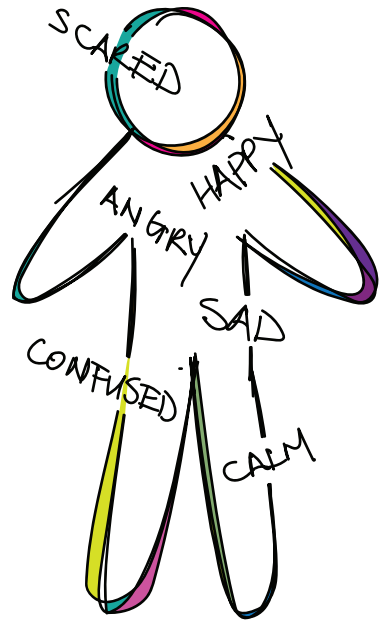


Feelings In My Body



Feelings Of My Heart



Notice Your Inner Critic



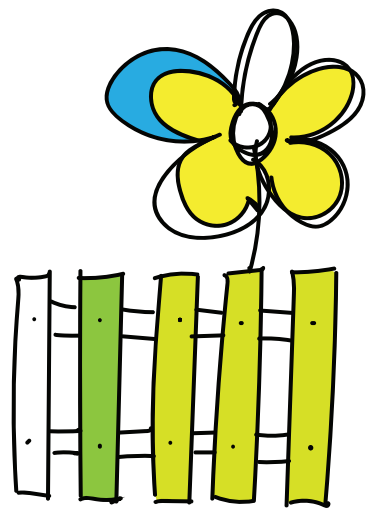
Name It And Tame It



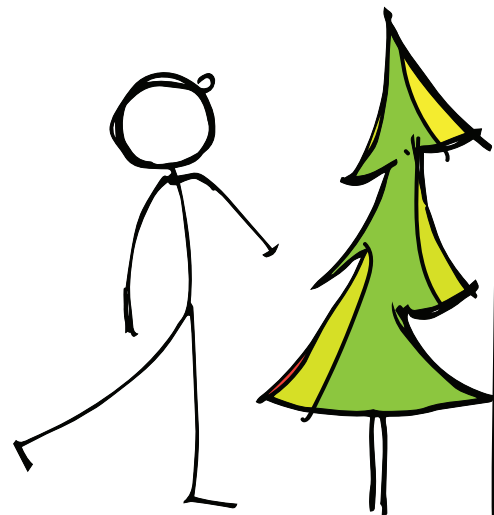
Not My Circus, Not My Monkeys



Boundaries



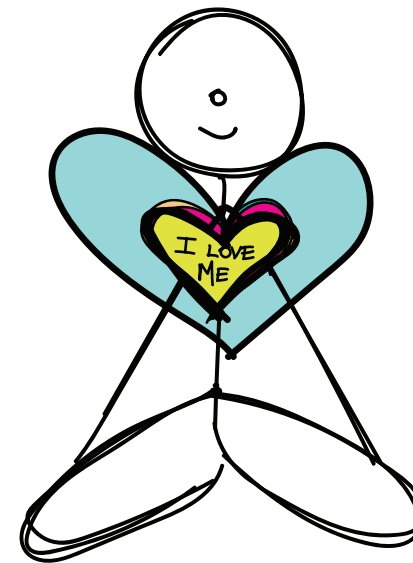
Self Care



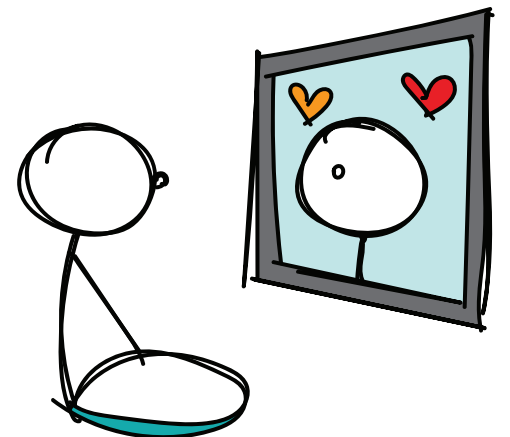
Inner Cheerleader



Who You Calling Sweetheart?



