

# A CHILDREN'S WORKBOOK

## FOR

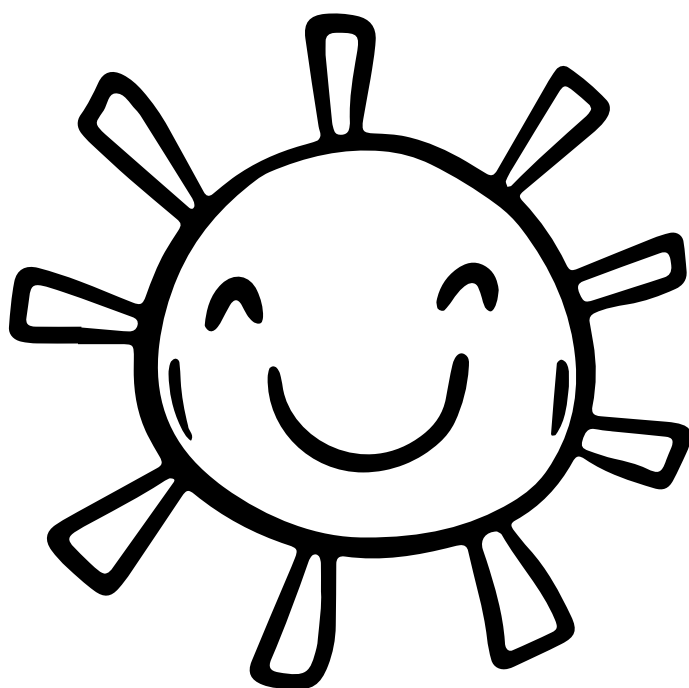
# MENTAL WELLBEING

A creative self help guide to staying healthy and happy.



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Feel free to colour in  
the pictures and  
headings as you work  
through this booklet.



Mental health and wellbeing is about how we think and feel and how we make sense of daily life.

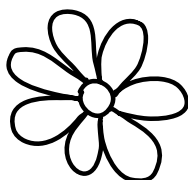


Good mental health and wellbeing helps us enjoy life and cope well with life's challenges.

In the same way we all have physical health and we look after our body,  
we all have mental health and we can look after it.



This easy to use workbook contains lots of useful information and activities to support you to stay healthy and happy.



Note for adults: It is important to reassure children that we all have mental health in the same way we have physical health. It is normal for our emotions to go up and down depending on what is going on in our life. It is also important to be aware that children's emotions often reflect adults emotions.



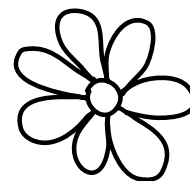
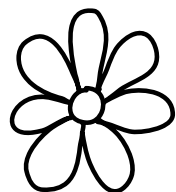
# TOP TIPS

TO HELP IMPROVE YOUR

MENTAL HEALTH AND WELLBEING

There are small things we can all do that make a big difference to our mental health if we do them regularly. Try building some of the 'top tips' into your day.

Can you draw a picture to match each one?



Get enough sleep

Do some exercise

Do things you enjoy

Eat healthily

Ask for help

Take a break

Talk about your feelings

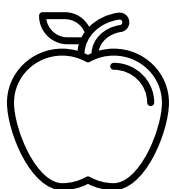
Be yourself

Spend time with family or pets

Note for adults: Encourage to draw a picture to go along with each "Top Tip". They may need help coming up with what to draw but try and let them come up with some ideas themselves.

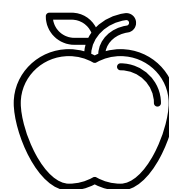
# Looking After Your Body

Eating a healthy diet can do a lot to improve your mood and sense of wellbeing.  
Use this daily checklist to tick off when you are able to do each habit.



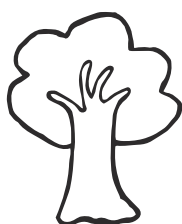
Eat 5 fruit + veg

M T W T F S S  
○ ○ ○ ○ ○ ○ ○



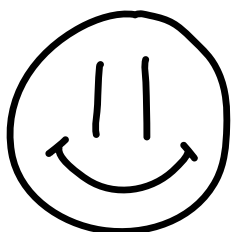
Drink 6 glasses of water

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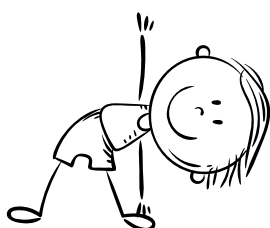
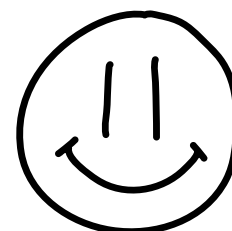
Get some fresh air

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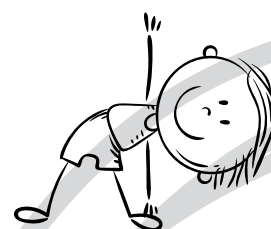
Do something you enjoy

M T W T F S S  
○ ○ ○ ○ ○ ○ ○



Get some exercise

M T W T F S S  
○ ○ ○ ○ ○ ○ ○



Note for adults: Encourage to tick off each habit for looking after their body. If they are not managing to tick them off each day, talk to them about what they could do or change to make it easier for them.

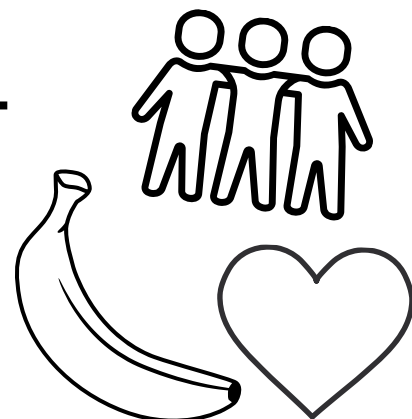
# Looking After Your Body

Create some personal healthy habits that are important to you. For example, eating your vegetables with dinner every night or no fizzy drinks in a day.

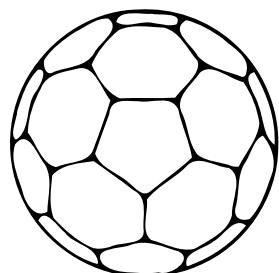
Use this daily checklist to tick off when you are able to do each habit.



