

STOP and THINK - Feeling Management

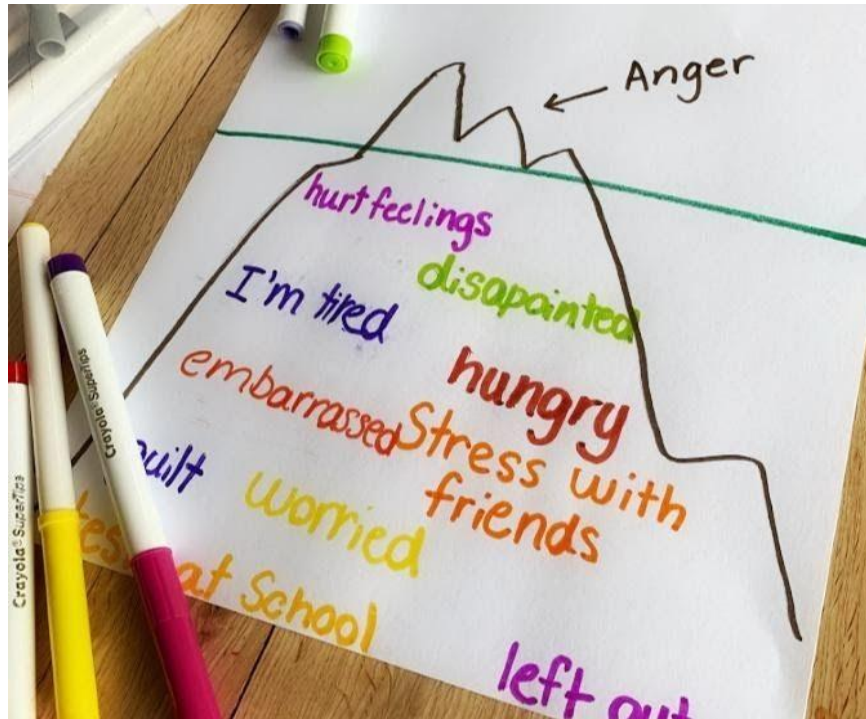
How do I feel?



- When did the feeling start?
- What level of feeling? Low 0--1--2--3--4--5--6--7--8--9--10 High
- What happened that triggered this feeling for me?
- Express your feeling to someone:
I feel..... When..... Because.....



For Key Stage 1 - Managing Anxiety and Anger



Information for parents, why is your child angry?

<https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/>

<https://www.theschoolrun.com/anger-management-for-children>

Some self-soothing techniques to help your child try out, see what works best for them:

<https://www.understood.org/en/friends-feelings/managing-feelings/fear/8-self-soothing-techniques-for-your-young-child>

Video link how to manage my anger:

<http://redbridgeserc.org/resources/entry/how-to-mange-anger>

Make a sensory calm down bottle:

<http://redbridgeserc.org/resources/entry/how-to-make-a-sensory-calm-down-bottle>



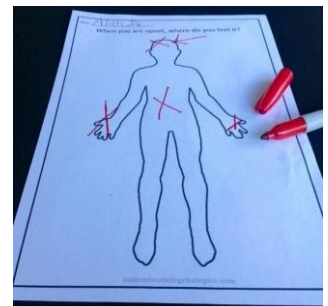
A finger painting app to download on phone or tablet, can help your child relax and focus:

<http://redbridgeserc.org/resources/entry/zen-studio>



An example of an upset body worksheet, asking your child to show you: When you are upset where do you feel it?

<http://redbridgeserc.org/resources/entry/upset-body-worksheet>



Be prepared for when your child becomes upset/angry. Decide on a safe place together for example:

- Under a table
- Under a blanket
- In a quiet corner

Encourage your child to practise going to their safe space so they know what to do when they do become upset.

To prevent your child from becoming upset/angry download the App: Breathe, Think Do with Sesame. It is free for any i-phone or android phone and models how children should breathe deeply and think about a solution rather than act out.



