



HOW ARE YOU FEELING?

Looking after your emotional health and well-being

The
Children's
Society

Contents Page

1. What is Self-Care? - Taken from The Children's society Website

2. Things to do at Home

99 things to do when you're Home- List collated by Children's society workers in Essex

50 Ways to take a break- Free Download from Huff Post online-

https://www.huffpost.com/entry/gps-guides_b_1632700

3. My Self Care

How Can I Feel better- The Children's society

Five Ways to Wellbeing and Ideas Bank . – Free Download from

<https://www.healthyyoungmindsinherts.org.uk/five-ways-wellbeing>

Action for happiness- Coping calender- Free download online

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg

Favourite Music- Taken from Mrs Hinch Journal

Weekly Self Care Checklist- Free download from pinterest

4. My Yoga Practice

Created by Active Families Together team (The Children's society- Essex)

5. My Colouring

Colouring-Free downloads- <https://www.justcolor.net/relaxation>

6. My Breathing

Star and Square breathing- <https://copingskillsforkids.com/blog/using-shapes-to-teach-deep-breathing>

7. My Sleep

The Children's society- Sleep Toolkit

8. My Achievements

My Daily Gratitude- Free Download- www.silverjasmine.com

Tropy- Resource created by CHHAT practitioner- Essex.

9. My Goals for the Future

2020 Goals and 2020 Booklist- Free Downloads from

<https://www.silverdolphinbooks.com/blog/2019/11/goal-setting-and-reading-worksheets-for-kids/>

Best Year Yet- Free download- <https://www.moritzfinedesigns.com/best-year-reflection-goal-setting-worksheet-kids-adults/>

Self care doesn't make you selfish, read about self care and how you should take time for yourself

What is self care?

Self care is taking care of yourself, whether that be physically or mentally, it doesn't mean you're selfish if you do things in a manner that pleases you, instead of others. Self care can be done by yourself, or with other people.

Why is self care important?

Self care is important as it enables you to put your mental and physical health first. By doing this, you make yourself a priority and not something or someone else, it may also allow you to gain control over how you feel.

With a lack of self care, a person's mental health can deteriorate and their stress levels can rise. Sometimes taking a bit of time out for self care can make a world of difference.

Feeling content in your skin is all that matters. If you don't look after yourself, you won't have the capacity to give to others or support others even if you want to.

Busting self care myths

Self care is not just for women

Self care isn't always quiet or done in a meditation room

Self care is not always about your appearance

Self care means different things to different people

Parents and carers need time for self care, too

Your self care needs can change over time

Self care doesn't make you selfish.

99 Things To Do When You're at home

1. Read a book
2. Make an Amazon Wishlist
3. Do an online workout class
4. Walk up and down the stairs
5. Listen to a podcast
6. Watch a new series on Netflix
7. Read an online magazine
8. Take a nap
9. Do washing up
10. Change your sheets
11. Clean your wardrobe
12. Re-organize some drawers
13. Clear out old clothes
14. Go window shopping
15. Try a new make-up look
16. Clean out your makeup
17. Cook something new
18. Bake something new
19. Make a list of places to visit in the world
20. Watch a favourite movie
21. Surprise someone with a facetime.
22. Go walk a night time walk with a torch.
23. Write blog posts
24. Take photos
25. Binge watch a show you love
26. Do some gardening
27. Clean out your purse
28. Do some ab workouts
29. Dress up
30. Learn a new Dance routine
31. Sing
32. Find new music on Spotify
33. Rearrange your furniture
34. Change out pictures in frames
35. FaceTime your family
36. Call your grandparents
37. Make a mood board or an inspiration board — Pinterest counts
38. Make a cup of tea
39. Clean up the files on your computer
40. Look out at the stars
41. Do a puzzle or a crossword
42. Make a list of important phone numbers
43. Practice Mindful (5 Star) breathing
44. Lose your self in cat videos on Youtube
45. Plan your dream holiday
46. Clean your makeup brushes
47. Get a massage
48. Get a facial
49. Get a mani/pedi
50. Plan to visit a friend when you're able
51. Go to a yoga/pilates/barre class online
52. Make some meal plans
53. Make a list of finances
54. Learn origami
55. Write a Diary
56. Clean up your Facebook friends list/Twitter/Instagram list etc
57. Watch the Harry Potter movies
58. Read the Harry Potter books
59. Colour
60. Draw
61. Download 7 Minute Workout app to do
62. Make a new playlist
63. Design a tattoo
64. Try on some silly outfits
65. Meditate
66. Have a group facetime
67. Look through old photos
68. Make a scrapbook
69. Do something you loved when you were younger (sport/hobby/lego/games)
70. Contact someone who needs a boost.
71. Research our counties history
72. Meal prep
73. Make smoothies
74. Organize your shoes
75. Have a slumber party by yourself (order pizza, movies, popcorn)
76. Find a new YouTube channel to binge
77. Listen to the birds out your window.
78. Play a board game
79. Do a quiz
80. Visit an online Museum
81. Build a den
82. Use cardboard to make something
83. Visit a zoo online
84. Do an online Art class
85. Learn to play an instrument
86. Write a Story
87. Make a sock puppet show
88. Listen to an old favourite band/ musician
89. Watch your best friends favourite film and chat about it
90. Write a poem
91. Write a letter to someone you love
92. Do a treasure hunt in your house/garden
93. Learn a new language
94. Learn a new football skill
95. Learn a magic trick
96. Online Karaoke with friends
97. Learn how to do a new hairstyle
98. Make a home video
99. Watch a nature documentary