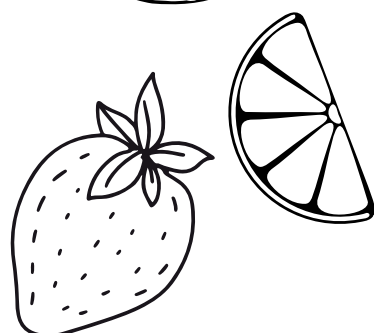
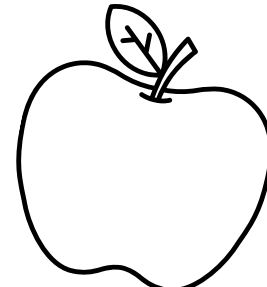
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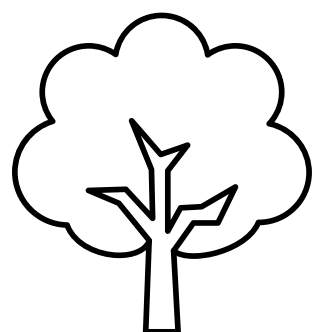
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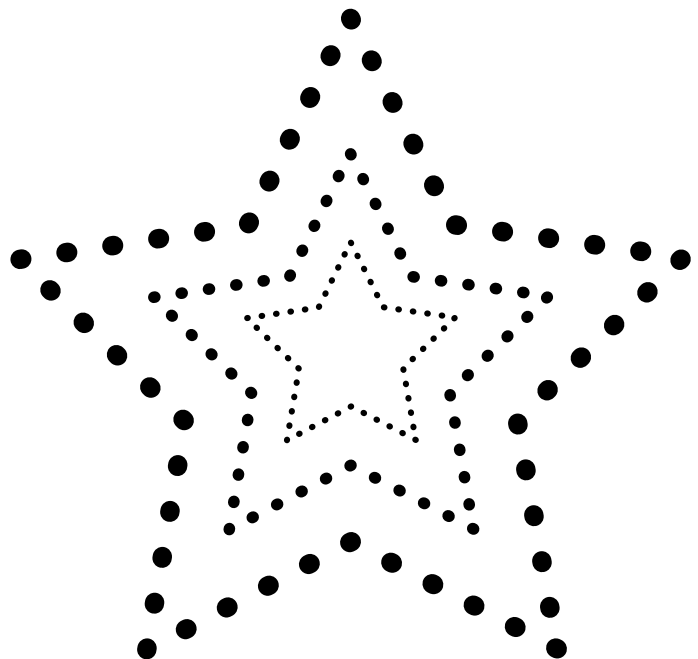
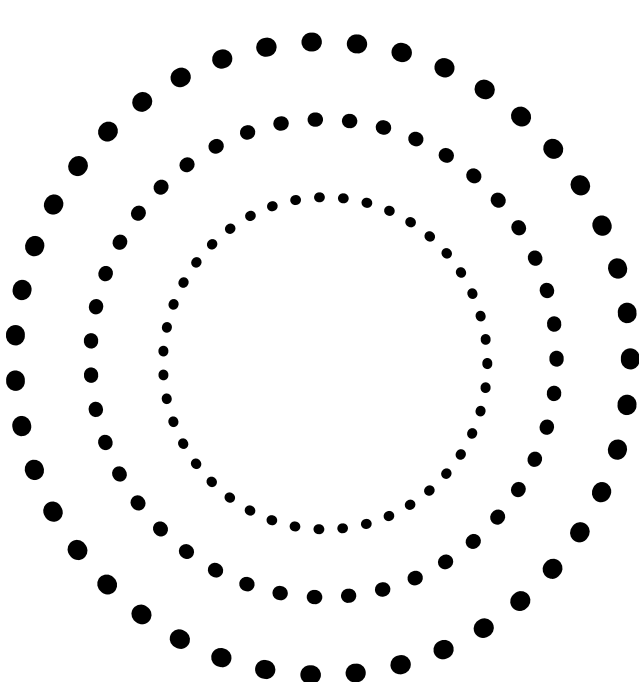
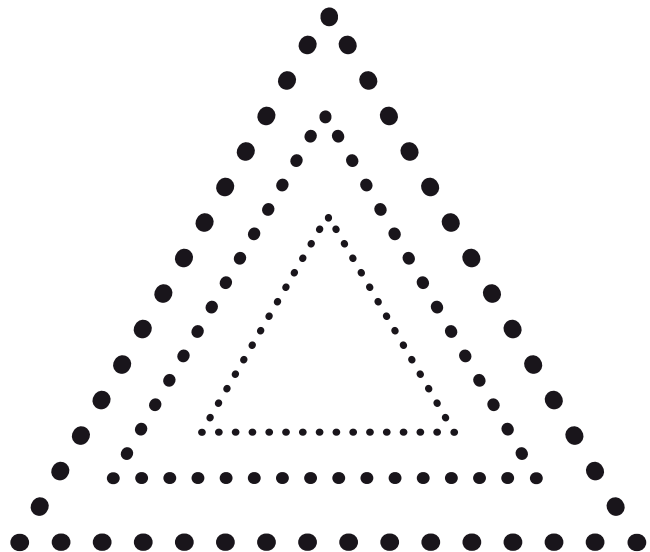
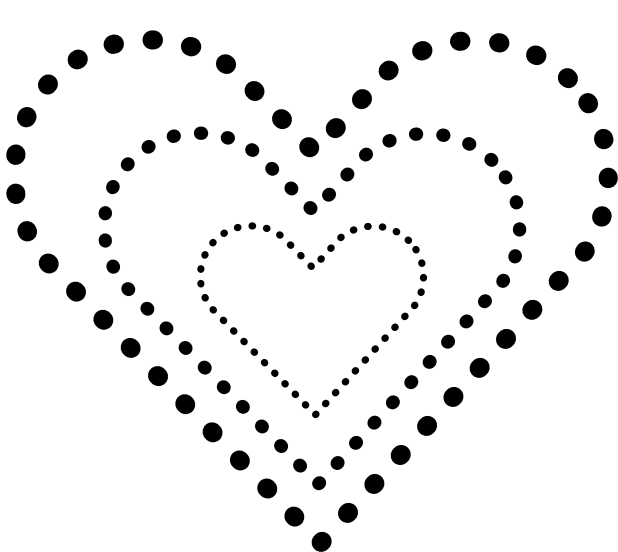


Note for adults: Support in coming up with their own healthy habits for looking after their body. They may begin with just one healthy habit each day and work on adding more in with time, this is ok.

# Focus on Your Breathing

If you are ever worried or stressed, slowing down your breathing helps to calm your body and your mind. Try breathing in through your nose, and out through your mouth.

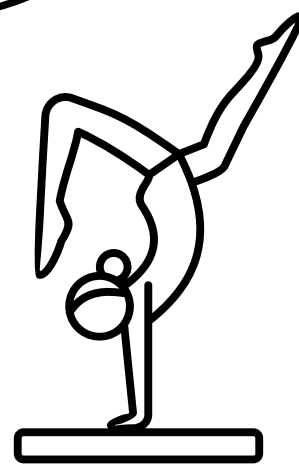
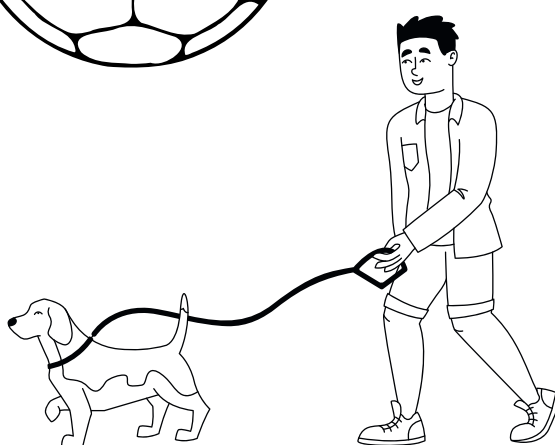
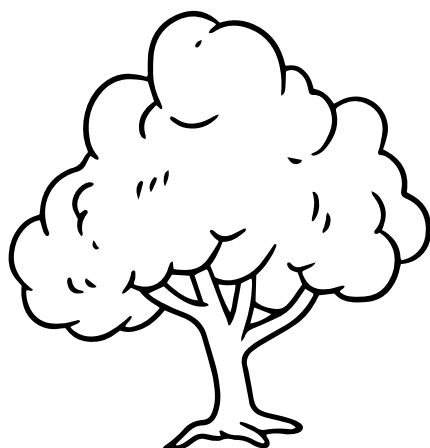
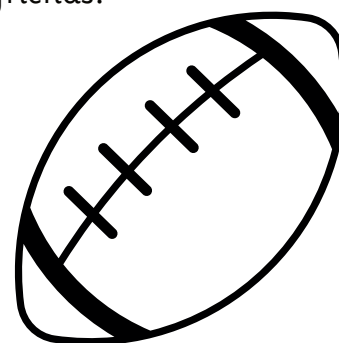
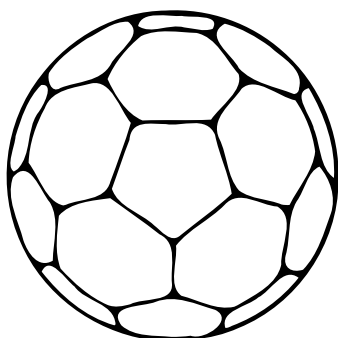
Follow along the lines with a pencil as you breathe deeply.







