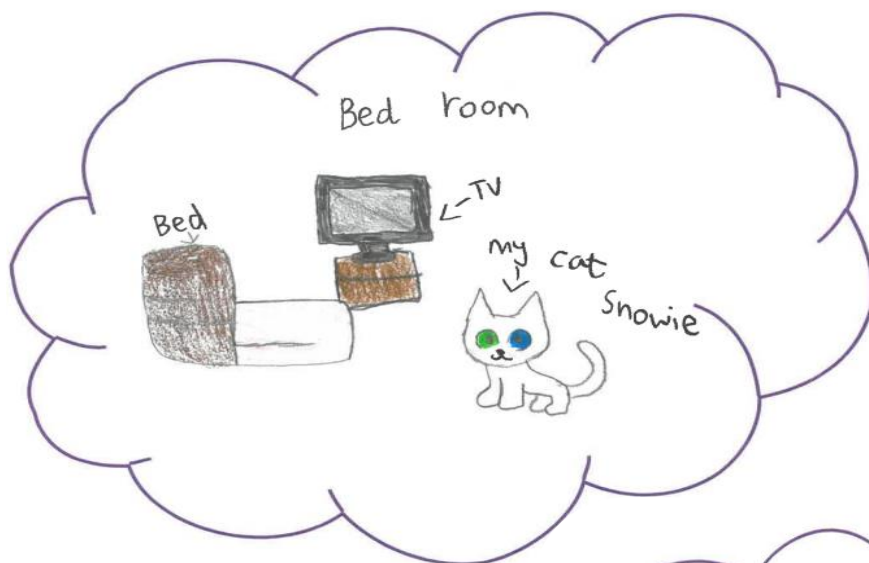
# My Calm Place

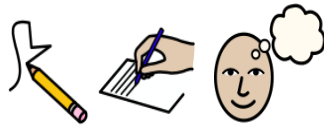


Our brains are so clever! They can't tell the difference between actually being somewhere and just imagining it. Our brain gives us the same feelings as if we are actually there!

Whenever you feel **sad**, **angry**, **worried** or **scared**, you can think of your calm place and imagine you are there! This can be a helpful way to try and calm.

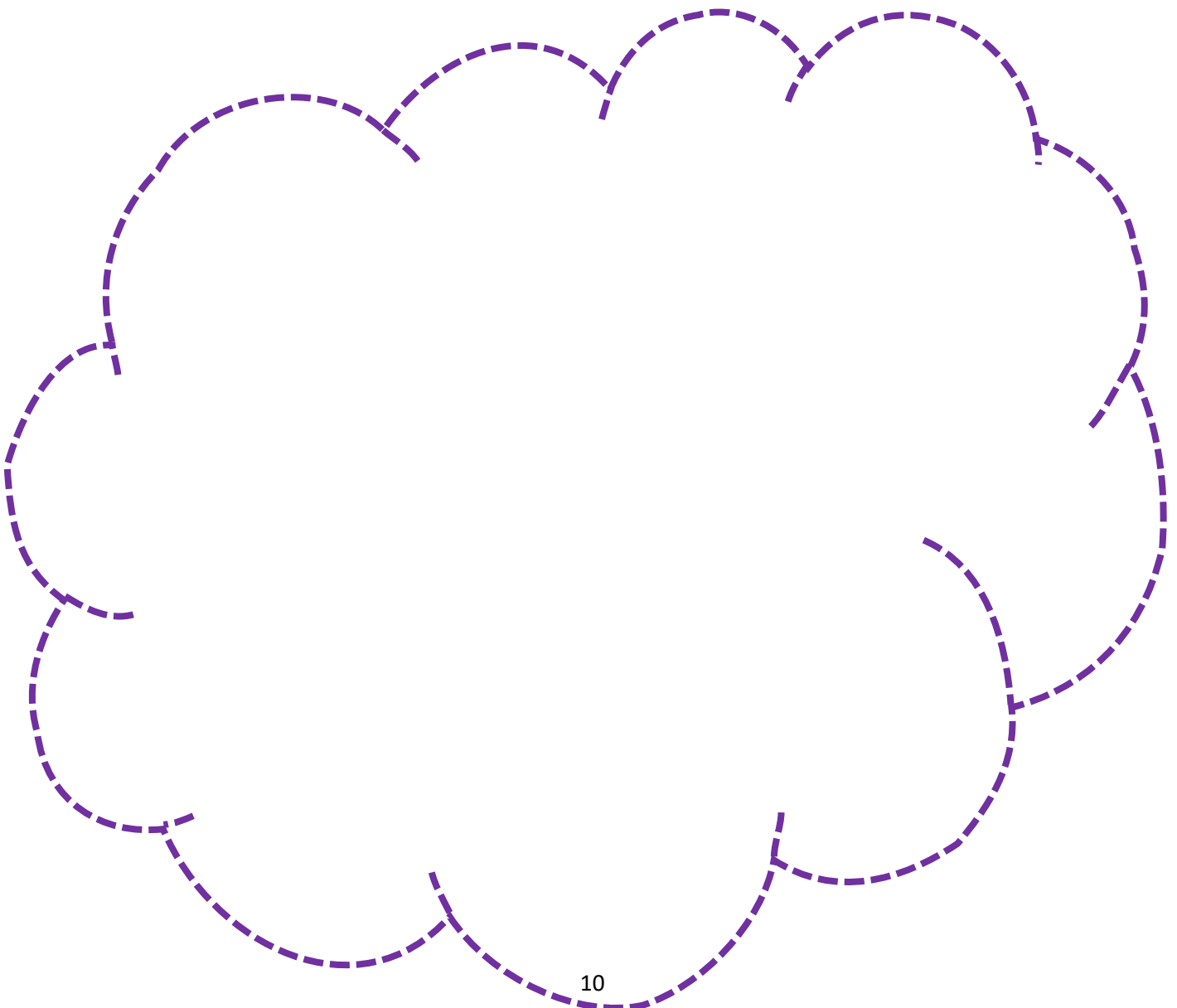
Below are some of the ideas that students in Pen-Y-Cwm School had for their calm place!



