

RAINBOW SMILEY BREATHING

Breathing big, deep breaths helps our bodies relax. Imagining breathing in different colours can help us feel various things as we connect different colours to different places and emotions. Thinking about breathing in a smile can make us feel happier. Now can you do all three at once?

Read the bubbles like a story for your breathing. Take one big breath for a big Smiley and smaller breaths for smaller Smileys. For each breath, imagine you are breathing in the colour and breathing in their facial expression until you have breathed in a rainbow of smiles.



5,4,3,2,1... HERE I AM

When we are stressed, anxious or have a lot to do, we can feel like we're in a whirl and getting dizzy. This exercise can help you slow down and feel back in your body on earth.

Where are you? Write down where you are right now.



Write down 5 things you can see. Be specific.

5



Write down 4 things you can touch. Touch each thing. What does it feel like? Describe the details.

4



Write down 3 things you can hear. What is the sound and where is it coming from?

3



Write down 2 things you can smell. Describe the scents.

2



Write down 1 thing you can taste in as much detail as possible.

1



How do you feel now?



There are lots of ways we can help ourselves feel better when we're feeling too much. For each of the techniques you've learned about below, draw a Smiley of which emotions the technique can help with. Remember that some techniques are very useful for LOTS of things! And some people may find a technique works better or differently for them so your answers might be a bit different from your friends.