Note for adults: Encourage taking a little time to breathe, focus on the present moment and be thoughtful about the small details of where they are and how they are feeling.

# KEEP PHYSICALLY ACTIVE

Exercise is a fun way to keep our bodies and minds strong and healthy,  
just like playing and having fun with friends!



Use the table below to track your mood before and after being active to see if you can notice any changes.

 Day/Time	 Mood before	 Activity	 Mood after

Note for adults: Support in taking part in some exercise regularly. Try and help them find a sport that they enjoy.  
Encourage them to track their feeling before and after taking part.



# Get Enough Sleep

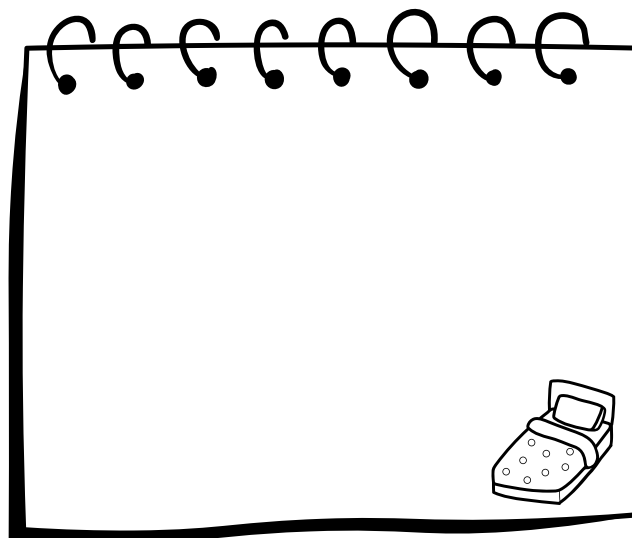
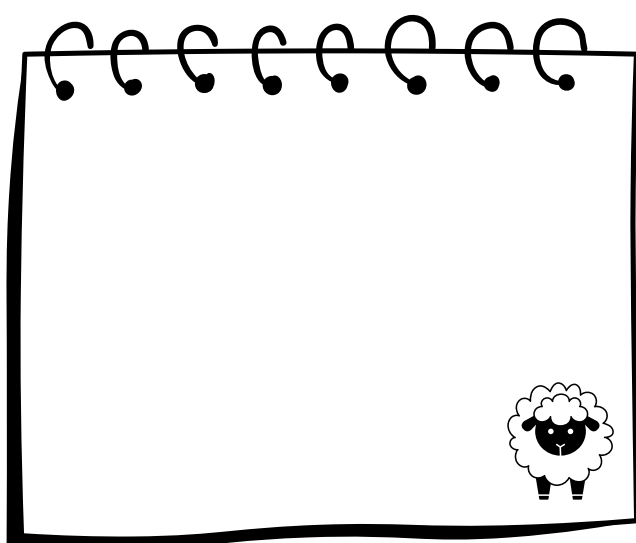
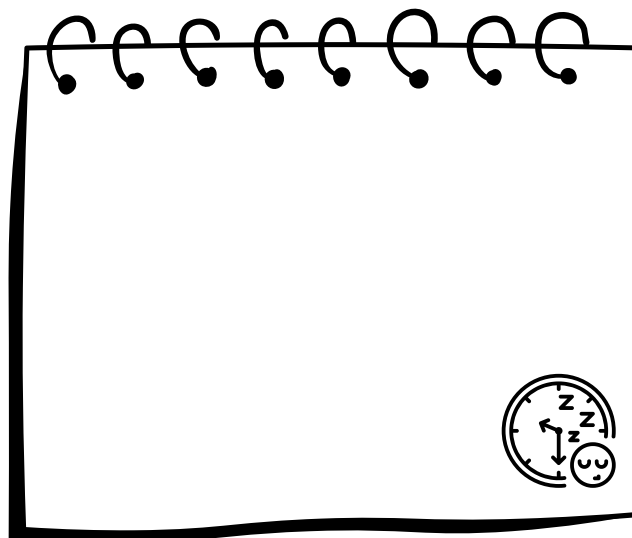
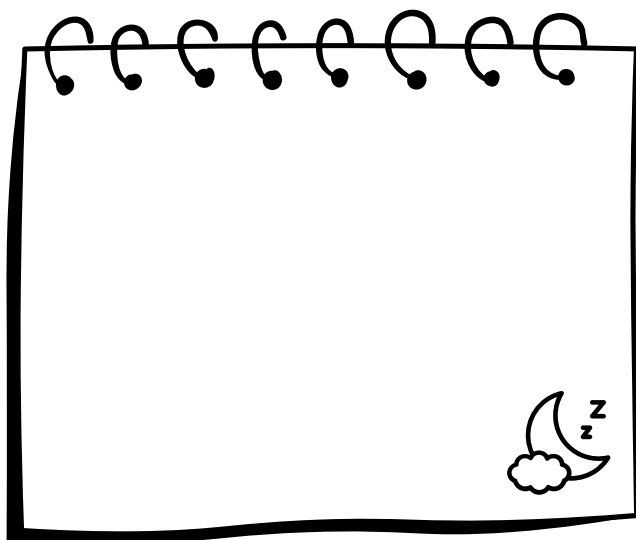
Good sleep is very important but when we're feeling stressed, low or anxious sleep can become challenging.

Here are some top tips to get to sleep and sleep better.

- Go to bed at the same time every night
- Turn off electronics one hour before bedtime
- Get fresh air and exercise during the day
- Write down your worries



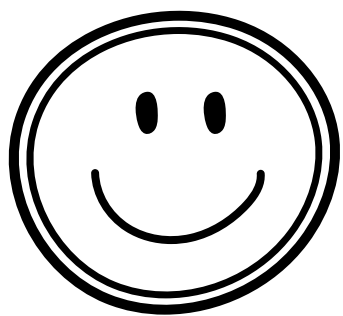
You can use this space to write down or draw any worries or thoughts that might keep you awake.



Note for adults: Encourage to follow the top tips to get better sleep and support them in writing down any worries or thoughts they might have.

# Do Things You Enjoy

Taking time to do things we enjoy helps to keep our mind healthy. What things are you good at? What activities do you enjoy? You could make your own list, and try to do them every day or every week.