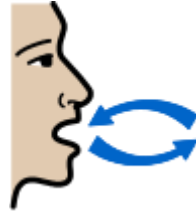


In the cloud below, draw, write or think about your calm place. It could be a room in your house you like to go to. It could be a place you like going to. If you are finding it tricky to think of a place, think of what you would like in a calm place.

Whenever you feel **sad**, **angry**, **worried** or **scared** use this calm place to imagine you are there!



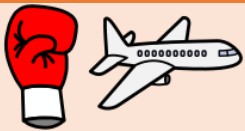
# Breathing Exercises



When we are feeling angry, worried or scared we can use breathing exercises to help us to calm down.

It can be helpful to know why taking deep breaths is so important!

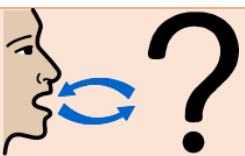
## Why is Calm Breathing Important?



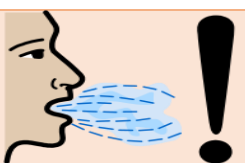
When we are worried, sad, frustrated, or angry, our bodies can go into **danger mode**.



We can think that we are in danger when really, we are not.



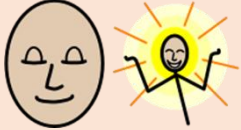
When this happens, our breathing changes.



We take shallow, short, and quick breaths.



This can make us feel **more** worried or stressed.

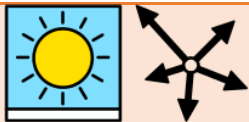


Taking deep breaths can help us to feel calm and in control.



**Breathing exercises** can help us by:

- Relaxing the body
- Refocusing the mind
- Reducing stress and anxiety
- Lowering heart rate



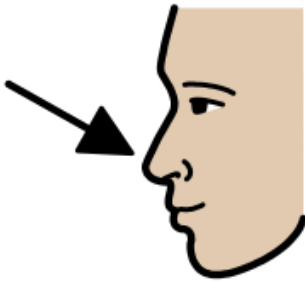
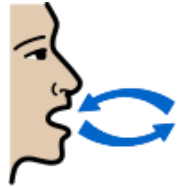
You can use deep breathing to help you throughout the day, when you are feeling frustrated or worried.

You can do this anywhere!



The next few pages have breathing strategies that you can try!

