

Activities to understand and manage emotions.

TENSE AND RELAX

1. Lie down on your back and close your eyes.
2. Squeeze every muscle in your body as tight as you can.
3. Make your hands into fists.
4. Squish your toes and feet into balls.
5. Tense your legs, bottom, body and arms so they are hard like a stone.
6. Screw up your face and tense your neck.
7. Now release all your tension, let your muscles go floppy and RELAX!



Notice how your body feels throughout the activity.



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WILDLIFE SAFARI

Go on a walk around your garden or local park. Count up all the different wildlife you can see. How many different creatures can you see that walk, crawl, swim or fly? Look in hedges, trees, under leaves and in the grass. Do you know the names of all the creatures you see?



Notice the sounds and smells as well as what you see.



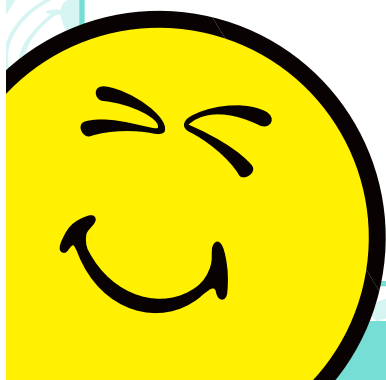
Activities to understand and manage emotions.

5,4,3,2,1

Take a big deep breath and notice five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.



Use this technique whenever you feel anxious.



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BE PRESENT

Being present is a great present. Sit quietly and pay attention to what is happening around you right now. Use all five senses.

Say to yourself

Right now I see...

Right now I hear...

Right now I am touching...

Right now I smell...

Right now I feel...



Do this alone or with your family!



RAINBOW BREATHING

Imagine you're standing or lying in the middle of a big rainbow. Take a big breath in and imagine you are breathing in the colour red from the rainbow. Lift your arms above your head as you breathe in.

Lower your arms down to your side as you breathe out. Repeat breathing in and lifting your arms as you imagine breathing in each colour of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo, Violet.



Does one colour feel better than the others?

EMOTICONS FOR A SMILEY WORLD

MINDFUL LISTENING

1. Listen carefully to the sounds around you.
2. How many different sounds can you hear?
3. Write them down.
4. Which sounds come and go? Which are always there?
5. Move to a different room or place. Are the sounds you can hear different?
6. Imagine you are an owl and go on a sound safari looking for new sounds and work out what is making the sound.



Can you hear the silence between the sounds?

EMOTICONS FOR A SMILEY WORLD

GET ACTIVE

We all get angry and frustrated from time to time. Sometimes we can't show it but we shouldn't hold on to anger. A good way to get rid of anger is to be active. Try doing star jumps, running, dancing or stomping your feet. Sometimes screaming in a safe place or even clapping your hands can make you feel better.

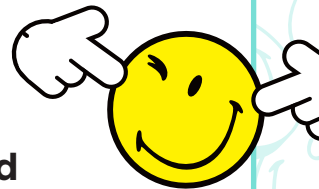


Can you avoid getting angry?

EMOTICONS FOR A SMILEY WORLD

GET LOUD

Shouting or singing at the top of your lungs helps release excess energy and frustration and make you happier. Just make sure you don't annoy people when you do it!



What is a good song to sing when you're angry?

EMOTICONS FOR A SMILEY WORLD

TASTE TEST

Choose a piece of fruit, cake or chocolate and take a small bite. Chew the bite at least 20 times. Move the food around your mouth. How does it feel? How does it taste? Does its taste change the more you chew.

Don't forget to swallow!

Repeat until you have finished eating.

How does your taste change if you hold your nose?



TENSION BODY SCAN

Sit or lie in a comfortable position. Notice how your head and face feel. If there is tension, try to release it. Relax your shoulders. Feel for tension in your arms or hands and let it go. Scan the front and back of your body. Relax any tension. Notice any tension in your thighs or calves. Relax your legs. Relax your feet. Take a deep breath and relax all your muscles.

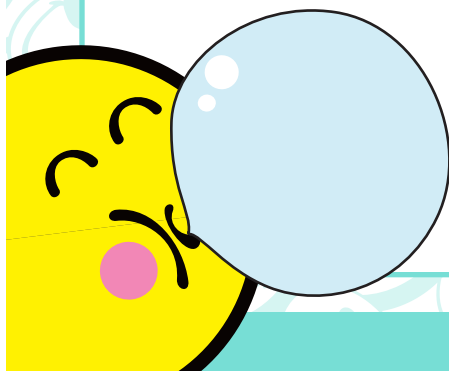
How relaxed can you get?



BUBBLE BREATHING

Take a big deep breath that really fills your lungs. Imagine you're blowing big soap bubbles through a bubble wand loop. You have to blow out through your mouth very slowly and gently to make the bubbles. Imagine the bubbles floating off and carrying your worries away.

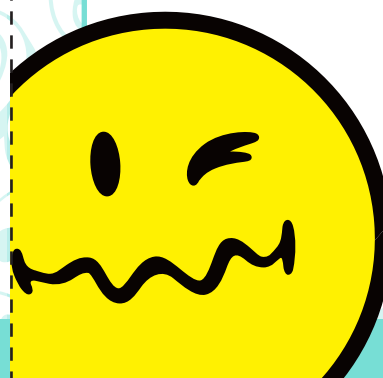
Can you feel your worries float away?



DITCH IT

On a piece of paper write down all the things that you would like to change about yourself. Throw it away. Those things are gone now. Now write a list of all the things you like about yourself.

Can you accept yourself exactly as you are?



LOVING KINDNESS MEDITATION

Sit in a quiet place while saying to yourself “May I be safe”, “May I be healthy”, “May I be happy” and imagine you are sending yourself love and kindness. Think of someone or something you care about and send love and kindness while repeating the words “May you be safe”, “May you be healthy”, “May you be happy”. Notice how you feel after doing each for 2 minutes.



Can you send loving kindness to your enemies? They might need it more than your friends.



MOOD SCULPTURE

Go to a garden or park to find sticks, leaves or stones, or find objects around your home that people won't miss for an hour or more. Arrange the objects you've found to make a face or sculpture that shows how you feel.



Can you balance objects on top of each other to make your sculpture taller?



AFFIRMATION NARRATION

Choose one of the following affirmation statements and say it over and over to yourself. Try doing this while looking in a mirror. Write the affirmation on a piece of paper and put it somewhere you'll see it everyday.

I am kind, strong and brave.
I do my best every day.
I am free to choose who I want to be.
Everything will pass.
Everything will be okay.

I am gentle with everyone, including myself.
Every day my life is better and better.



Can you make up your own affirmation for your situation?



RAISIN SENSATION

Take a raisin or piece of dried fruit in your hand. Look at it as if you've have never seen anything like it before. Notice every detail. Touch it with your eyes closed to feel its texture. Smell it. Notice how your body reacts to the smell. Put it in your mouth without chewing it. Feel it with your tongue. Taste it by chewing it slowly. Notice where it is in your mouth. Notice what happens as you start to chew and as you continue. Feel its taste and texture in your mouth and how these may change over time.

Swallow after you notice your body telling you to. Feel the raisin moving down into your stomach, and notice how your body feels.

How many other foods can you fully sense before you eat?