Joy



Sadness



Anger



Fear



Excitement



Guilt



Anxiety



Envy

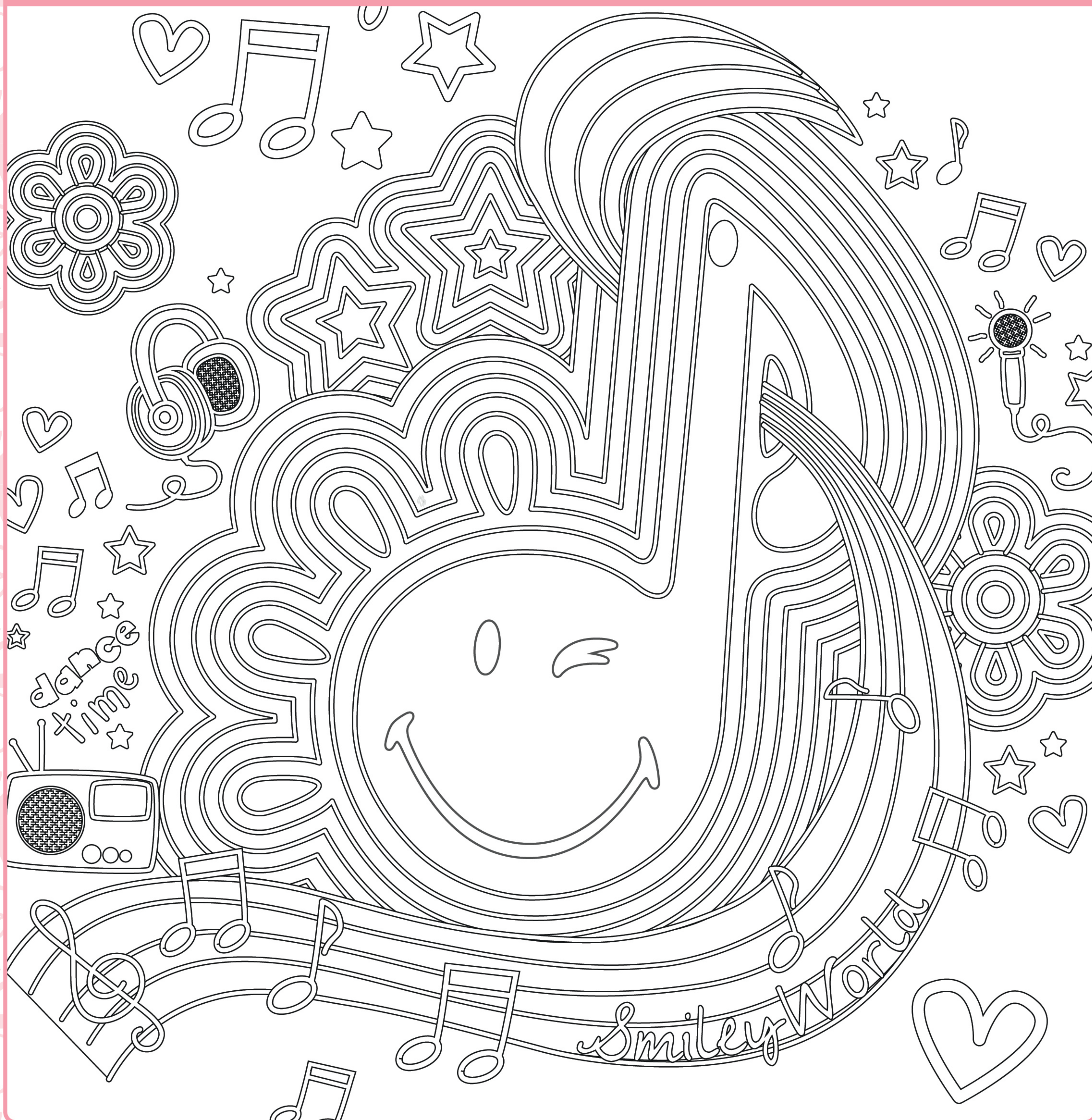


Confusion

	Technique	Emotions it can help with
1.	Four-by-Four / Square Box Breathing Breathe in for a count of 4 (through your nose if you can). Hold your breath for a count of 4. Breathe out for a count of 4 (through your mouth). Wait for a count of 4. Repeat by breathing in for a count of 4 again.	
2.	Count to 10 If you are reacting without thinking, count to 10 before you speak or act.	
3.	Apologise If you hurt someone or did something wrong, apologising can make you feel better.	
4.	Move Move your body by walking, running, jumping, dancing, punching the air.	
5.	Gratitude List List things you are grateful for.	
6.	Shout it Out If you're in a place where it's okay to make a lot of noise, you can shout or scream to get rid of emotion.	
7.	Talk it Out Talk through your emotions with someone you trust.	
8.	Breathe it Out Breathe out more slowly than you breathe in to relax your body and mind.	
9.	5, 4, 3, 2, 1 Find 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	
10.	SMILE: Stop, Mull, Investigate, List, Express Before reacting to something that upsets you, stop, mull over what happened, investigate your options, list all the possible ways the situation could be made better and then decide on the best reaction and express your response!	