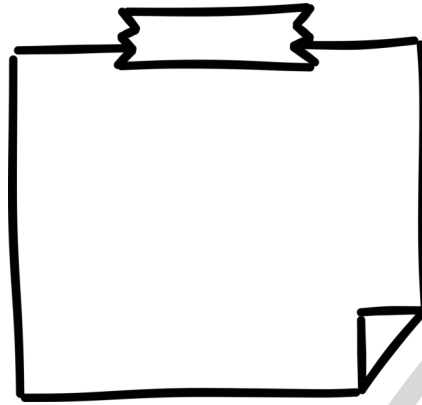
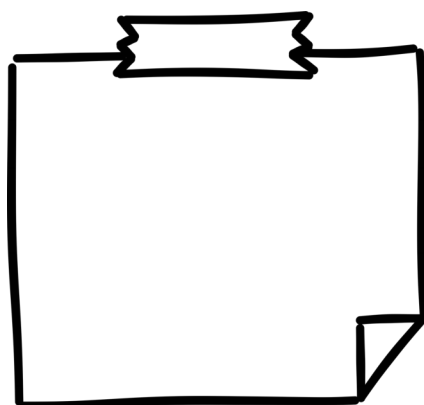
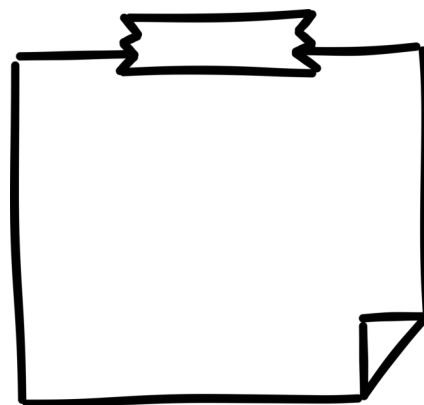
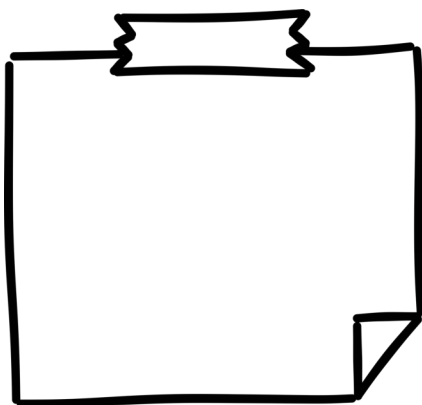
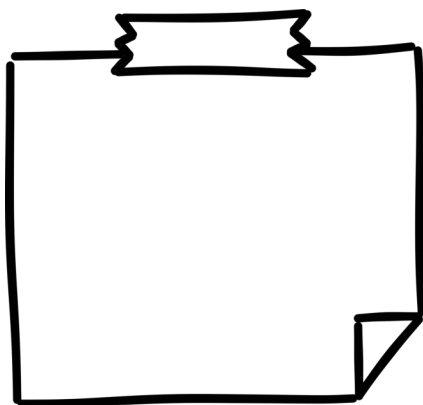


If you need some inspiration...

- spend time relaxing
- spend time with pets
- do art or colouring
- join a club
- talk to family and friends
- listen to music
- do some exercise

Use the templates below to write down or draw your personal Daily Wellbeing Tools and try to remember to do them every day.

## My Daily Wellbeing Tools



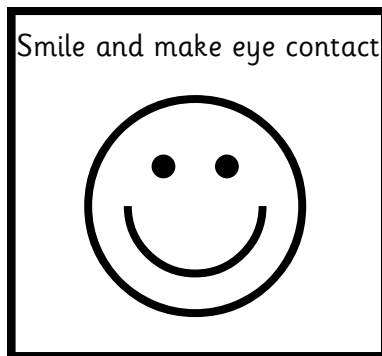
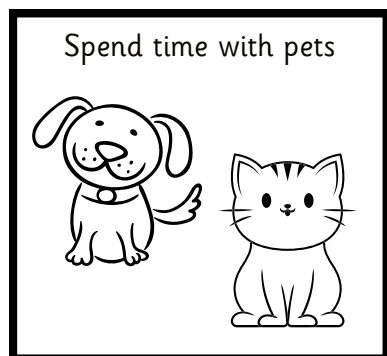
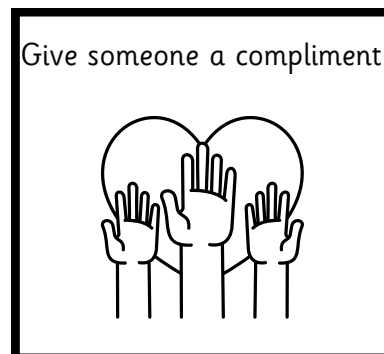
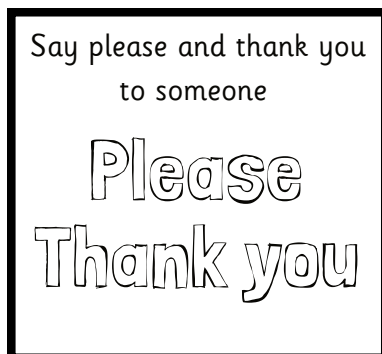
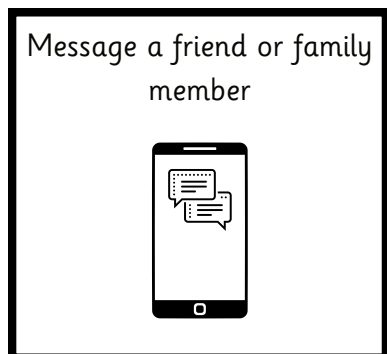
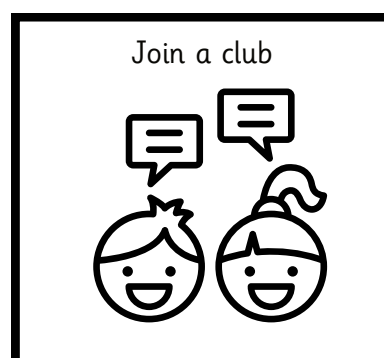
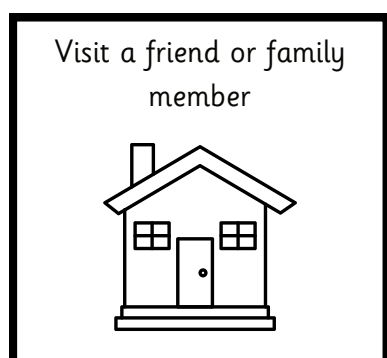
Note for adults: Help to think of some activities that they enjoy. This can be anything at all whether it is a hobby, an activity or a task. These can be done regularly to support wellbeing.

# Friendships

Good relationships are important for our mental health and wellbeing.  
Spending time with friends and being kind to others can make us feel good.

## Friendship Bingo

Colour in each picture when you do the activity. It's a great way to reflect on how you keep in touch with others and give you some new ideas.