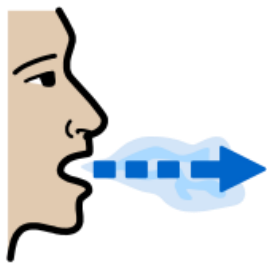
# Taking 3 Deep Breaths



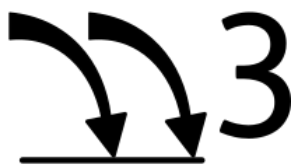
Take a deep breath in through your nose, raising your shoulders as you breathe in.



Hold your breath for a moment.



Then take a deep breath out as slowly and calmly as you can. Lowering your shoulders slowly as you breathe out.



Repeat 3 more times



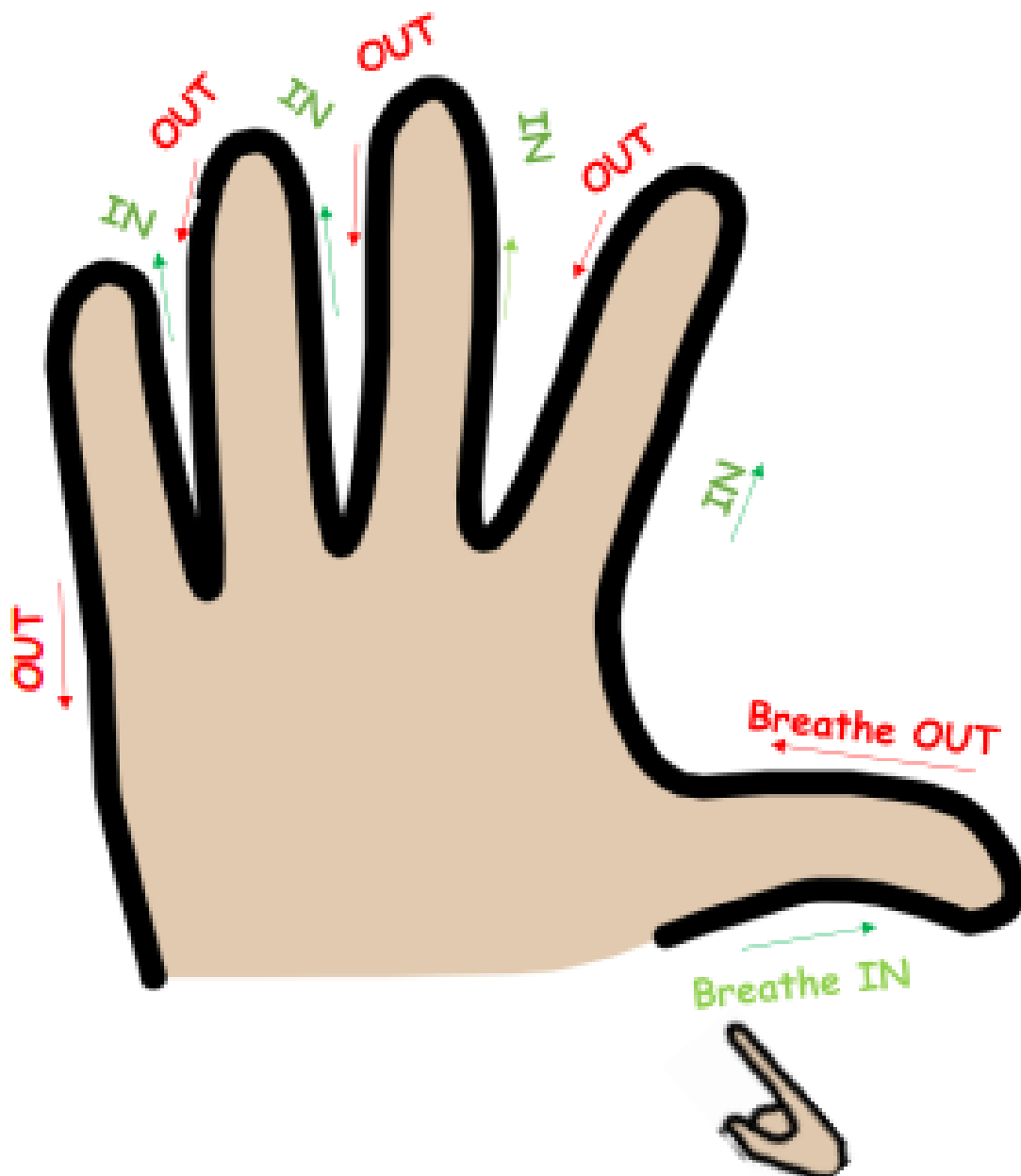
# Hand Breathing

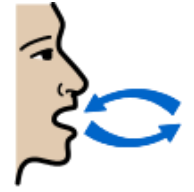
Use your finger to trace your other hand as you breathe.

