



This pack of resources was put together by the **Children's Centre Psychology** team at Aneurin Bevan University Health Board (ABUHB).

If you need any help or support with using these resources at home, please do not hesitate to contact the Children's Centre Psychology team based at your local Children's Centre using the details below.

Serennu Children's Centre

01633 748 000

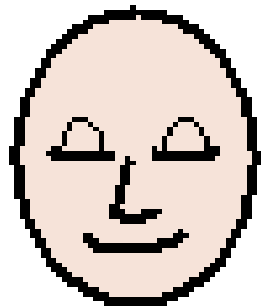
Nevill Hall Children's Centre

01873 732 712

Caerphilly Children's Centre

02920 867 447

My Book of Calm



calm

This booklet belongs to:

Sometimes, I get worried



worried

This is OK.



OK

Everybody gets worried about things sometimes.

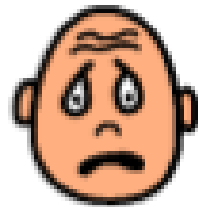


everybody

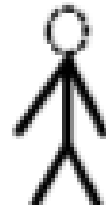


worried

When I worry, things change in my body.



worry

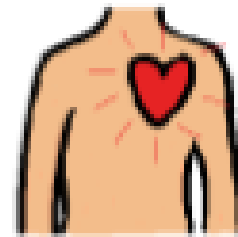


body

My breathing gets faster



My heart beats faster

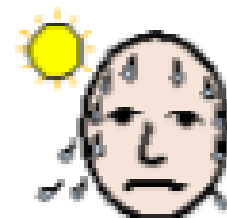


I can not sleep



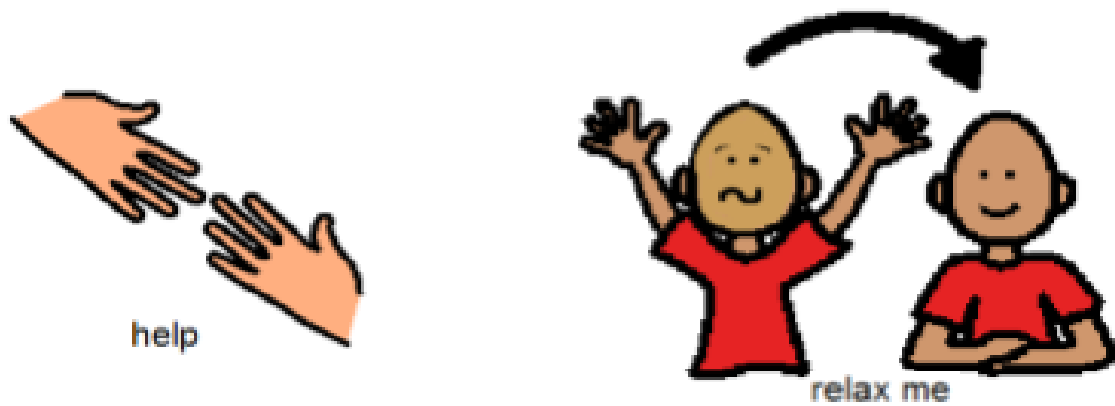
sleep

I get sweaty

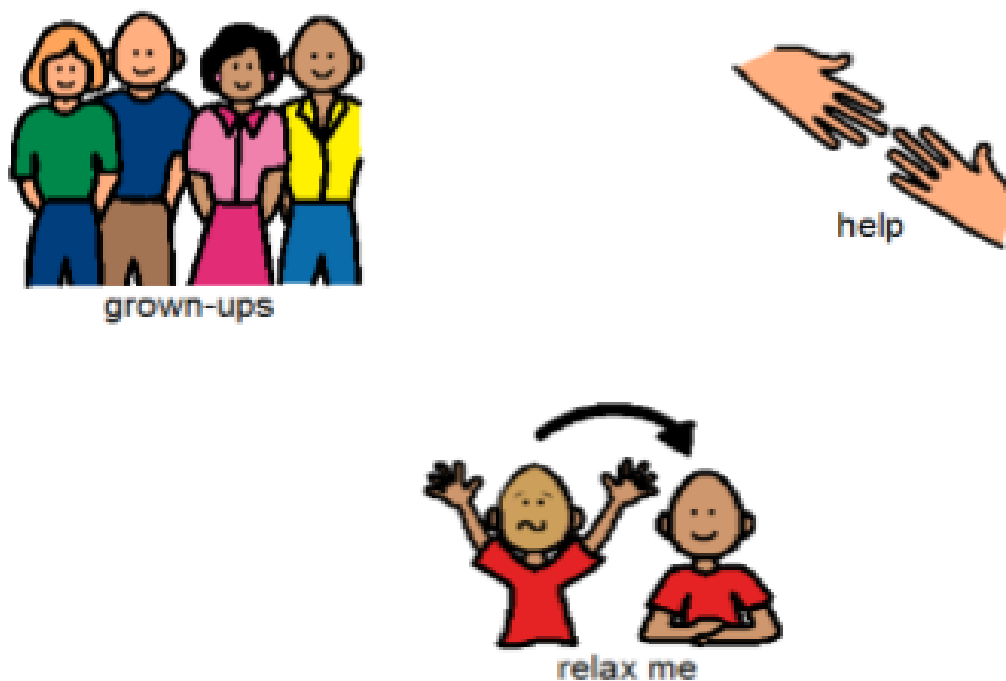


sweaty

There are things I can do to help relax me.