50 Ways to Take a Break

NEW

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something
- Listen to a guided relaxation
- Read a Book
- sit in NATURE
- 2x Move twice as slowly

MEDITATE

- Take Deep Belly Breaths
- Notice your Body
- Call a friend
- Meander around Town
- Walk Outside
- Go for a run
- Buy some Flowers
- Find a relaxing Scent

SILENCE

- Eat a meal
- Turn off all electronics
- Take a bike ride
- View some ART
- Examine an everyday object with fresh eyes
- Drive somewhere NEW
- Go to a park
- Pet a furry creature
- Create your own coffee break
- read or watch something

MUSIC

- Make some MUSIC
- Climb a Tree
- Go to a Farmers Market
- Forgive someone
- Engage in small acts of KINDNESS
- Write a quick poem
- Read poetry
- Let go of something
- Put on some music and DANCE
- Give Thanks

Other Activities:

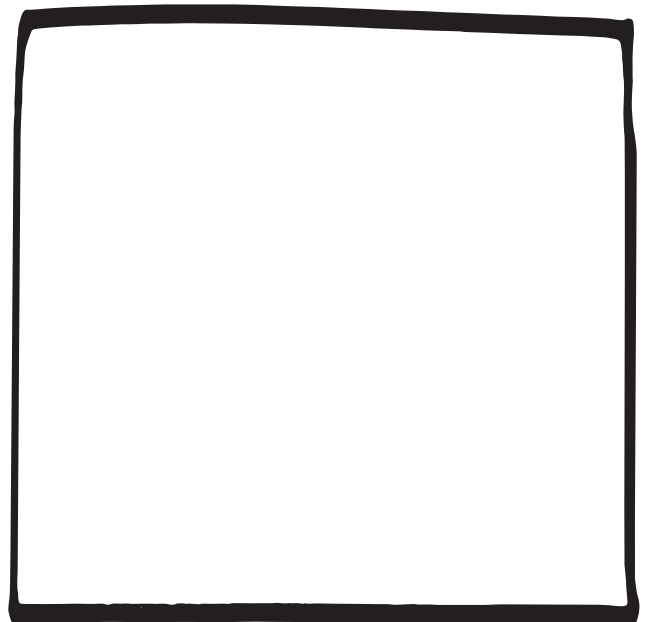
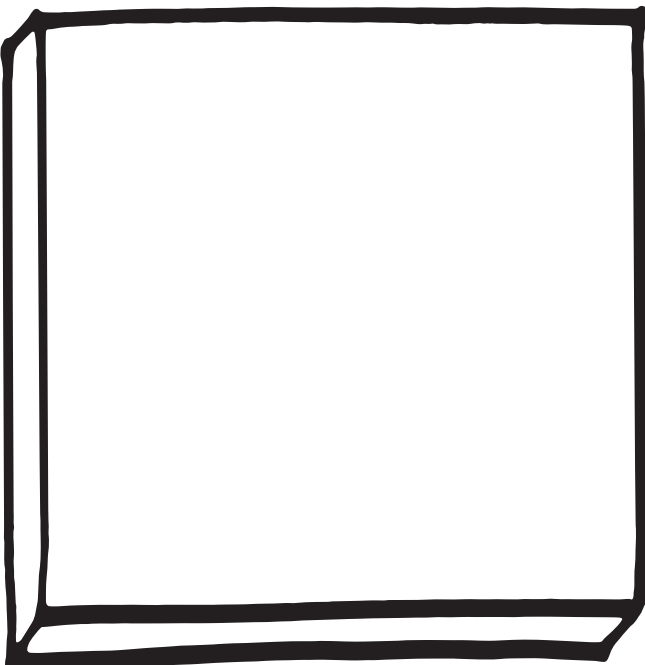
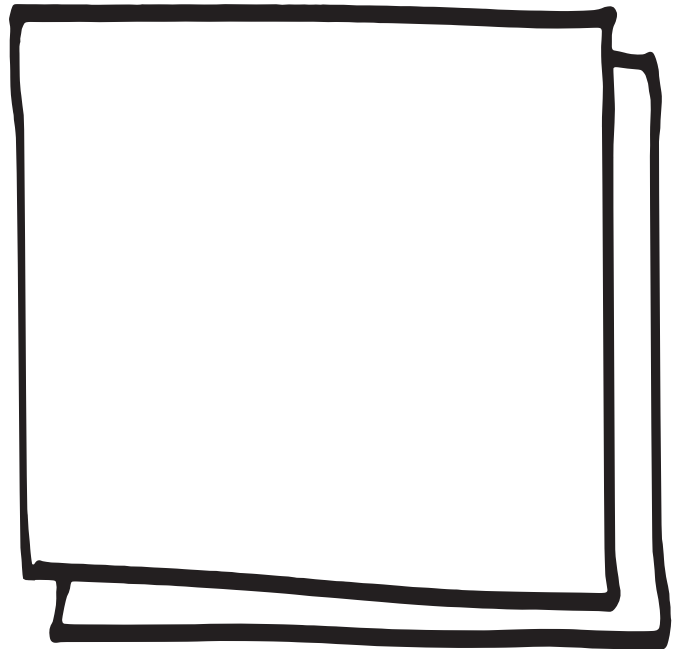
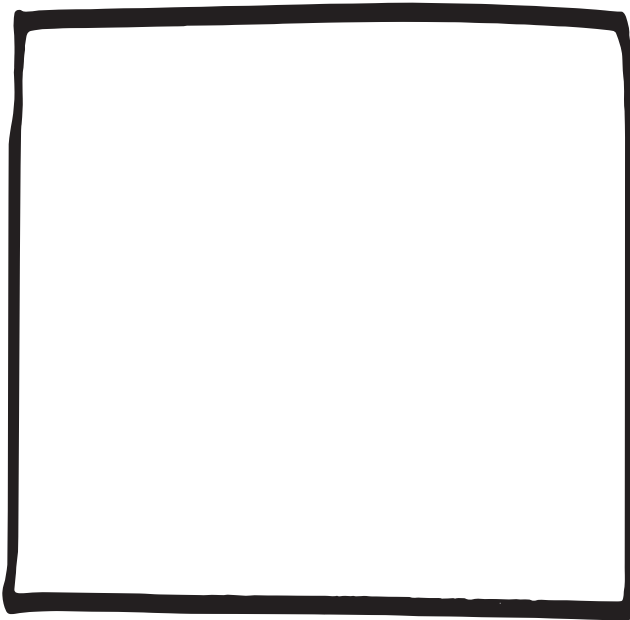
- Write in a journal
- Take a bike ride
- Go to a Farmers Market
- Let go of something
- Put on some music and DANCE
- Give Thanks

HOW I CAN FEEL BETTER

When we feel down it can help to think of happy times in our lives – this might be people, things, places you've been, animals or memories. They can stay in our heads to think about during difficult times and can help us feel a bit more positive.

This is a place for your positive thoughts. You can keep coming back to read it when you need a lift.

Things that make me **😊HAPPY😊** Write or draw them here.



five ways to wellbeing



Connect

Connect with people around you. Spend time with your friends and family. Make new friends. Use different ways to communicate.



Be Active

Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity.



Take Notice

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.



Keep Learning

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Visit a museum.