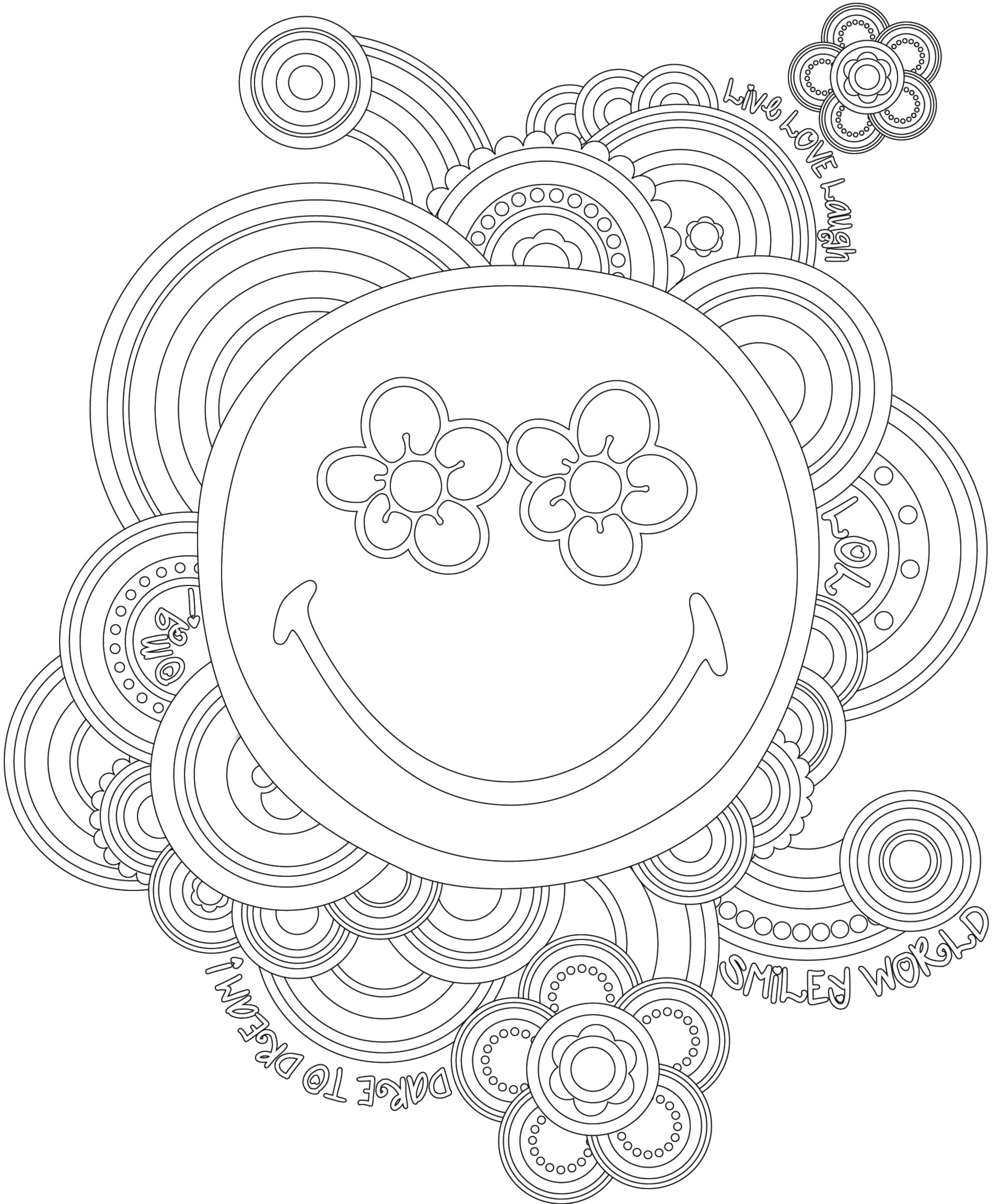
Colouring in can be soothing for the mind, particularly colouring in complex repetitive patterns. Next time you want to take your mind off a problem, try this colouring in, or create your own pattern to colour, or try something else creative that focuses your attention.



My name is _____ **My colours are** _____

I chose them because _____

Colouring in can be soothing for the mind, particularly colouring in complex repetitive patterns. Next time you want to take your mind off a problem, try this colouring in, or create your own pattern to colour, or try something else creative that focuses your attention.