To help your child understand their feelings, use the emoji faces and ask your child to point to how they feel at different points during the day.

Some other calming strategies to try:

- Allow your child to pace in the garden and hallway in the home and count their steps as they do this.
- If they are having a meltdown, try not to have a conversation with them but distract them with things you know that interest them.
- Make a list of or talk about activities and topics they enjoy.

Some more helpful resources to support children whilst they are at home:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#mental-wellbeing-primary>



Start your day together with positive thoughts and feelings, this can really benefit everyone in your home especially those who feel anxious easily. Re-create this poster together and pin it up in a communal area or in bedrooms.



25 POSITIVE AFFIRMATIONS

- #1 YOU ARE LOVABLE.
- #2 YOU ARE AWESOME.
- #3 You are worthy.
- #4 Trust your wise voice within.
- #5 You are strong.
- #6 YOU ARE BRAVE.
- #7 STAND TALL WITH SELF-RESPECT.
- #8 Be courageous with your gentle heart.
- #9 You belong.
- #10 You matter, No matter what.
- #11 You bring joy to this world.
- #12 YOU ARE SMART.
- #13 You are adventurous.
- #14 Treat yourself with compassion.
- #15 TALK TO YOURSELF LIKE YOU WOULD A FRIEND.
- #16 You are Enough.
- #17 Step into your power.
- #18 YOU OWN THIS.
- #19 Believe in yourself.
- #20 Trust yourself.
- #21 You are beauty-filled.
- #22 You are strong like a mountain.
- #23 You are resilient like a river.
- #24 YOU ARE FREE LIKE THE SKY.
- #25 YOU CAN GET THROUGH HARD THINGS.

Another activity to do together as a family:

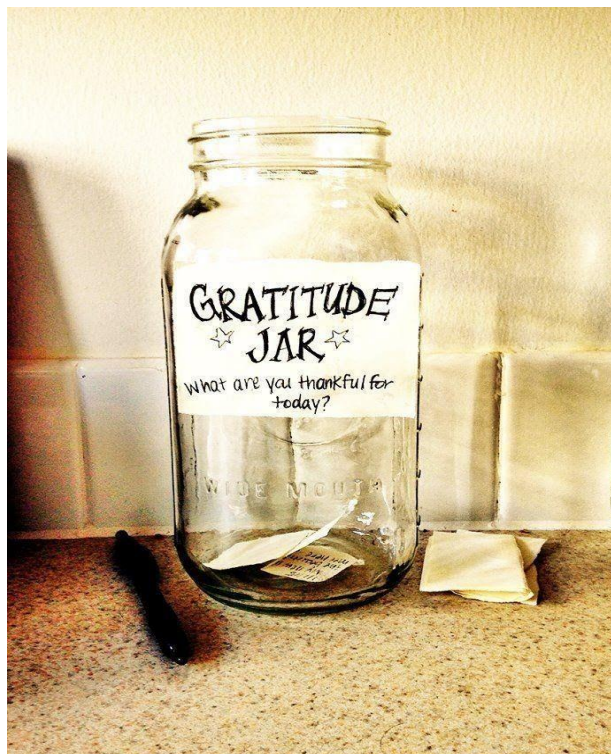
My gratitude jar

Find an empty jar in the house and make a label for it.

Think about different people, things and events you are grateful for.

Write what and who you are grateful for on pieces paper and pop inside your jar.

Take these out and read them daily to your parent/carer or others in your home. You can add to the jar whenever you like ☐



For Key Stage 2 - Managing Anger

I can Manage my Anger!

Learn all about how your brain works and how to manage your anger.

Watch the video <https://www.youtube.com/watch?v=3bKuoH8CkFc>

Then complete the worksheet.

How to complete the worksheet (You will find the worksheet on the 3rd page).

Calm and Control - Write down as many things that keep you calm and in control for eg. Reading, swimming, eating a healthy snack, etc.

What Bugs Me - Write down all the things that bug you for eg. being teased, people entering my personal space, when an activity is too difficult, when I cannot solve a problem, etc.