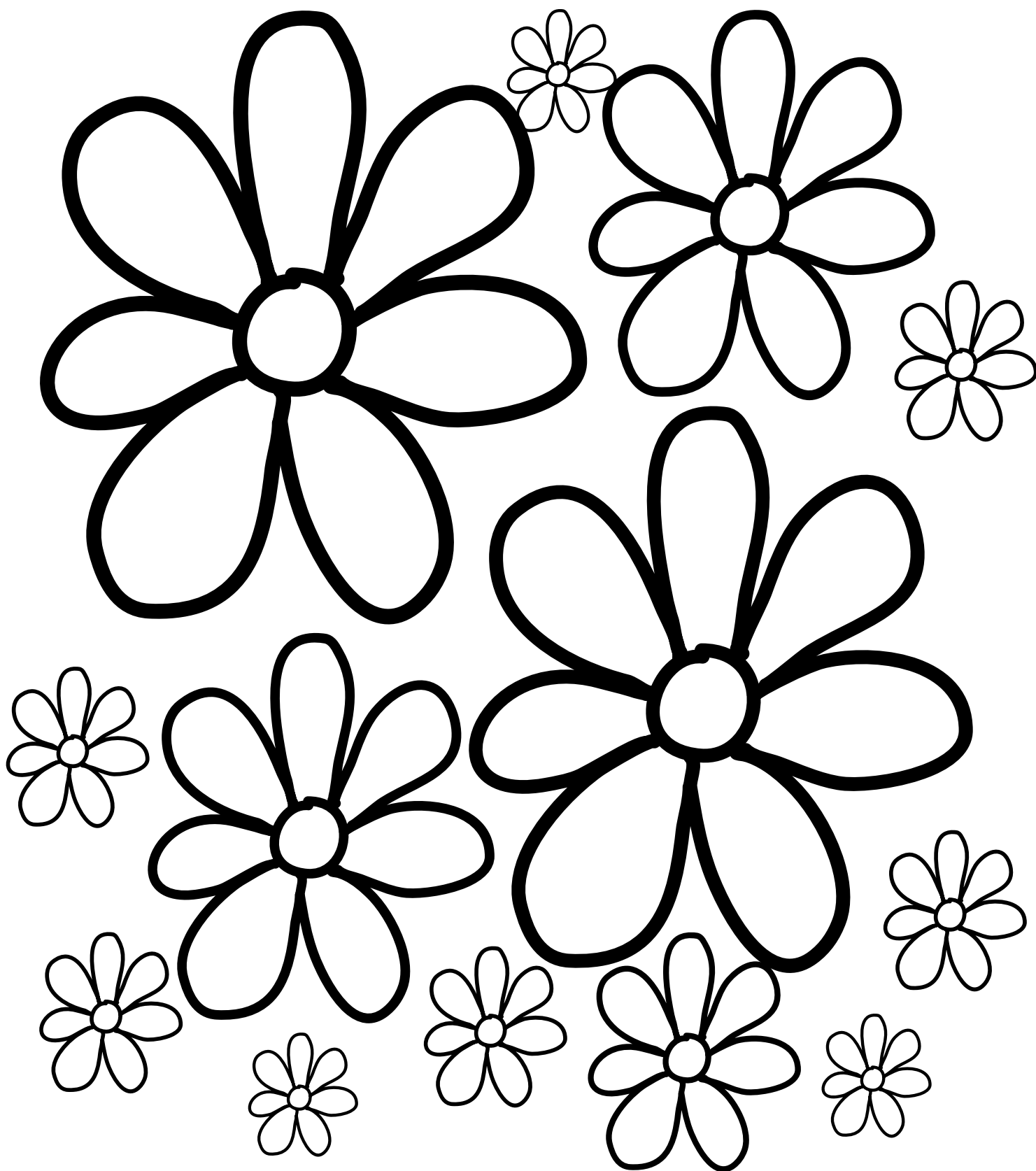


Note for adults: Encourage making social connections. Social interaction and positive relationships have been shown to support good mental health in wellbeing in children and adults.

# Mindful Colouring

Colouring is a great activity to reduce stress as it helps your mind to relax and switch off from unhelpful thoughts.

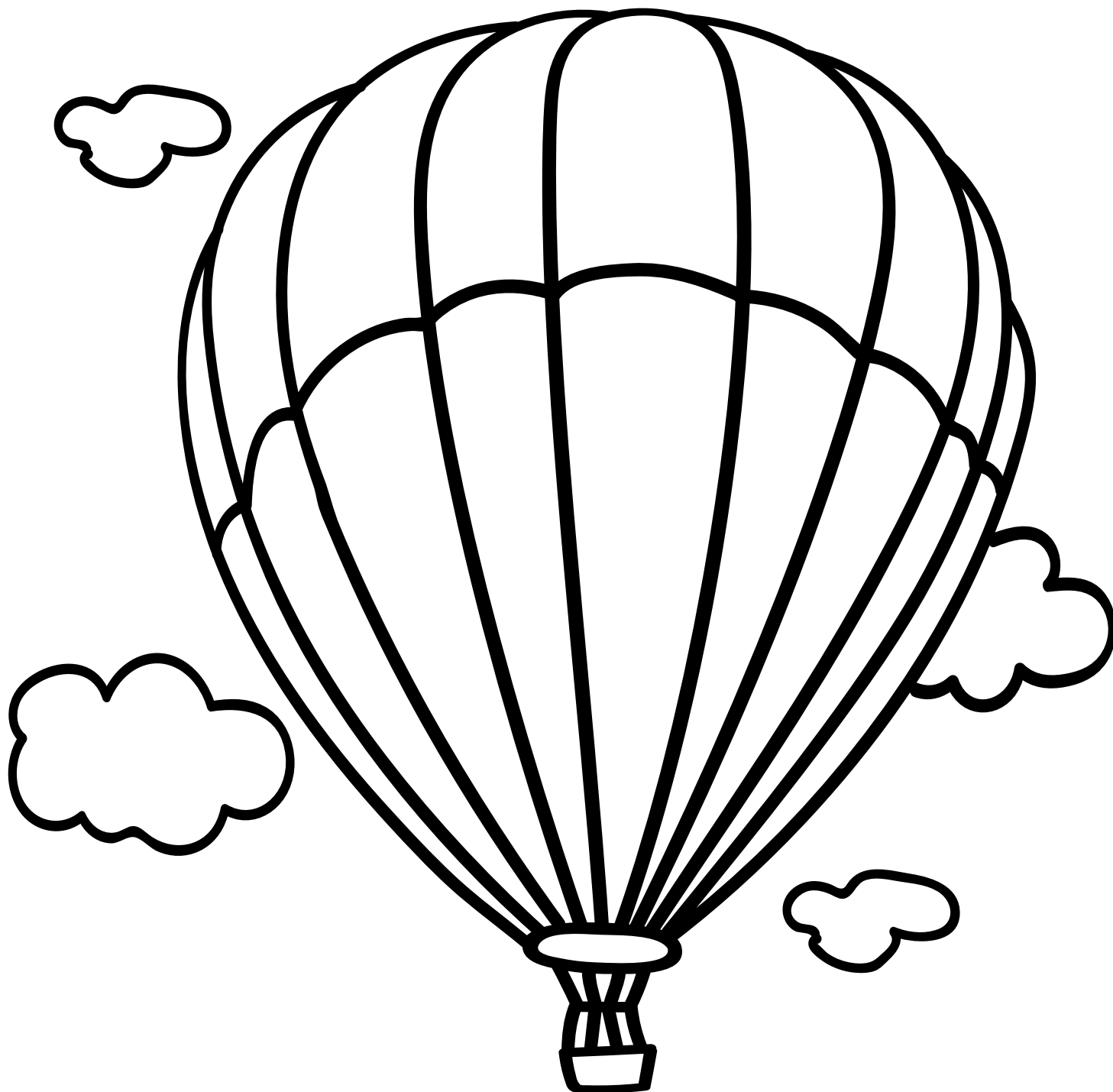
You can use the template below to try some mindful colouring.



# Mindful Colouring

Colouring is a great activity to reduce stress as it helps your mind to relax and switch off from unhelpful thoughts.

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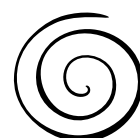
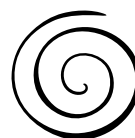
You can use the template below to try some mindful colouring.



# Mindful Doodling

Doodling is a great activity to reduce stress as it helps your mind to relax and switch off from unhelpful thoughts.

