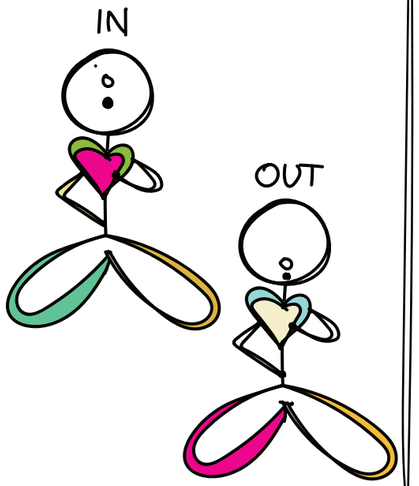
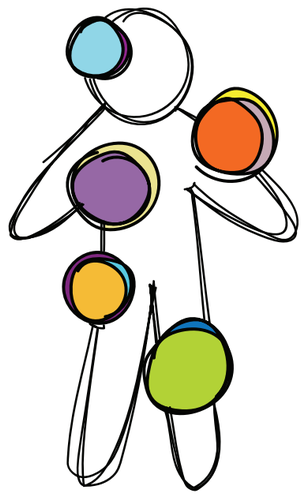
Belly Breathing



Feelings In My Body



Feelings of My Heart



Feelings Menu



"I" Messages

I FEEL...

I NEED...

High 5 Positive Talk



Worry Tree



Protect Your Heart (Anxiety - Bully)



STOP! Delete



I Need... The 5 A's

- Attention
- Affirmation
- Affection
- Alone Time
- A Break

"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.

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

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?

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.

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

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

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

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

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

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"