Signals of Stress - How do you know when you are getting stressed? For eg. my face gets red, I make a fist, my heart starts to race, I feel hot, etc.

Next:

Take a Short Cut

You can take a short cut by noticing your **signals of stress** and immediately start doing the strategies and techniques to help you calm your anger. This way you avoid 'flipping your lid' and you get back on track.

Choose from the following list ways in which you will take a short cut and calm yourself down. If you already have your own calming down technique then you can write that down too.

Calming Down Techniques and Strategies

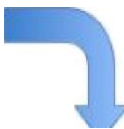
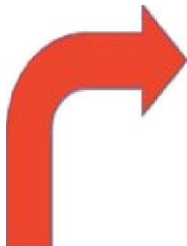
- Take 3 deep breaths or more if you need it.
- Do some stretches or exercise from www.cosmickids.com
- Drink some cold water, slowly.
- Count backwards from 10, 20 or even 100, slowly and take a deep breath after you reach zero.
- Walk away from whatever is making you angry.
- Talk it out by saying I feel angry because....
- Talk to an adult and ask for help.
- Wait and cool off.
- Go to a different activity. Get your mind on something else by watching something funny, doing some drawing/painting/arts and crafts/making something etc.
- Play with a squishy toy.
- Have a cuddle with your favourite teddy.
- Tell yourself I am managing my anger and the breath.
- Refer to the 'How to help your anger cards' for more ideas. You can also print these off and stick them on your bedroom wall as a reminder.

Next:

Complete the worksheet on the next page.

I can manage my anger!

Avoid flipping my lid.



| Ca in Control | What bugs Ae7 | Signals of Stress |
|---------------|---------------|-------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |



Take a Short but

Dealing with anger



Take time to think

Dealing with anger



Tell yourself to STOP!

Dealing with anger



Say to yourself
"I can be calm"

Dealing with anger



tell yourself
"I can manage this"

Dealing with anger



Wolf awug
(rom whatever
is makiMg you
un grg|

Dealing with anger



29,
18,
17..

Count bOEkWarcfs {ro m 20

Dealing with anger



TuLL rn a /riend or adult
abortt how gall {«cl

Dealing with anger



Take a deephrcnth

Dealing with anger



Stretch and relax
your muscles

Dealing with anger



Do some exercises

Dealing with anger



Find an empty room and
shout out loud!

Dealing with anger

Feel your pulse, and
breathe deeply and slowly



For key Stage 2 - Managing Anxiety

I can manage my Anxiety



What is Anxiety?