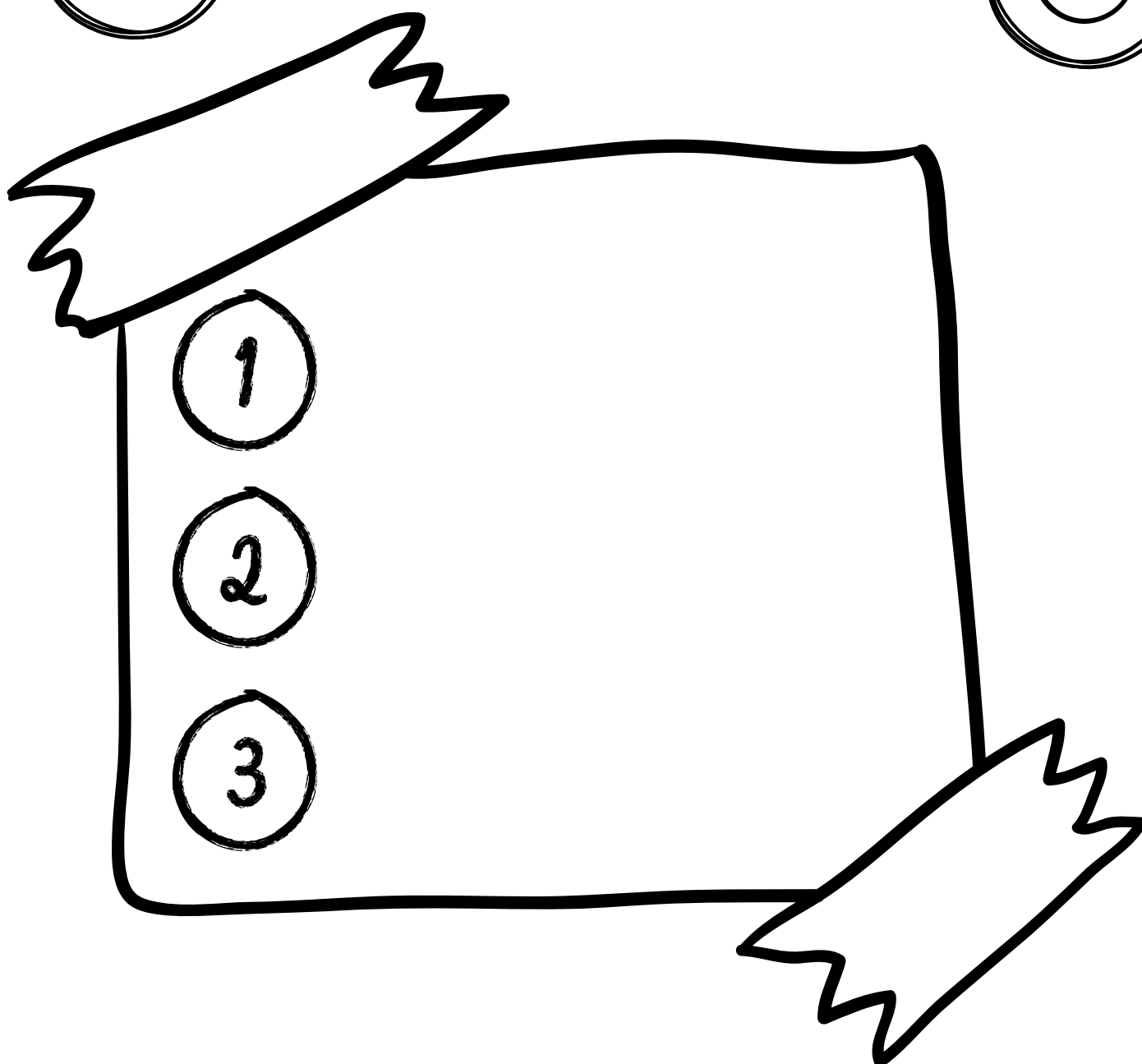
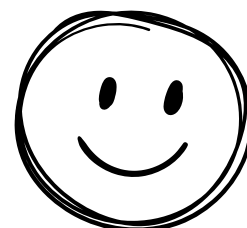
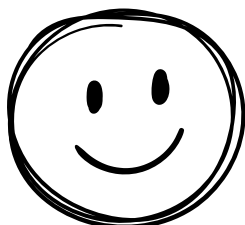
You can use the template below to try some mindful doodling.



# HAPPY TIMES

Thinking about good things that have happened can improve our mood and happiness.

At the end of each day think of a few things that have made you smile. You could write them down, or draw a picture if you have time.



Note for adults: Help to think of 3 good things that have happened that day - it can be anything that made them smile. Small things are best. This can be tricky at first but becomes easier with practice.



# HAPPY TIMES



Use this template to write your happy times for a whole week.

1  
2  
3

1  
2  
3

1  
2  
3

1  
2  
3

1  
2  
3

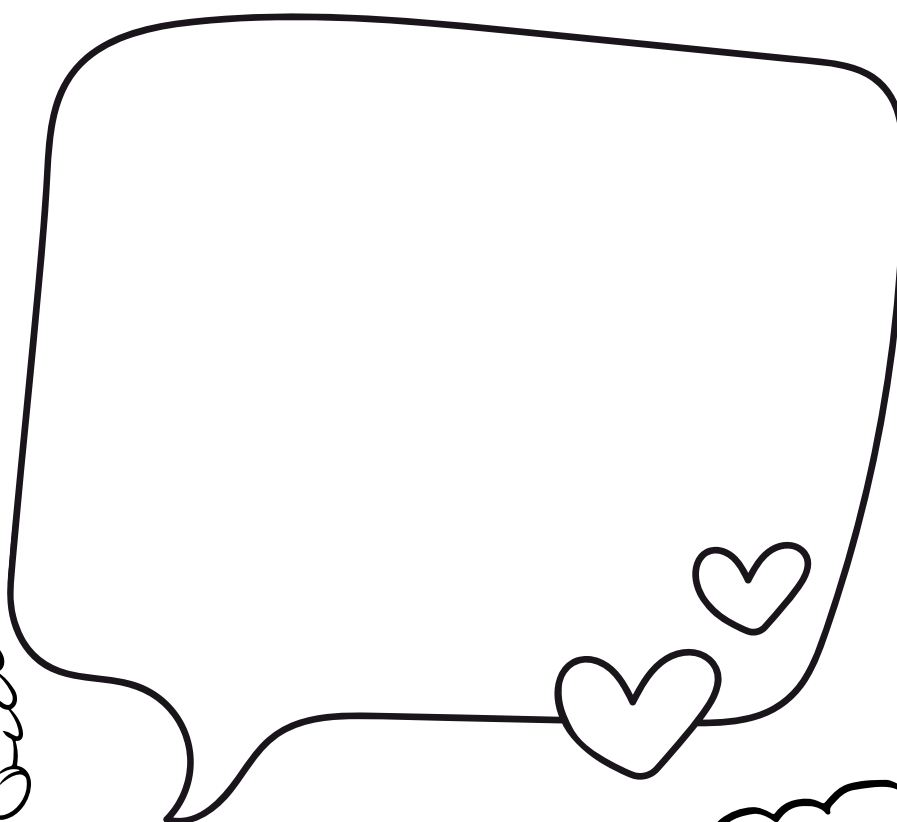
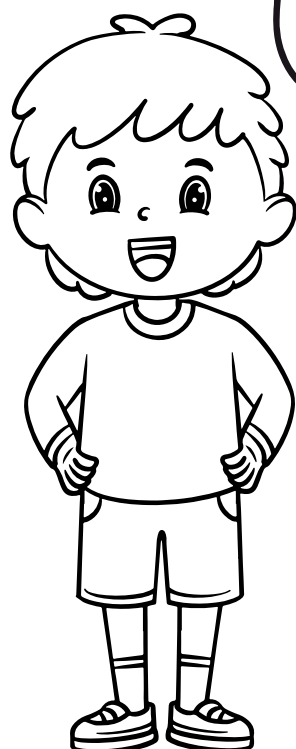
1  
2  
3

Note for adults: Help to think of 3 good things that have happened that day - it can be anything that made them smile.  
Small things are best. This can be tricky at first but becomes easier with practice.

# POSITIVE *self talk*

Saying things to yourself in your head is very powerful. Your body believes this 'self talk'. Saying positive statements over and over can help you feel better.

Write your positive self talk phrases down in the speech bubble below and look at them if you feel worried or nervous.



I have been able to do  
hard things before.

It will get better.

I can do this.

It is ok to feel like  
this just now.