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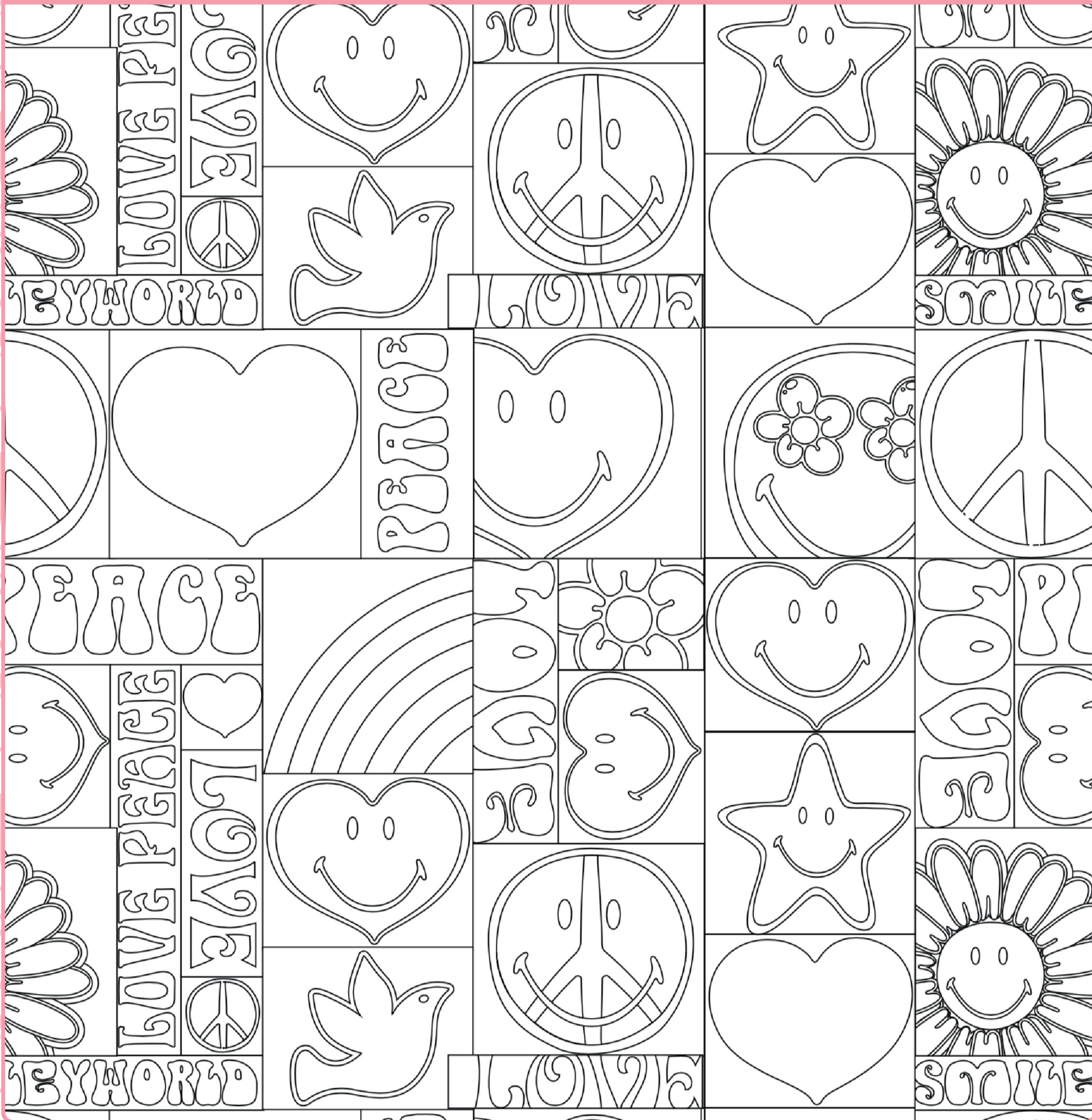
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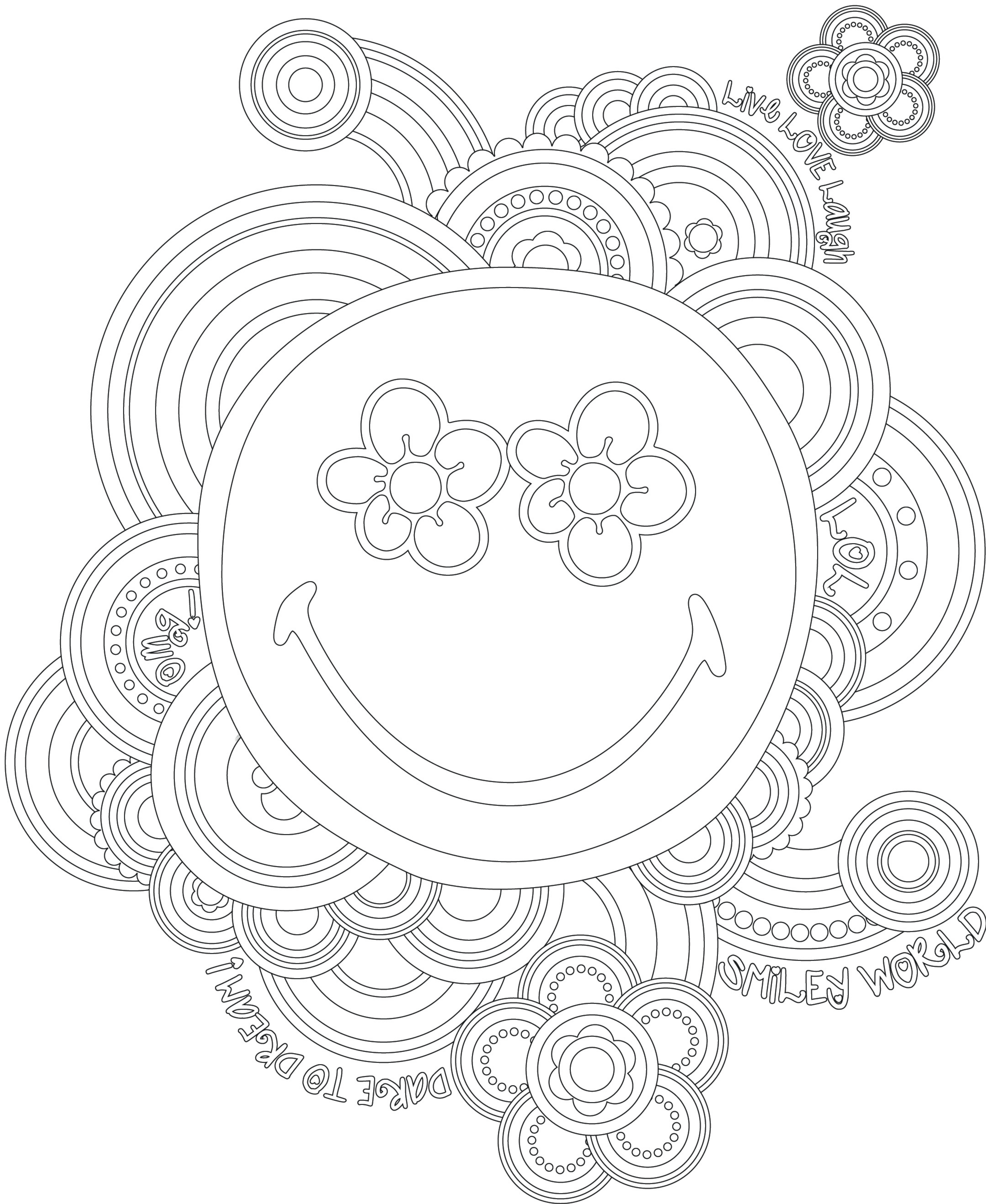