Give

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood.



COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND.



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

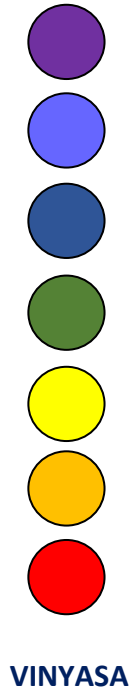
Favourite Music

List your favourite artists, albums and favourite song on said album.



Weekly Self-Care Checklist

Tasks	S	M	T	W	T	F	S
Got Enough Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got Out of Bed on Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleansed My Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed My Dental Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Medication/Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outside of the Bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Some Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a Snack or Two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Water Throughout the Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Nourishing Meals for Breakfast, Lunch & Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Some Deep Breathes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken a Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate & Relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



YOGA

VINYASA'S ARE SYNCHRONIZED MOVEMENTS AS WE FLOW USING OUR BREATH AS A GUIDE. THE BENEFITS OF THIS PRACTICE ARE BOTH PHYSICAL AND MENTAL. YOGA IS A NON-COMPETITIVE PRACTICE AND A GRADUAL PROCESS, WORKING WITH THE BODY IN UNISON WITH THE BREATH CAN HELP TO STRENGTHEN, BALANCE, AND CALM BOTH THE MIND AND BODY.

NAMASTE.

LIMBERING EXERCISES

Beginning the practice in “Savasana” - a relaxation position.

From here you can bring your awareness towards your breathing, being aware of your inhalations and exhalations. Incorporating breathing exercises here can bring about a sense of calm as the body starts to relax, that can aid the release of any tension.

Gradual limbering exercises can be introduced to start to limber the muscles gently as you begin to start the practice.



Figure 1 SAVASANA



Figure 2 SPINAL TWIST



Figure 3 KNEES TO CHEST



Figure 4 ALTERNATE KNEE TO CHEST



Figure 5 HEAD TO KNEE STRETCH



Figure 6 BRIDGE POSE



Figure 7 BRIDGE VARIATION



Figure 8 HIP OPENING



Figure 9 EXTENDED CHILDS POSE



VINYASA MOVEMENTS

Vinyasa's are synchronised movement with the breath.
Sun salutations are synchronised movements that create heat and energy which warms the muscles creating greater flexibility.



Downward facing dog x
5 breaths



Step the right foot
between the hands
and then release the
left knee.



Inhale as you raise
both hands above the
head taking your gaze
upwards.



Exhale as you lower
hands down, inhaling as
you lift the left knee.



Then, exhale as you
step the left foot
between the hands
and into a forward
fold.

Inhale, lift the chest
and then exhale,
folding forward once
more.



Then slowly bringing
yourself up to
standing, inhaling as
you raise the arms and
then gaze upwards.



Then exhale as you go back in to the forward fold.



Now step back in to a high plank



Lower down the elbows and tuck them in alongside the rib cage.



Now release the hips lifting the thighs up and inhaling as you take the gaze upwards.



Exhale as you push back in to downward facing dog. Now hold for 5 breaths and repeat cycle on other side.

ADVANCED FLOW POSTURES

These are movements and postures that could be added to your vinyasa movements as you can start to build a personal practice.



From downward facing dog you can take it in to a 3 legged dog by raising the right leg.

Now bend the right knee and start to open up the hip. Take the gaze under the left arm pit slowly releasing the right foot down you should see the right foot under the left arm pit.



Now release the right foot down on to the ground, the weight now come in to the left hand as you stretch the right arm back, pointing the toes forward and keeping the feet back, this posture is called camatkarasan (wild thing) now repeat on other side.