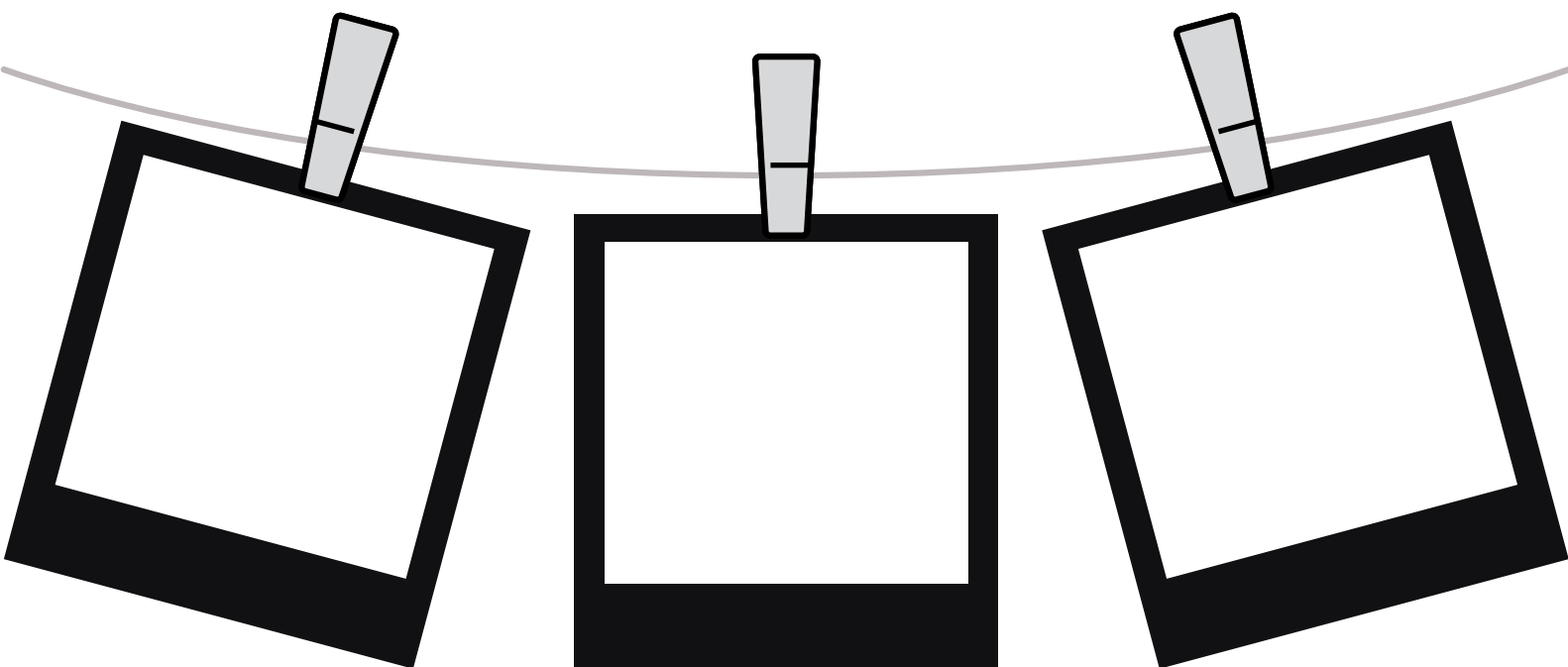
Note for adults: Help to create a list of positive statements that are personal to them. Be mindful that children's emotions often reflect adults emotions and sometimes they need help to focus on the positives.

# CARING FOR PEOPLE AND PETS

Helping others isn't just good for the people you're helping; it is good for you too.

Research tells us that being kind can boost our mood, help us feel more capable, strengthen our connections with others and even help us cope better with stress.

Draw or write about some people or animals you could help and care for.



Use this space to note down some ways you might like to help out in the future?

I could help...

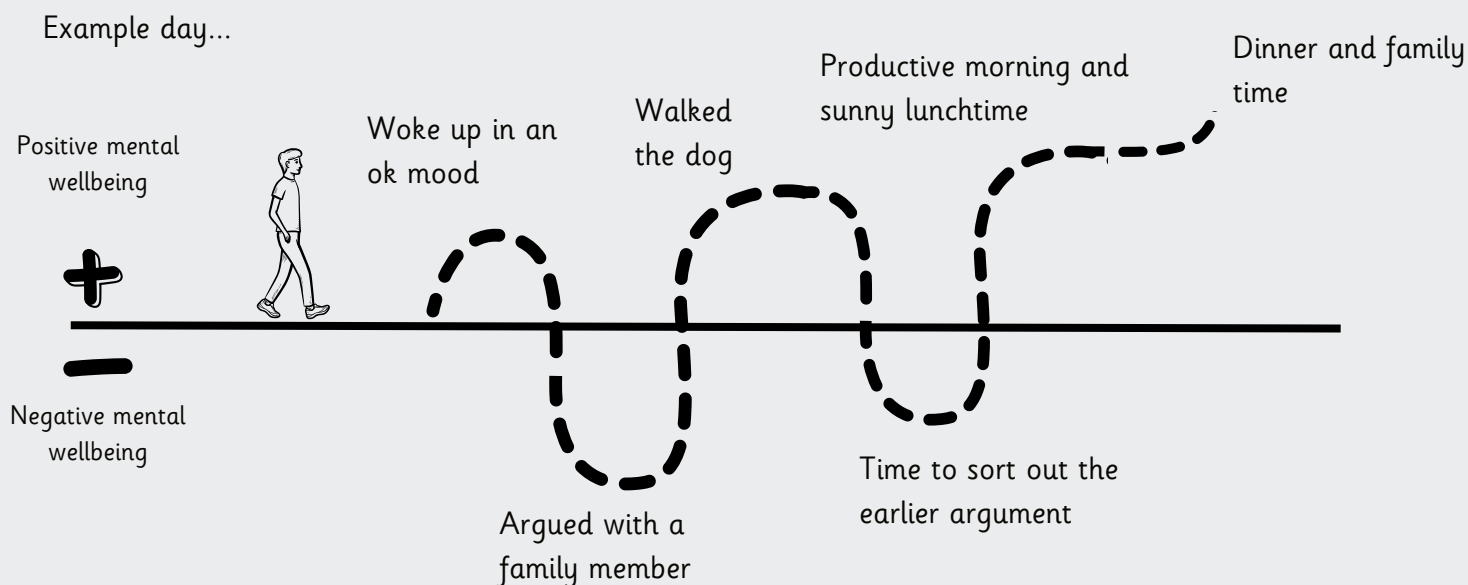
I could help them by...

By helping them I would feel...

Note for adults: Help to think of people or pets they enjoy helping or might like to help out in the future. Come up with ideas of how you could help them and how this might make them feel.

# Feelings Check In

Mental health is not static. It is normal for our mood to change over a day, a month or a year. Use the template below to track 'a day in your life', thinking about what happened and how it impacted your mood. Is there anything you could have done differently to lift your mood?



Your day...

Positive mental wellbeing



Negative mental wellbeing

Note for adults: Reassure them that it is normal for our moods to go up and down depending on what is going on in life. Encourage them to talk about how they are feeling and to use the tools in the workbook to help manage difficult emotions and build resilience.

# When I Am Worried

Our bodies usually cope well with short-term pressures, but too much stress for too long can make us unwell. The first step towards coping with our worries is to be aware of how we feel when we are worried.

Use the four boxes to write or draw how you feel when you start to worry.



## Physical Signs

What do you feel in your body?

- ☐ Aches and pains
- ☐ Sore tummy
- ☐ Feeling sick
- ☐ Dizzy
- ☐ Fast heart rate
- ☐ Breathing quickly
- ☐ Other -



## My Thoughts

Is your brain working well?