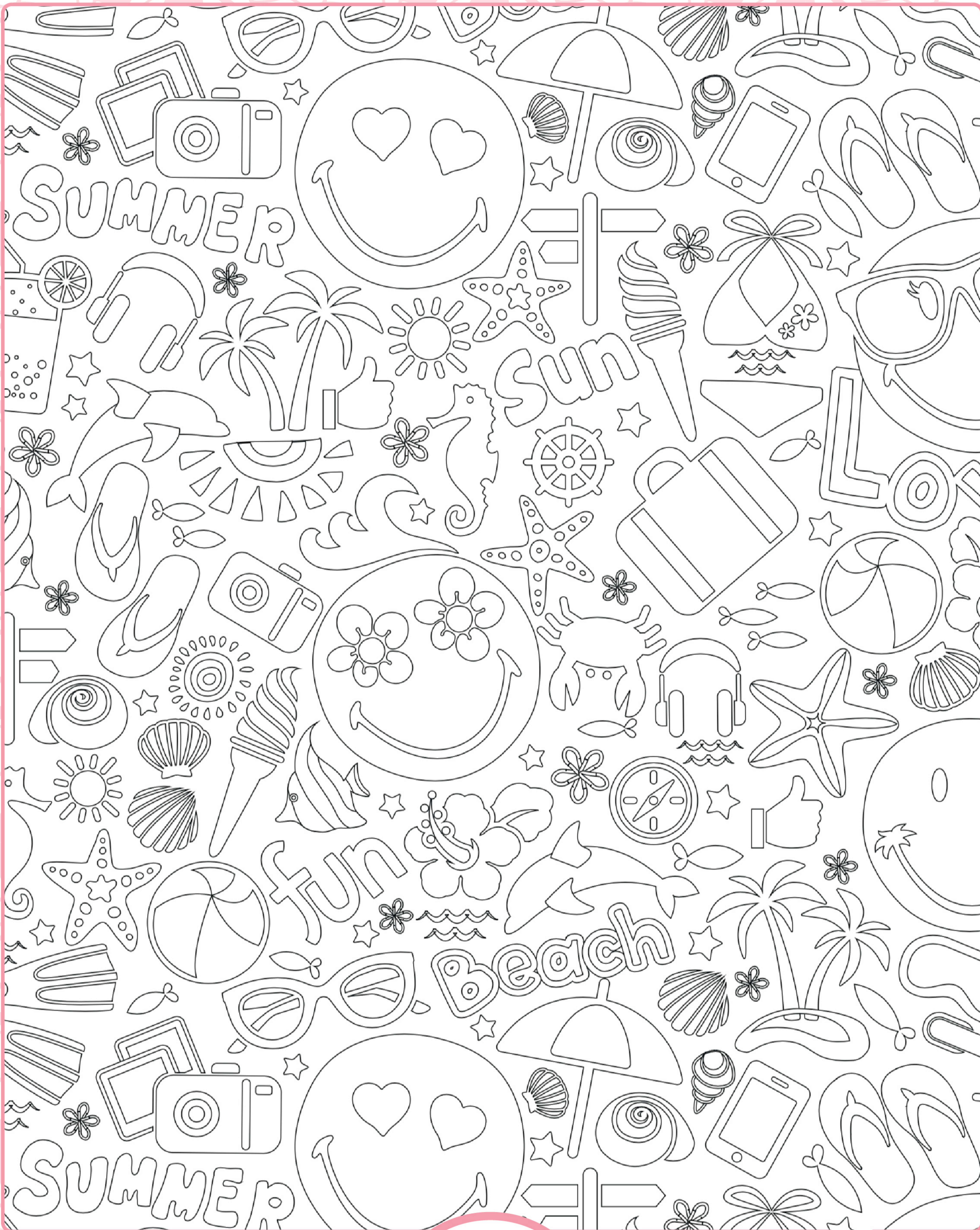
My name is _____ **My colours are** _____