Yoga can increase strength, lengthen muscles and help you to gain flexibility



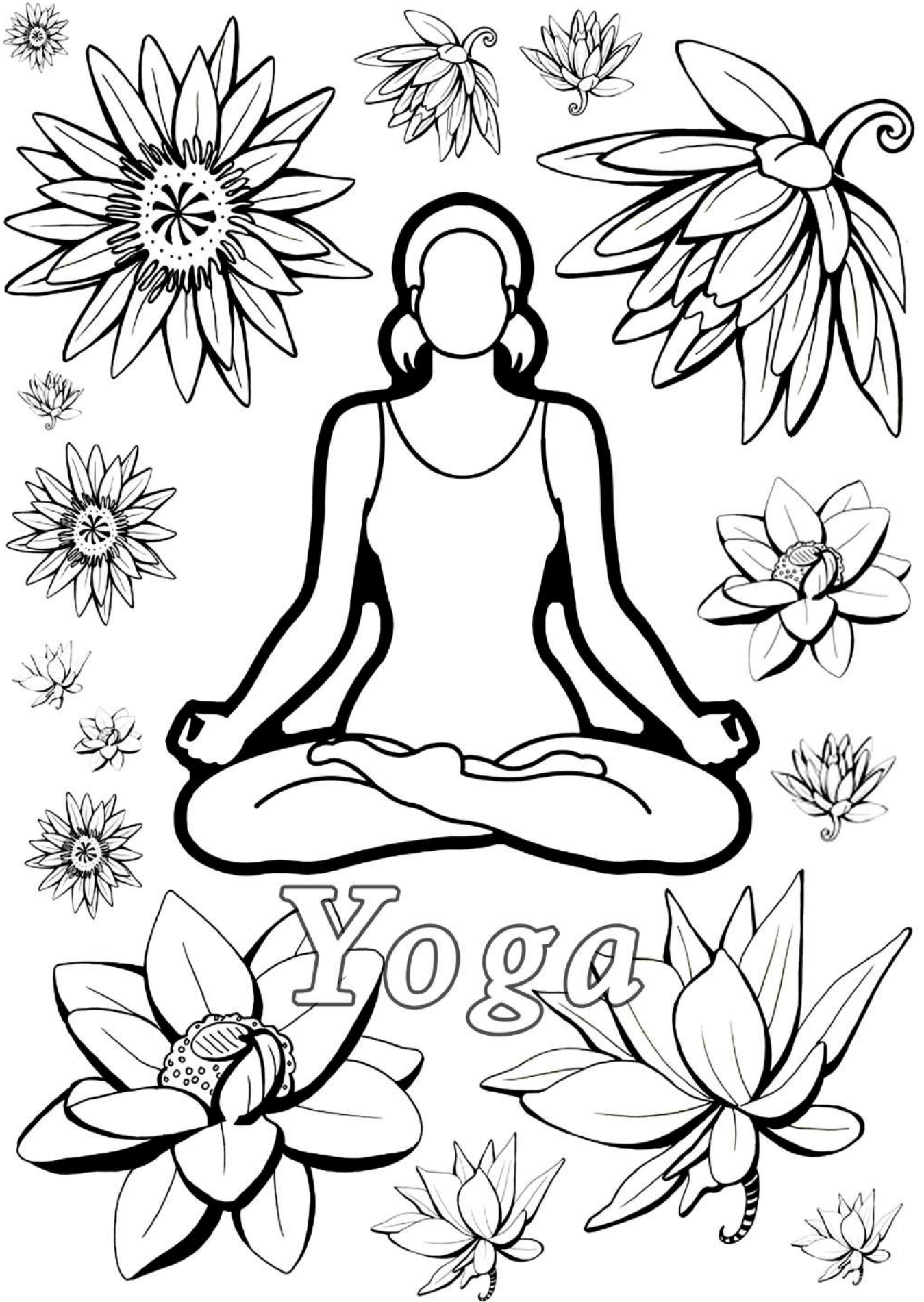
Figure 1 HIGH SIDE PLANK



Figure 2 PIGEON POSE



Figure 3 BOW POSE





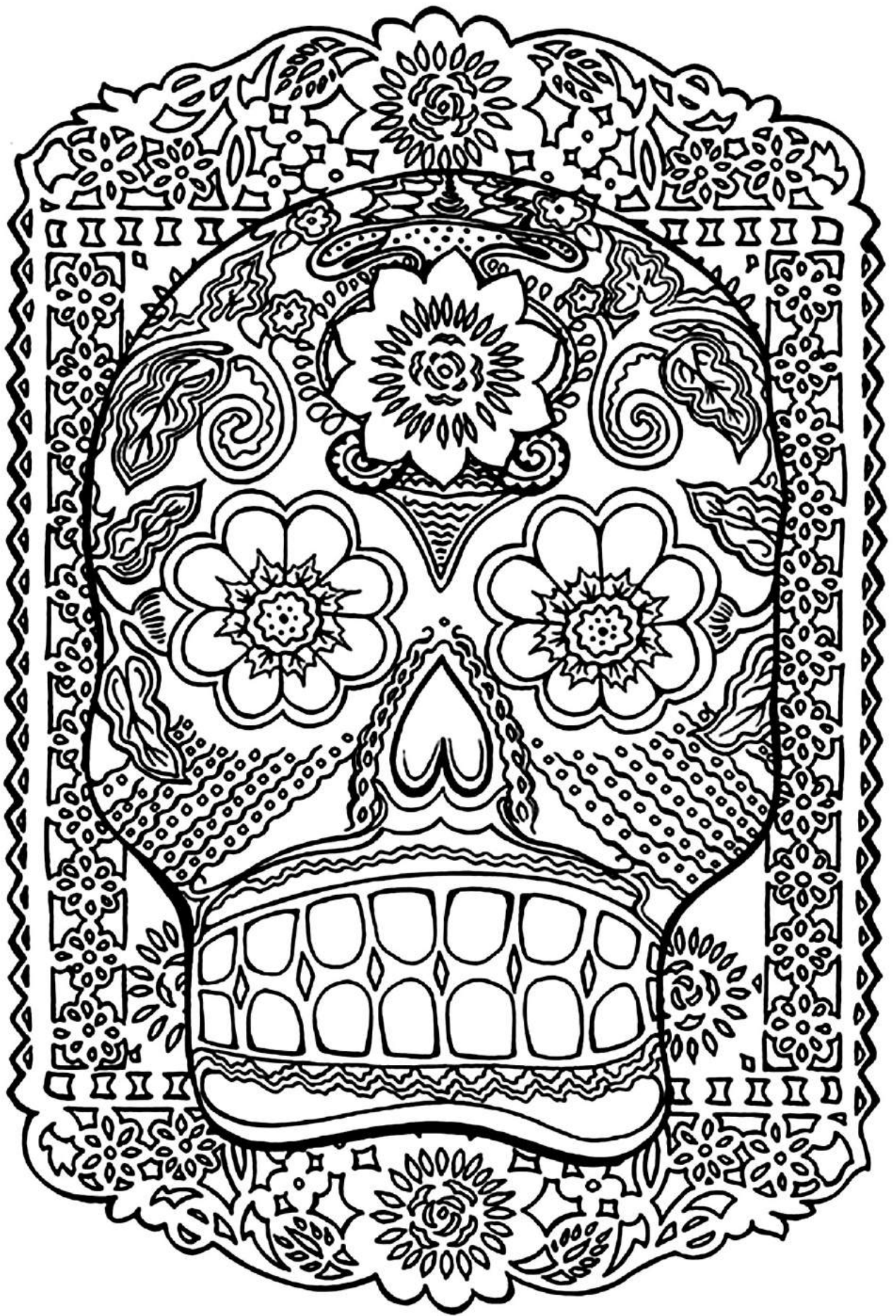
HOPE

never - courage
survivor - hope
believe - dream
love - dream

COURAGE

strong - healed - brave
strength - love
faith - courage
power - hope

AZIBIE



SQUARE BREATHING

Start at the bottom right of the square

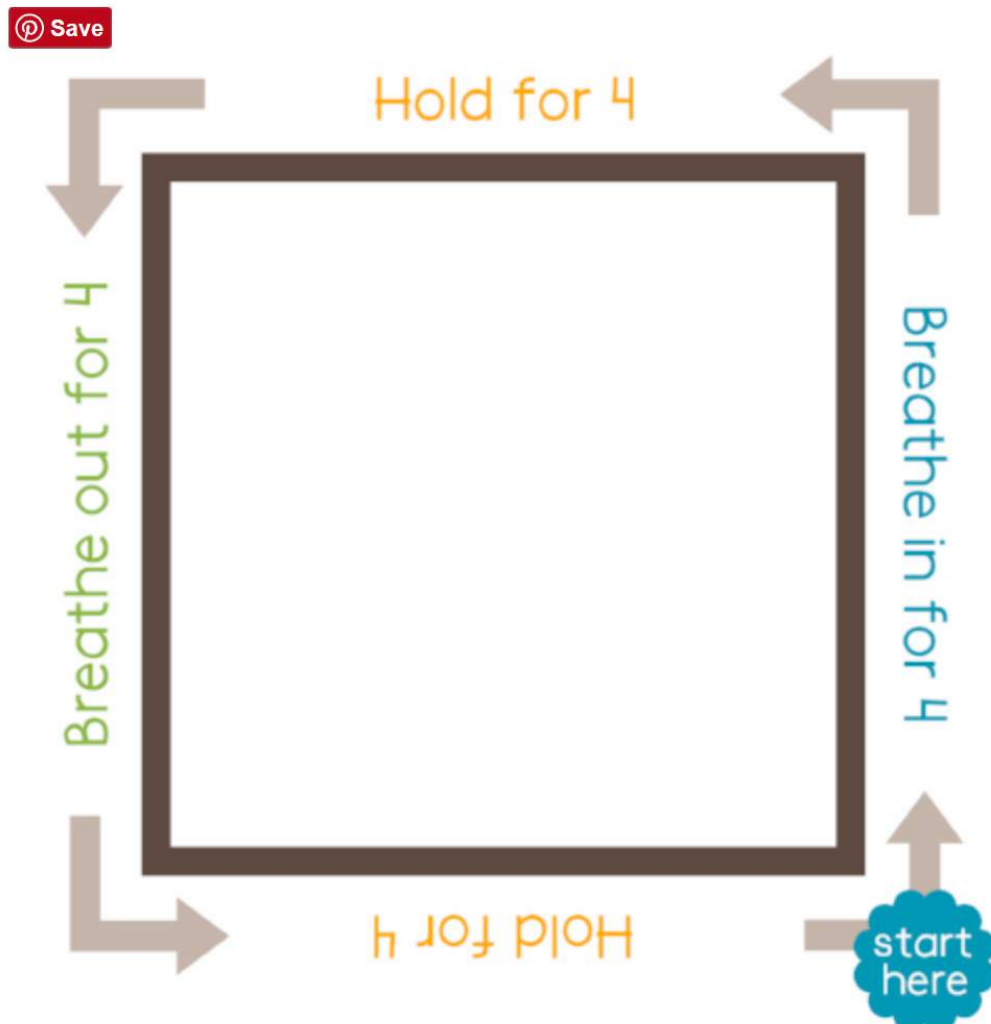
Breathe in for four counts as you trace the first side of the square

Hold your breath for four counts as you trace the second side of the square

Breathe out for four counts as you trace the third side of the square

Hold your breath for four counts as you trace the final side of the square

You just completed one deep breath!



STAR BREATHING

Start at any “Breathe In” side on the star.

Trace your finger over the "breathe in" side of the point

Hold your breath when your finger gets to the tip of the point