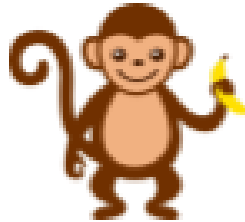


Grown-ups can help me do these things to relax me.

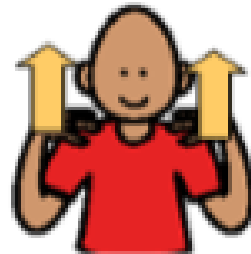


Monkey breathing

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

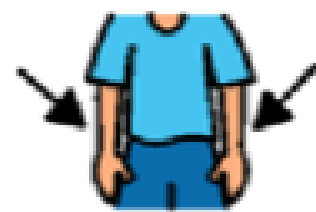
Now I breathe out, and as I breathe, I drop my shoulders and dangle my arms by my sides, just like a monkey.



breathe out



drop shoulders



dangle arms by side

Do this 4 or 5 times.

4 / 5 X
times

Fire-breathing Dragon

When I feel worried or scared, I can breath like a DRAGON.



I take a deep breath in... hold it in for 5 counts...



...and then blow it all out like a fire-breathing dragon!



Do this 5 times.

5X

Star Breathing

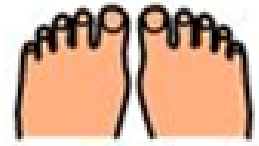
Start at any 'breathe in' side. Hold your breath at the point. Then breathe out. Keep going until you have gone around the whole star. Turning the paper as you go might help!



Muscle Relaxation

feet

Start at your **feet**



squeeze

Squeeze the **muscles**

Slowly **let go**

arm

Squeeze your **legs**

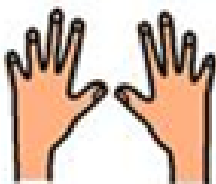


leg

Slowly **let go**

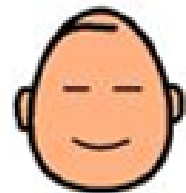
Slowly move up your **body**

hands



head

Until you reach the **top**



The 5 Senses Exercise

5 4 3 2 1

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

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

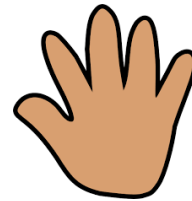
5

Find 5 things you can **SEE**



4

Find 4 things you can **FEEL**



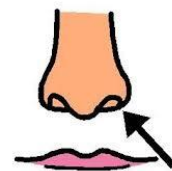
3

Find 3 things you can **HEAR**



2

Find 2 things you can **SMELL**



1

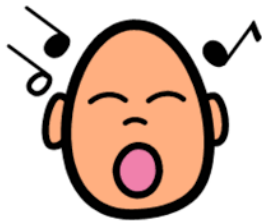
Say 1 good thing about **YOURSELF**



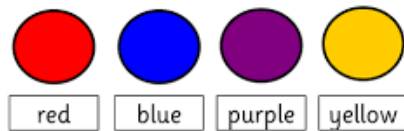
Distraction and Relaxation Cards

These are distraction cards with tips for when you might feel a little nervous. Perhaps you could pick 2 of your favourites to cut out!

Sing your favourite song



Count the colours in the room you are in



Play a game of i-Spy!



Say out loud: 'I can do this, I am doing great'



Use your imagination to think of a story



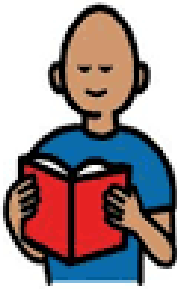
Count backwards from 10



Calming Activity Diary

To relax I like to....

Read a book



Play with toys



Take a bath



Exercise



Watch TV















watch TV

Listen to music



You could think of other ideas for what helps you feel relaxed and calm and put them on this table. You could try some while you are home from school!

<u>Date/Time</u>	<u>What are you thinking?</u> (What is your mind telling you?)	<u>What are you feeling?</u> (What can you feel in your body?)	<u>What calming activity could you try?</u>	<u>How easy is it to do the strategy?</u> (Put a circle around the answer)
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard

If you are feeling worried, remember these tips...

Talking to an adult
can make you feel
better

There are things
you can do to
help!

We all feel
worried
sometimes



It's ok to be
worried

You can use the
ideas in this booklet
to feel calm