

Gubyllub

Skills to use when the Bullybug arrives..

UNDERSTANDING EMOTIONS IS TRICKY...

Emotions are a bit like the weather. Have you noticed? They just turn up, even when we don't want them to and then eventually they pass by, just like clouds.

The trouble is, when our emotions are felt strongly this is when the Bullybug can take hold and have us say or do things that hurt others, that we regret or get us into trouble.

Here are some ideas you can try to self soothe your emotions to help them pass a little faster and not let the Bullybug take hold:

NOTICE YOUR EMOTIONS

See if you can notice your emotions arriving in your body. What can you feel is happening to your body? For example, you might notice that when anger arrives in your body your hands start to scrunch up.



BREATHE

Sometimes when big emotions turn up it can be helpful to focus on our breathing.

- Take a deep breath in and see if you can let that strong emotion just flow out with your outbreaths.
- Breath in deeply and then strongly & slowly ALL the way out, over & over.
- Keep doing this until you can think clearly again.
- Then decide a good action to take that you won't regret and that won't hurt anyone.



NOTICE & BREATH

See if you can notice when something mean is about to come out of your mouth or in an action from your body then use the breathing steps above to let the strong emotion flow out of you until you can think clearly and decide on a good action to take.

Practice makes perfect...

It's hard to do new things when you're really upset, so it can help to practice when you're calm. The more you practice taking strong deep breaths in and out when you're calm, the easier it will be to do when you're feeling upset



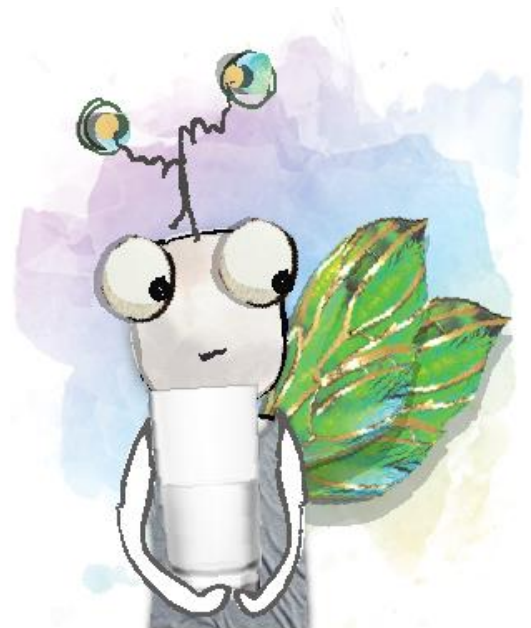
A fun way to practice deep breathing when you are feeling calm is to pretend that you are holding a mug of hot chocolate. Breathe in through your nose as though you're smelling the yummy chocolatey smell. Then breath out through your mouth as though you are blowing on your hot chocolate to cool it down. Keep doing this, until you start to feel yourself relax.

TAKE A BREAK

Sometimes when a big emotion arrives it can help to take a break from what we are doing.

For example, you might be building lego with a friend and notice that you start to feel frustrated because they are using the bricks you would like to use.

Instead of letting frustration take over, you might find it helpful to notice the emotion and then take a break, maybe going to get a drink of water. Then, when the feeling of frustration has passed, you will be able to think clearly and make a better decision about how to act, such as finding other bricks to use or asking your friend in a kind and careful way.



TALK TO SOMEONE

Don't bottle up your emotions. Sharing them can help to take the power they have over you.



It can also be helpful to learn about emotions when you are not feeling them so that when they do arrive, you already know what they are. This can help you to think more clearly when you are feeling big emotions.

Do you have an adult you can talk to that could help you understand emotions?

Emotions are interesting, and we can learn skills to be the boss of them instead of them bossing us around so much. Maybe there's a teacher you could talk to in your school, a friend or family member such as an uncle or cousin.

We won't always get it right and sometimes big emotions do take hold before we are able to respond in the way we would have liked to. This is 'ok'. What is important is what we do next.

Every big emotion is an opportunity to strengthen the skills you need to name and manage your emotions in a way that works for you without causing harm.

REWIND and REFLECT

When we have acted in an unkind or unhelpful way, it can help to put distance between yourself and the behaviour by imagining yourself watching what happened as though it was a movie and asking yourself some questions such as:

- If someone was doing what you were doing,
- what would you think about their behaviour?
- What do you think they are feeling, thinking, or needing?
- What would you say to them?
- At what point did things start to get out of control?
- What was happening to their body?
- How could next time be different?



ACKNOWLEDGE & APOLOGISE

Understand that your actions have hurt someone, acknowledge your behaviour, and quickly repair harm if the Bullybug makes you hurt others. Apologize and try to be kind next time.

A good apology is everything, not just the words "I'm sorry" but also shows that you understand the impact your behaviour has had on others and that you are taking responsibility for it.

For example, *"I'm sorry I said mean things to you that made you feel sad, and I wish I hadn't. Please forgive me."*