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths



SLEEP TOOLKIT

A toolkit of things that can help you with sleep,
focusing on your body, mind and heart.

The
Children's
Society

No child
should feel
alone

MIND

When our mind is very busy, we can find it difficult to sleep. Here are some things you can do to help calm your mind.

Writing down our thoughts

Sometimes writing down the things we are thinking can help to get them out of our mind.

One or two hours before getting into bed, write down anything you are thinking – any worries or thoughts you have – and then try to leave them outside your bed.

Focusing on our senses

It can sometimes help to distract our mind by focusing on physical things. If you are lying in bed and your mind is busy, try to think about:

- * **5** things you can see
- * **4** things you can touch
- * **3** things you can hear
- * **2** things you can smell
- * **1** thing you can taste

Focusing on our senses

Do something you find relaxing If you are really struggling to sleep, remember that just resting your body is still a good thing to do! If your mind is still really busy, you could try to do something that you find relaxing – whether that is reading a book, listening to some music, drawing, writing or singing. It's best to avoid screens (TV and phone) if you can, because the blue light can make you feel more awake.

BODY

When your body is relaxed, you can find it easier to sleep. Here are some activities to help you relax.

Creating a nice space for sleep

Having a nice space, and nice things that our bodies and senses like, can help us to sleep better. Whether you are trying to sleep or if you have just woken up from a nightmare, having something nice you can touch, smell or taste can help you feel better.

Think about a smell you like, or something you like to taste or touch, then put some things next to your bed that can comfort you – maybe lavender to smell, a piece of chocolate to taste or a stress ball to touch. to smell, or a small piece of chocolate to taste, or something soft to touch.