Mirror Work



## NOT MY CIRCUS, NOT MY MONKEYS

**PURPOSE:** You cannot control other people's behaviors or actions. You cannot fix others. The only thing you can control is yourself-how you chose to respond and react.

### HOW TO:

- Close your eyes
- Take a deep breath in
- Say out loud or in your head "not my circus, not my monkeys"
- How will you choose to respond or react?
- Let go (if you can't let go; refer to self care methods)
- Change focus, body, and/or thoughts

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## NAME IT AND TAME IT

**PURPOSE:** To improve emotional awareness and identifying need.

### HOW TO:

- Name the emotion

What do you need?

- Affection? Hug, kiss, snuggle
- Appreciation? "You're doing a good job"
- Attention? Someone to listen
- Alone time? Close the door sit in the bathroom; go for a walk
- A break? Sit in your room

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## NOTICE YOUR INNER CRITIC

**PURPOSE:** To identify negative thought patterns, and stop them before they spiral.

### HOW TO:

- Notice your negative thoughts

Acknowledge inner critic, and get curious:

- Is it trying to protect you?
- Is it true?
- Are these opinions yours?
- Invite it in for tea
- Talk to it like a friend
- Become Sherlock Holmes
- Feel the fear, but do it anyway
- Change the voice

Change focus, body and/or thoughts:

- Find your state of flow
- Do something different

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## FEELINGS OF MY HEART

**PURPOSE:** To help you understand what you're feeling.

### HOW TO:

- Draw a heart on a piece of paper
- Write the emotions you're feeling below your heart
- Assign a colour to each emotion
- How much of your heart feels each emotion?
- Colour in your heart

**JOURNAL:**

- What's the biggest emotion?
- What's the smallest emotion?
- What emotion did you put on your heart first?

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## FEELINGS IN MY BODY

**PURPOSE:** To notice sensations in your body, and emotional awareness.

### HOW TO:

- Draw a gingerbread man outline
- Write the emotion (mad, sad, angry, scared etc)
- Close your eyes, think about where this emotion shows up in your body
- Pick a colour that represents that emotion
- Colour inside the body where you feel it - Use line and shape to help describe it (light, heavy, jagged etc).

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## MIRROR WORK

**PURPOSE:** To foster a supportive and compassionate relationship with yourself. Self-compassion is a seed that grows if you water it

### HOW TO:

- Start each day by looking directly into your eyes
- Hold your gaze without looking away
- Hold for the duration of three breaths

Move at a pace that feels comfortable, when you're ready try:

- Say hello to yourself
- Smile and hold it until it becomes genuine
- Compliment yourself
- Tell yourself a funny joke
- Tell yourself something you're proud of

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## WHO YOU CALLING SWEET- HEART?

**PURPOSE:** During moments of difficulty or negative self-talk, speak to yourself like you would your best friend.

### HOW TO:

- Close your eyes
- Take a deep breath in
- Say your personal mantra or phrase to yourself
- Repeat your mantra/phrase over and over again

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## INNER CHEERLEADER

**PURPOSE:** Ability to show yourself loving kindness, replace negative self-talk.

### HOW TO:

- Close your eyes
- Take a deep breath, self soothing touch
- Repeat your positive belief (eg. "I am worthy")
- Your thought is "I am worthy"
- What's your feeling?
- What's your action?

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## SELF CARE

**PURPOSE:** To look after own personal needs (physically, mentally, emotionally, spiritually).

### HOW TO:

- Name the emotion
- What activity will help you release/express this emotion?
- Select activity based on how you feel
- Shift your energy
- Change focus
- Reflect what you can do differently