**Breathe in** when you trace **up** your fiinger.

Pause at the **top**

**Breathe out** as you trace **down**.





# Star Breathing

Start at any 'breathe in' side.

Hold your breath at the point.

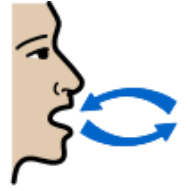
Then breathe out.

Keep going until you have gone around the whole star.

Turning the paper as you go might help!



# Snake Breathing



Stand with your legs apart and your hands by your side.

Take a long deep breath in through your nose.

Hold this breath for a second.

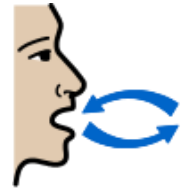
Then, breathe out through your mouth whilst making a 'hissing' sound like a snake.

Repeat this three times!





# Monkey Breathing



I imagine I am a monkey!



I move my shoulders as high as I can. Hunch them up, right up to my ears and breathe in.



move shoulders up



breathe in

Now I breathe out, and as I breathe, I drop my shoulders and dangle my arms by my sides, just like a monkey.



breathe out



drop shoulders



dangle arms by side

Do this 4 or 5 times.

**4 / 5** x  
times

# Distraction Cards

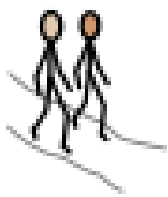


Distraction can help us to take our minds of things that our making us feel **sad**, **worried**, **scared** or **frustrated**.

Sometimes we might need a reminder of what can be helpful. We can make distraction cards that help us. Cards which give you some ideas of what to do instead!

Below are some ideas that the students at Pen-Y-Cwm find helpful to distract them!

There are two blank cards at the bottom of this page to make your own!



Taking a walk



Watching a film



Colouring



Complete a challenging task



Listening and singing to music



Playing with Fidget Toys



Spending time with my pet

# Soothing Boxes



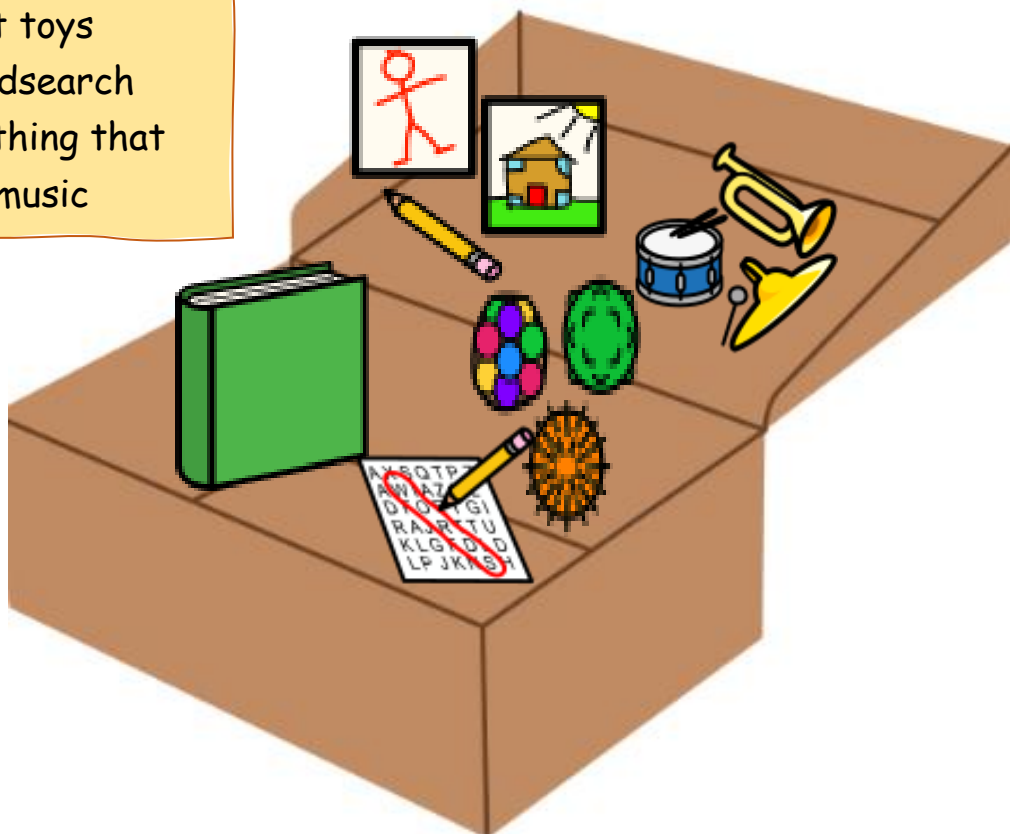
When we are feeling **angry**, **sad**, **scared** or **worried**, soothing boxes are full of your favourite things which will help you to feel calm.