- ☐ Can't remember things
- ☐ Hard to concentrate
- ☐ Making poor choices
- ☐ Negative self talk
- ☐ Racing thoughts
- ☐ Constant worrying
- ☐ Other -



## Emotional signs

What do you feel in your mind?

- ☐ Sad
- ☐ Angry
- ☐ Nervous
- ☐ Moody
- ☐ Overwhelmed
- ☐ Scared
- ☐ Other -



## Behavioural signs

Are you doing anything different?

- ☐ Eating more or less
- ☐ Can't sleep
- ☐ Withdrawing
- ☐ Crying
- ☐ Over planning
- ☐ Nervous habits, eg. nail biting
- ☐ Other -

Note for adults: Support them to identify how worries feel in their body. Recognising the physical symptoms of difficult emotions at an early stage can make it easier to do something to help.

# MANAGING OUR EMOTIONS

To be able to cope with our worries we need to look after ourselves. Go back to the 'TOP TIPS' from earlier in the workbook. Try to do these every day to stay mentally strong and cope with the ups and downs of life.

Writing or drawing your favourite top tips will help you remember what to do when you begin to feel worried, sad or upset. Can you write down or draw some of your favourite things to do?

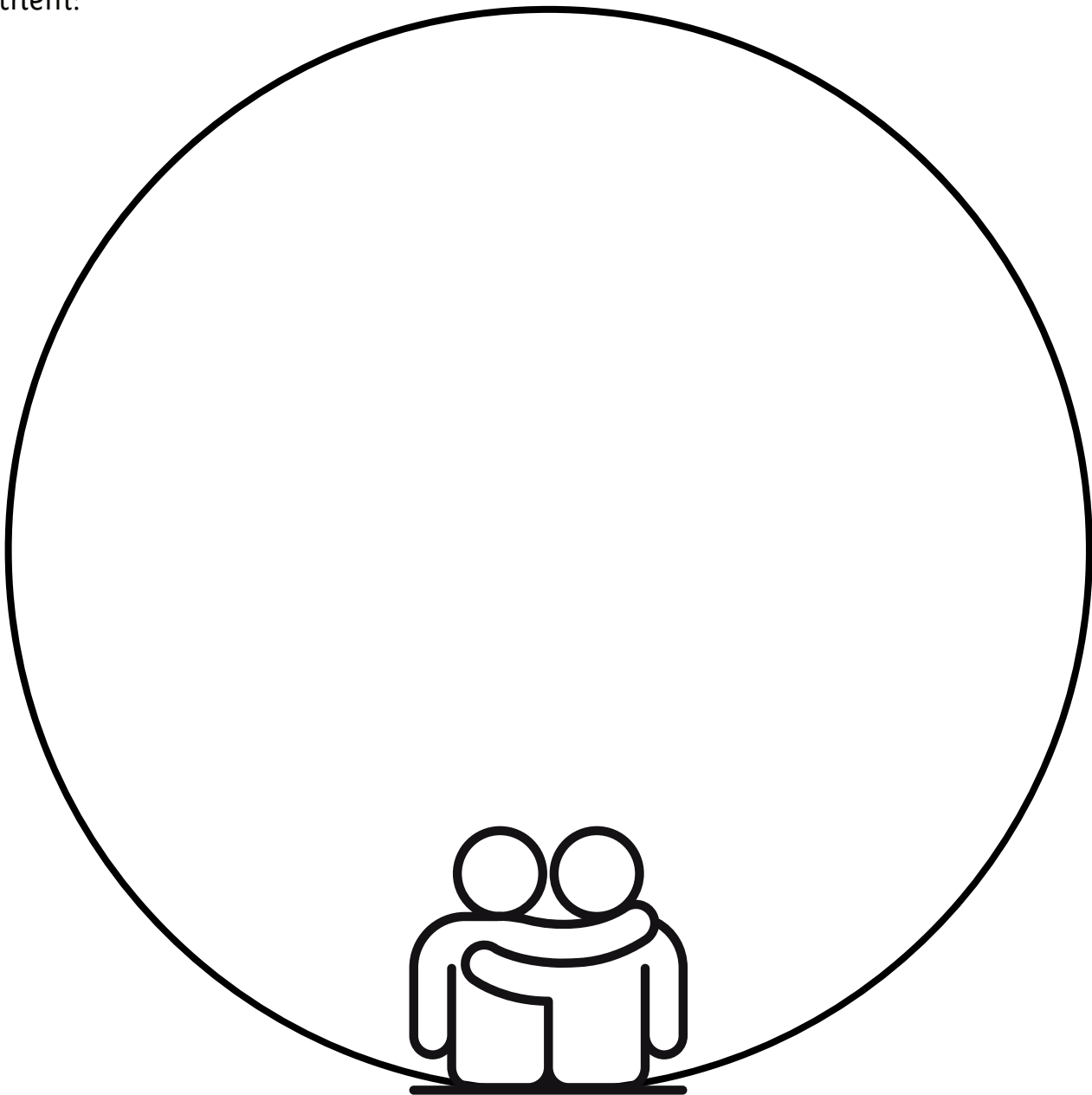


Note for adults: Revisit the TOP TIPS and encourage the whole family to build these into everyday life. Doing this will build resilience and support good mental health and wellbeing.

# PEOPLE YOU TRUST

Talking to someone you trust is one of the best ways to feel better when you are going through a tough time.

This could be a parent, carer, someone else in your family, a club leader, a teacher or someone else who works in your school. Try to think of some of the people you trust and could talk to. Use the space below to write down their names or draw a picture of them:



Note for adults: Help them to think of any adults they feel comfortable around and feel safe talking to. It could be someone that has shown kindness or helped them in the past. Talking to a friend can help in addition to a trusted adult. Positive relationships are essential to supporting good mental health & wellbeing.

# WORD SEARCH

Can you find the words hidden in the puzzle?

T	M	U	F	O	C	U	S	M	E	T	A
F	O	U	L	H	D	L	U	U	K	U	D
A	A	P	S	S	B	R	I	J	O	L	P
M	W	C	T	I	O	T	A	L	K	I	O
I	F	H	O	I	C	E	A	I	S	C	S
L	A	S	E	C	P	I	G	P	T	K	I
Y	O	A	A	L	A	S	T	L	F	E	T
G	A	S	I	Z	P	H	A	A	S	T	I
B	R	E	A	T	H	E	A	Y	I	E	V
F	R	I	E	N	D	S	C	P	M	I	E
D	G	A	E	N	F	O	V	I	P	K	N
S	L	E	E	P	G	E	N	D	E	Y	R

HAPPY

FOCUS

SLEEP

BREATHE

MUSIC

FRIENDS

POSITIVE

HELP

TALK

TOPTIPS

FAMILY

PLAY



# My notes...

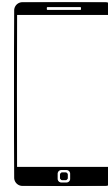
You can use this space to write down some notes, thoughts, or anything that comes to mind while working through this workbook.



# ARE YOU WORRIED OR NEED TO TALK TO SOMEONE?



It is important to talk to people. Sometimes our worries don't seem so big when we talk to someone about it.



**CHILDLINE**

Free Call - 0800 11 11

<https://www.childline.org.uk/>

**YOUNG MINDS  
CRISIS LINE**

Text: YP to 85258

<https://youngminds.org.uk/>

**PAPYRUS**

Free Call - 0800 068 41 41

<https://papyrus-uk.org/>

**SAMARITANS**

Free Call – 116 123

[www.samaritans.org](http://www.samaritans.org)

**PARENTLINE SCOTLAND**

Free Call - 08000 28 22 33

<https://www.children1st.org.uk/help-for-families/parentlinescotland/>

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