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## BOUNDARIES

**PURPOSE:** To provide healthy rules for navigating relationships.

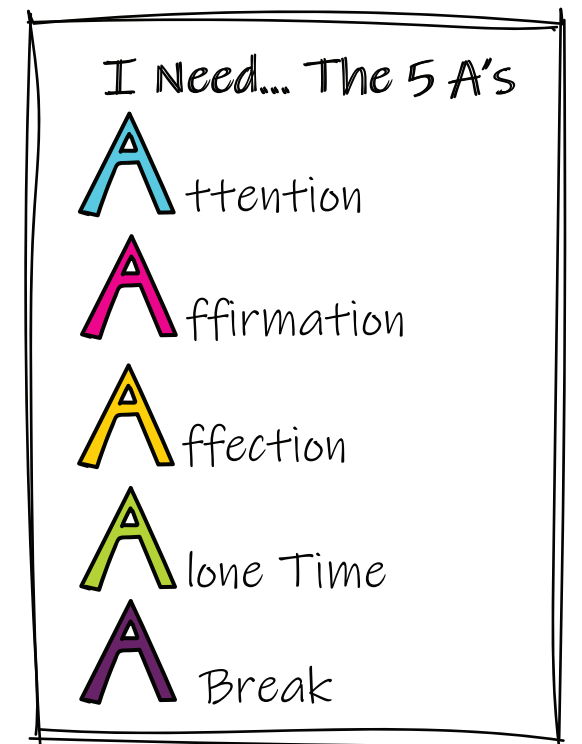