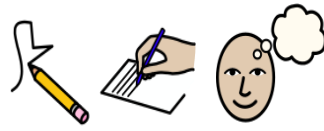
**First** you will need to decorate your box.

**Then** you will need to think about what should go in your box.

Below are some ideas that the students at Pen-Y-Cwm School would put in their soothing box!

- My favourite book
- Colouring pages
- Fidget toys
- A wordsearch
- Something that plays music





What would you put in your soothing box?

Draw, write, or think about what you would put in your box.

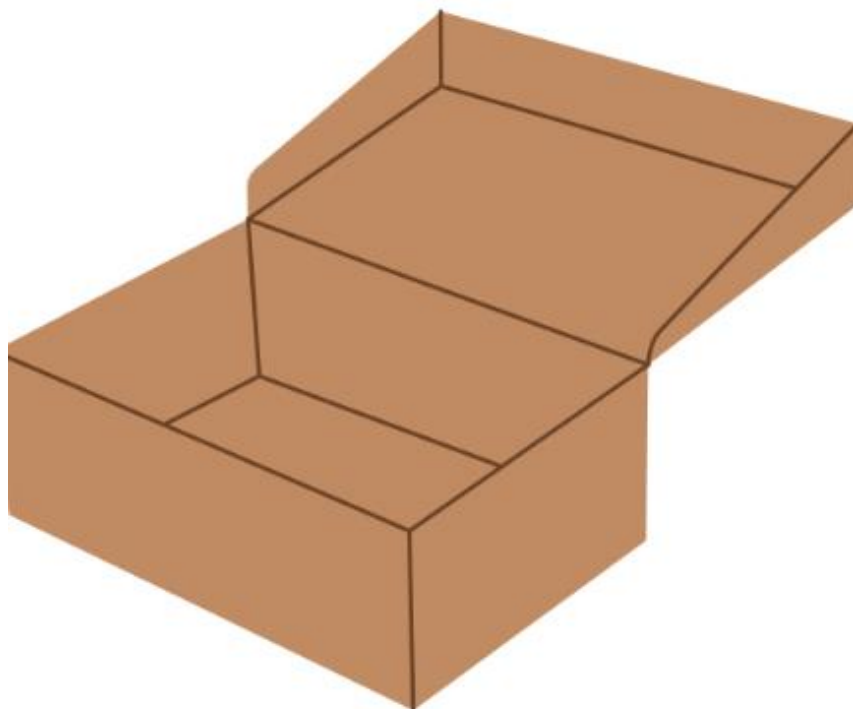
You could find a box and make your own!



Think about your 5 senses!

Things that you like to:

Smell, touch, taste, listen to, and look at.



# 5 Senses Game



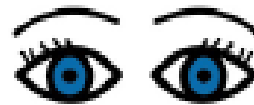
When we are feeling **angry**, **sad**, **scared** or **worried**, the 5 senses game can be a really helpful way of noticing things around us. Sometimes we may worry about things that **have** happened or **will** happen, the 5 senses game helps us to think about what is happening now. Let's play!