Avoid things that are bad for sleep

Some things aren't good for helping you get to sleep. But other things do not help sleep. Sometimes we might feel like having a nap during the day, or we might feel tired and want to drink an energy drink. But if you want to get a good night's sleep, some things to avoid are:

- * Napping during the day
- * Drinking caffeine
- * Smoking
- * Having your phone, computer or TV on in bed
- * Being in a bright room

A breathing exercise

Slowing down our breathing slows down our heart and makes our body feel calm. Try this activity to relax:

- * Count to four slowly as you breathe in
- * Count to five slowly as you breath out

If this makes you feel more anxious, don't worry, just try another activity like the **Focusing on our senses** one on the **Mind page**.

HEART

The way that we feel can affect our sleep. Not sleeping well can also make us feel low. Here are some feelings-focused activities and ideas that could help you with.

Notice your feelings

During the day, notice how you are feeling. If you're struggling with some feelings, like anxiety, fear, sadness, or shame, it's OK – there are things that can help.

If you are safe, try to feel the feelings when they happen, rather than avoiding them, which might mean they come back later. If you aren't feeling safe or you space out, then find someone (like a worker) who can help.

Keep a gratitude diary

Gratitude means being thankful. It can help to write down two small things that you are thankful for each day just before you go to sleep.

The things that you are grateful for can be small things like someone holding a door open, smiling at you, or telling a funny joke. This can help you focus on positive feelings just before sleep.

Talk to someone

Talking to someone can be a big help when we are struggling with our feelings. Talk to a friend or a worker about how you are feeling. You can also use the 'useful numbers' page to find someone who you can talk to who will listen to how you are feeling.

USEFUL PHONE NUMBERS

If you are finding it difficult to sleep and you think it would help to talk to someone, here are some phone numbers you can call or text.

Phone numbers to call

Here are a few telephone numbers you can call to talk to someone if you feel like you need help. They are all free to call from your mobile.

Samaritans Opening hours: 24 hours per day
Number to call: 116 123

Hopeline Opening hours: Weekdays 10am-10pm,
Weekends bank holidays 2pm – 10pm
Number to call: 800 068 4141

Childline Opening hours: 24 hours per day
Number to call: 0800 1111

The Mix – Crisis Messenger

If you feel like you need help now but you prefer to text instead of calling, you can text. Include **THEMIX** in your first text.

Opening hours: 24 hours per day
Number to text: 85258

If it is an emergency (eg you think you might get hurt or hurt yourself) call 999

SLEEP ROUTINE

Having a routine before bedtime can help us to sleep better. Doing the same things every evening helps us prepare our bodies and mind for sleeping.

Why not fill in your own sleep routine below?

Talk to someone

Talking to someone can be a big help when we are struggling with our feelings. Talk to a friend or a worker about how you are feeling. You can also use the 'useful numbers' page to find someone who you can talk to who will listen to how you are feeling.

TIME	ACTIVITY
During the day	eg stop drinking caffeine at lunch
2 hours before sleep	
1 hour before sleep	
30 minutes before sleep	
20 minutes before sleep	
10 minutes before sleep	

My Daily Gratitude

Date

What made me smile today and why?

Something beautiful that I saw today was...

10 things I am grateful for

1

2

3

4

5

6

7

8

9

10

3 things I did well today

1

2

3



My Biggest Achievement

Decorate your own trophy to celebrate your biggest achievement

My 2020 Goals

NAME:

AGE:

I hope to visit:

Books I want to read:

Something new I would like to learn:

A bad habit I am going to break:

I'm going to work harder at:

One way I'll be healthier:

How I'll be a kinder person:



THE BEST YEAR

OUT WITH THE OLD {20__}  IN WITH THE NEW {20__}

2 FAVORITE MEMORIES

3 THINGS I'M GRATEFUL FOR

1 HARD LESSON I LEARNED!

1 THING I DID THIS YEAR I'M PROUD OF

3 PLACES I WANT TO GO

2 WAYS I CAN HELP OTHERS

1 THING I WANT TO GET BETTER AT

2 THINGS I AM LOOKING FORWARD TO

3 NEW THINGS I WANT TO TRY

2020 BOOK LIST



Books I Want To Read

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____



Books I Read in 2020

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____



I AM AWESOME!

I can write or draw positive things about me.