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It's good to set ourselves goals. Goals can help us work out what to focus on and keep us on track for positive progress.

A good goal is one that is:

- very clear,
- you'll be able to tell when you've met it,
- you know what you need to do to achieve it,
- is challenging but not impossible,
- has a time you need to complete it by.



Make 3 goals you want to work on:



one to do this week



one to do this month



one to do this year

My Goal for the Week:

I will [fill in your goal for the week]

I will reach my goal by [fill in the time or day to finish the goal]

To reach my goal I need to [fill in the steps that need to be done to meet the goal]

My Goal for the Month:

I will [fill in your goal for the month]

I will reach my goal by [fill in the time or day to finish the goal]

To reach my goal I need to [fill in the steps that need to be done to meet the goal]

My Goal for the Year:

I will [fill in your goal for the year]

I will reach my goal by [fill in the time or day to finish the goal]

To reach my goal I need to [fill in the steps that need to be done to meet the goal]

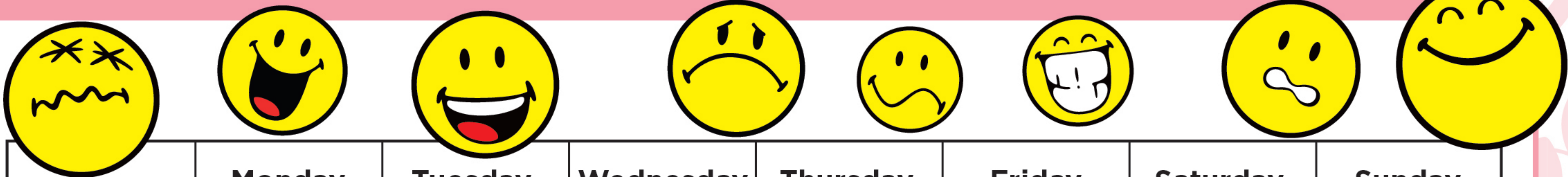


IMPROVING EMOTIONS JOURNAL

Use this sheet to keep a journal of your emotions and the techniques you use to deal with difficult emotions. Draw a Smiley of how you're feeling at each time of day and write 1-3 words from the list at the bottom.