First of all - **SLOW** down and **CALM** down

Take 3 **SLOW** and **QUIET** deep breaths

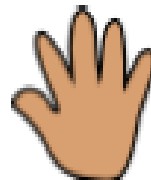
5

Find 5 things you can **SEE**



4

Find 4 things you can **FEEL**



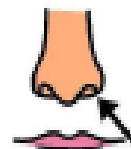
3

Find 3 things you can **HEAR**



2

Find 2 things you can **SMELL**

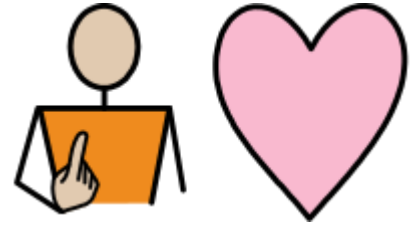


1

Say 1 good thing about **YOURSELF**



# Self-Care



Self-care are daily activities which you can do that make yourself feel good! They are important in keeping you mentally, emotionally, and physically well!

Below are some self-care activities that the students at Pen-Y-Cwm School do:

## Outside



- Playing football
- Walking

## Inside



- Playing on the XBOX
- Watching TV
- Colouring

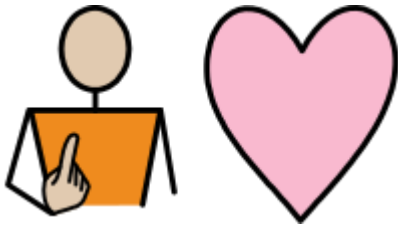
## With others



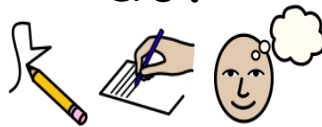
- Hanging out with my friends
- Playing sports
- Walking
- Walking my dog

## On your own

- Listening to music
- Playing with Fidget toys



Can you draw, write, or think about  
some self-care activities you could  
do?



Outside



Inside



With others



On your own

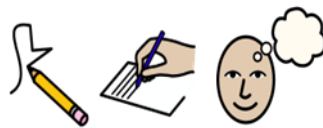
# What activities do I find helpful? !

We hope this booklet has given you some ideas about what can help you feel calm!

Can you draw, write, or think about some of your favourite ideas? Can you also think about some ideas that you already use that work well for you?

Students at Pen-Y-Cwm school find these activities helpful:

- Having space
- Dancing
- Singing
- Playing with my Fidget toys
- Taking a big sigh
- Taking some deep breaths
- Watching ASMR videos on YouTube.



# Useful resources

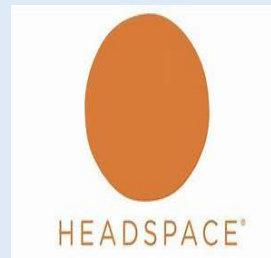
## Self Help Apps:



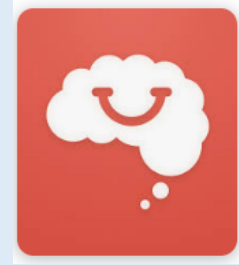
Chill Panda



Woebot



Headspace

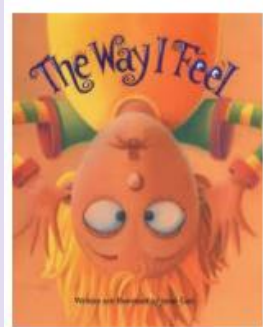


Smiling Mind

## Books:



The Huge Bag  
of Worries



The Way I  
Feel



The Colour  
Monster



Listening to My  
Body

## Websites:



[Information for young people on mental health and wellbeing - Mind](https://www.mind.org.uk/information-support/young-people-mental-health-wellbeing/)

**YOUNGmINDS**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>



This young person's booklet was created by the Assistant Psychologists in the Children's Centre Psychology Service and the Child and Adolescent Learning Disability Service in Aneurin Bevan University Health Board (ABUHB), with support from the pupils at Pen Y Cwm School.



We want to give a **special thank you** to the students at Pen-Y-Cwm school for sharing their ideas and drawings with us! Thank you for contributing to the development of this booklet.



Please keep a look out for more of our young people's guides!



Or if you would like to tell us about what sorts of young people's guides would be helpful for us to create, please get in touch with your local children's centre to share your views.