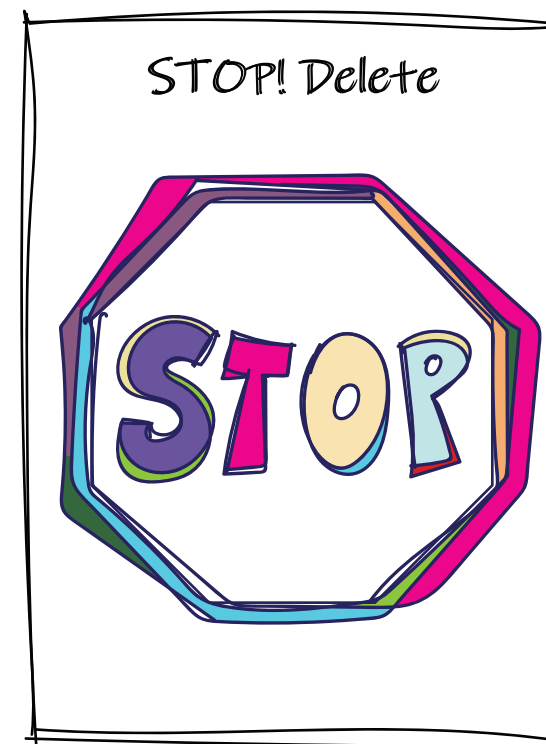
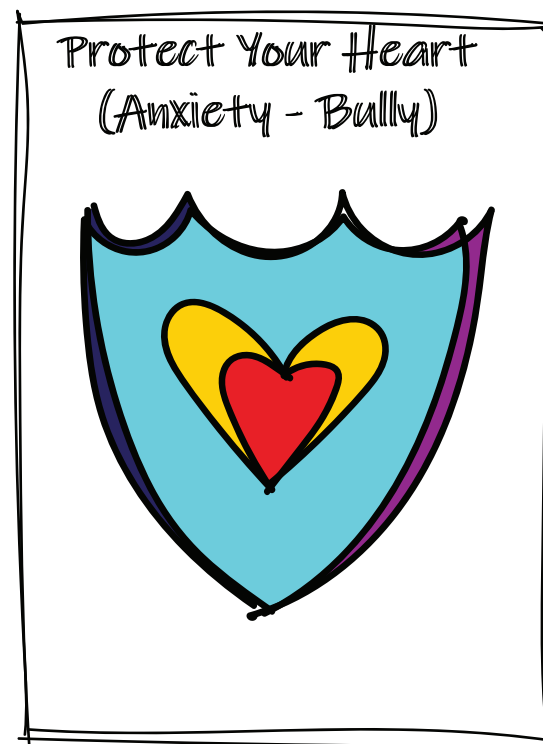
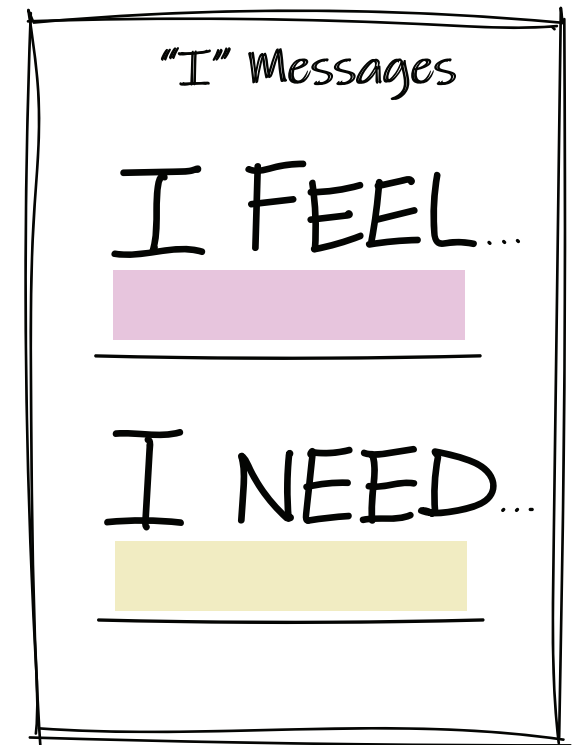
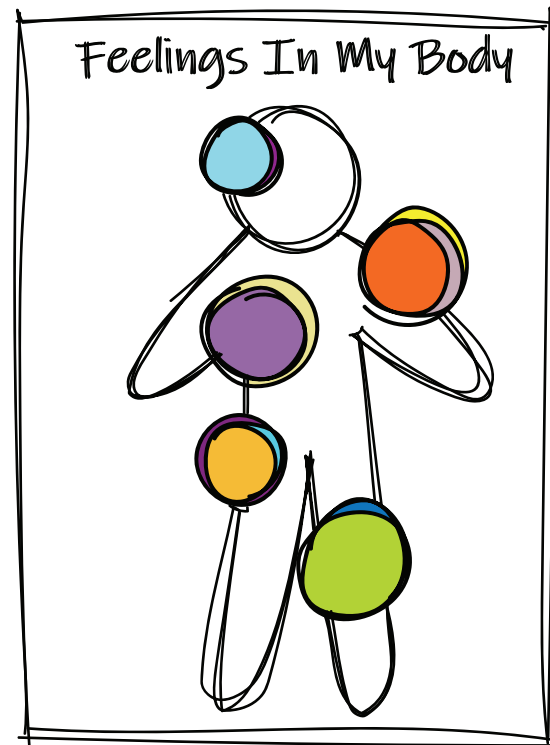
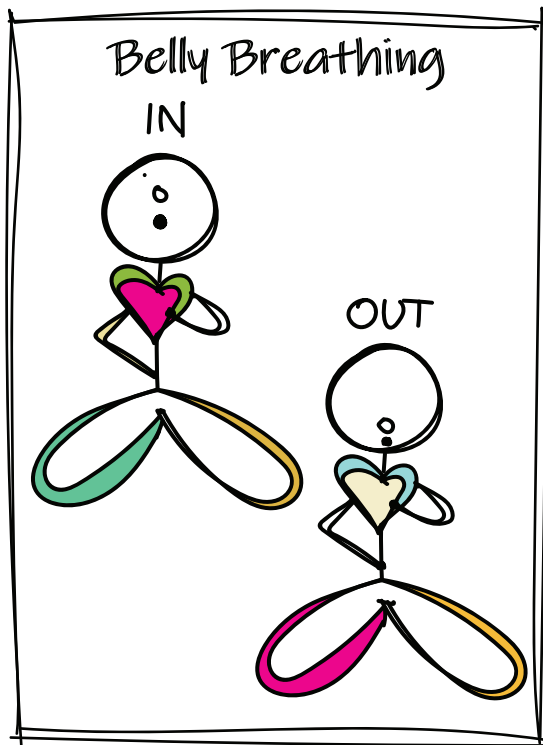
### HOW TO:

- Recall your House & Fence drawing, what is one thing you can do slightly different?

Remember:

- It's not my job to fix others
- It's ok if others get angry
- It's ok to say no
- It's not my job to take responsibility for others
- It's my job to make me happy
- Nobody has to agree with me
- I have a right to my own feelings
- I am enough

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## “I” MESSAGES

PURPOSE: Express feelings in a positive way, focus is on what you feel. (Removes blame, judgment, confrontation)

HOW TO:

Option A (5yrs-10yrs)

I feel \_\_\_\_\_ (name the feeling) and I need \_\_\_\_\_ (what do you need: hugs, alone time, a break, attention)

Option B (10yrs +)

I feel \_\_\_\_\_ (name the feeling) when you \_\_\_\_\_ (state the other person’s behavior), because \_\_\_\_\_ (how does it affect you?) and I need \_\_\_\_\_ (explain what you’d like).

eg. I felt sad when you ate my cookie because I am still hungry. I need you to ask first next time.

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## FEELINGS MENU

PURPOSE: When you can recognize how you feel, you can choose a healthy way to release that emotion.

HOW TO:

- Notice how you feel. Is it sad, mad, angry?
- Based on how you feel select an activity that might make you feel better
- Change focus, body, thought patterns, and/or do something different
- Afterwards, think about what made you sad, mad, angry
- What do you need? Refer to 5 A’s

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## FEELINGS OF MY HEART

PURPOSE: To help understand what you’re feeling.

HOW TO:

- Draw a heart on a piece of paper.
- What emotions are you feeling? Write them below your heart
- Assign a colour to each emotion
- Think about how much of your heart feels each emotion and colour in your heart
- Journal or talk to someone: What’s the biggest emotion? What’s the smallest emotion? What emotion did you put on your heart first?

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## FEELINGS IN MY BODY

PURPOSE: To notice sensations in your body, emotional awareness.

HOW TO:

- Draw a gingerbread man outline
- write the emotions (mad, sad, angry, scared etc)
- Close your eyes, think about where these emotions show up in your body
- Pick a colour that represents that emotion
- Colour inside the body where you feel it
- Use line and shape to help describe it- light/heavy/jagged etc.

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## BELLY BREATHING

PURPOSE: A technique to self sooth, calm technique, be more present.

HOW TO:

- Sit or lay down
- Place one or both hands on your belly or heart, close your eyes
- Breathe in slowly – your belly will expand out, hold for a few second
- Exhale slowly – your belly will come in
- Repeat 10x

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## I NEED... THE 5 A’S

PURPOSE:

HOW TO:

- Attention – someone to play or listen to me
- Affirmation – “I’m so proud of you” “You did a great job”
- Affection – hug, kiss, snuggle
- Alone time – play outside, read a book
- A break – go to your room

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## STOP! DELETE

PURPOSE: To stop your thoughts from spiraling.

HOW TO:

- Notice your thoughts
- Is your thought negative? Say “STOP!”
- Close your eyes, visualize yourself pressing a “Delete” button
- Or say “hhmm, interesting. I’m not going there today.”
- Be kind to yourself, replace negative thought with positive thought

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## PROTECT YOUR HEART (anxiety - bully)

PURPOSE: People may say or do things that hurt you, but you can protect your heart by putting on our armour.

HOW TO:

- Close your eyes
- Visualize the ending you want
- Put your armour on
- Allow words or actions to “ding” off your armour

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## WORRY TREE

PURPOSE: Name and acknowledge the worry, then let it go

HOW TO:

- Notice worry
- What am I worrying about?
- Can I do something about it? Is it a real problem?
- NO – let worry go, and change focus of attention
- YES – set action plan; what/when/how; Now – do it; let go of worry; change focus
- Later – schedule it; let go of worry; change focus

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## HIGH 5 POSITIVE TALK

PURPOSE: Use positive talk to direct your thoughts and behaviors.

HOW TO:

- Hold up your hand like a high five
- “I am so smart”; “I am so brave”; “I can do this”
- Begin with your index finger touching your thumb for “I”; touch your middle finger to your thumb “am”; “so” for your next finger and with your pinky finger “smart”

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