If you are feeling a strong or difficult emotion, try one of the techniques you've learned about and note its name or number from the **Techniques To Deal With Strong Emotions worksheet**. If the technique helped you add a tick next to it.

After a week, compare your **Improving Emotions Journal** with your **Emotion Tracking Journal**. Did using the techniques help you and were your moods better?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Break							
Lunch							
Mid-afternoon							
Bedtime							

Sad
Disgusted
Happy
Proud
Anxious
Angry
Confident
Loving
Excited
Surprised
Bored
Calm
Confused

Read the passage and fill in the blanks with words from the selection below.

Strong emotions can upset us and make it d_____ for us to do the things we want or need to do. Some common s_____ emotions are anger, sadness and stress.



When we are worried or s_____ about something, it can make our t_____ feel fluttery. A little bit of stress is good for us - it can help us p_____ our best and reach our goals. But too much stress for too long is bad for our bodies. It can make it difficult to s_____ or concentrate. We can r_____ our levels of stress by taking deep b_____ and breathing out s_____.



When we are a_____, it can make us feel hot and full of energy. If something suddenly makes us feel angry, we can try counting to 10 to help us think before we react. We can also try taking deep b_____ and use a calming breathing technique.

Techniques like Square Box Breathing, Rainbow Smiley Breathing, 5, 4, 3, 2, 1 or meditation can help us feel c_____. Being c_____ when we have strong emotions will help the emotions pass. It is important to remember that all emotions e_____ eventually. No matter how upset you feel, you will feel b_____ again in future.

Talking to a trusted adult or f_____ is also a great way to deal with difficult emotions.

perform breaths better difficult stressed
slowly sleep friend calmer strong breaths
angry tummy calm reduce end



Read the passage and fill in the blanks with words from the selection below.

Strong emotions can upset us and make it _____ for us to do the things we want or need to do. Some common _____ emotions are anger, sadness and stress.

When we are worried or _____ about something, it can make our _____ feel fluttery. A little bit of stress is good for us - it can help us _____ our best and reach our goals. But too much stress for too long is bad for our bodies. It can make it difficult to _____ or concentrate. We can _____ our levels of stress by taking deep _____ and breathing out _____.

When we are _____, it can make us feel hot and full of energy. If something suddenly makes us feel angry, we can try counting to 10 to help us think before we react. We can also try taking deep _____ and use a calming breathing technique.

Techniques like Square Box Breathing, Rainbow Smiley Breathing, 5, 4, 3, 2, 1 or meditation can help us feel _____. Being _____ when we have strong emotions will help the emotions pass. It is important to remember that all emotions _____ eventually. No matter how upset you feel, you will feel _____ again in future.

Talking to a trusted adult or _____ is also a great way to deal with difficult emotions.

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Read the passage and fill in the blanks with the words you think fit best.

Strong emotions can upset us and make it _____ for us to do the things we want or need to do. Some common _____ emotions are anger, sadness and stress.



When we are worried or _____ about something, it can make our _____ feel fluttery. A little bit of stress is good for us - it can help us _____ our best and reach our goals. But too much stress for too long is bad for our bodies. It can make it difficult to _____ or concentrate. We can _____ our levels of stress by taking deep _____ and breathing out _____.



When we are _____, it can make us feel hot and full of energy. If something suddenly makes us feel angry, we can try counting to 10 to help us think before we react. We can also try taking deep _____ and use a calming breathing technique.

Techniques like Square Box Breathing, Rainbow Smiley Breathing, 5, 4, 3, 2, 1 or meditation can help us feel _____. Being _____ when we have strong emotions will help the emotions pass. It is important to remember that all emotions _____ eventually. No matter how upset you feel, you will feel _____ again in future.

Talking to a trusted adult or _____ is also a great way to deal with difficult emotions.