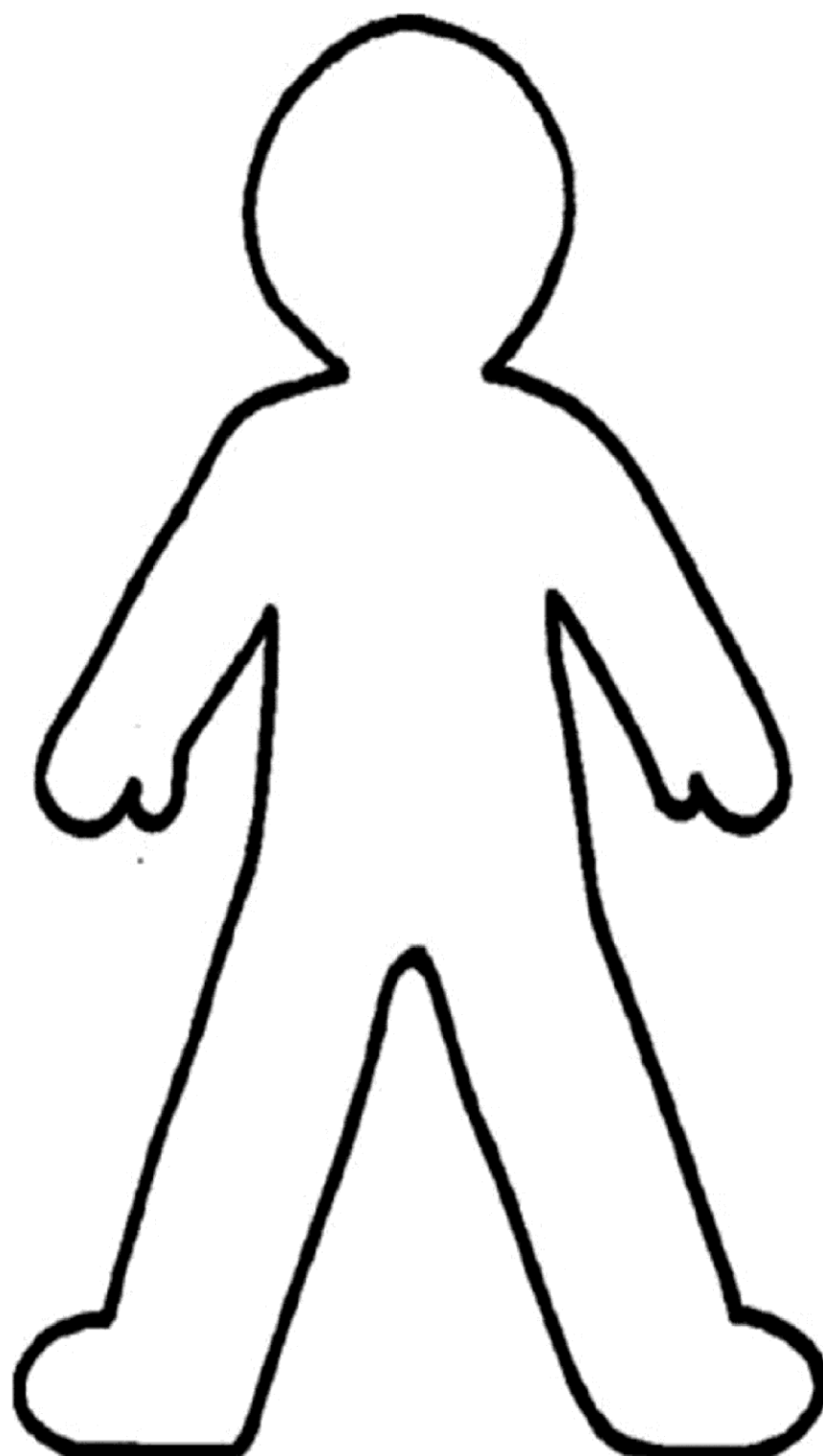
Anxiety is an emotion we all feel. It is similar to being nervous or worried or afraid. It is a normal response when you feel threatened.

Recognising Anxiety - How do I know I am anxious?

It is the sensations in my body that tell me I am anxious. This could be the feeling of dizziness, upset stomach, stomach ache, headache, my heart beats faster, my face might go red or hot and my muscles might go really tight and tense.

Where do I feel Anxious?

I can feel anxious in many places on my body. Using the image on the next page, colour in where you feel anxious. For example, my heart beats faster so I will colour in the area of my heart (or you can draw a heart).



How to calm my anxiety.

There are different techniques to help calm anxiety. One good technique that can be used anywhere at any time is called the grounding technique.

HOW TO DO IT:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

Next, Have a look at the relaxation techniques below.

Relaxation techniques

Relaxation can help calm your anxiety. There are different techniques that can be done to relax your mind and body.

1. You can listen to calming music.
2. You can read or listen to your favourite book.
3. You can eat a healthy snack.
4. You can watch something funny.
5. You can listen to meditation on www.cosmickids.com
Choose a Peace Out relaxation story from the link below.
https://www.cosmickids.com/category/watch/?video_category=relaxation&changed=video_category
6. You can follow this Butterfly meditation_
https://www.youtube.com/watch?v=_mX4JBBIcBk
7. You can do deep breathing. Breathe in for 5 counts and breathe out for 7 counts. This helps the oxygen to go around your body to help calm your anxiety.

