


A red spiral notebook is the central focus, lying on a surface with various school supplies and doodles. A silver ruler with an orange eraser is at the top left. A yellow pencil sharpener and a yellow pencil are at the bottom left. A white name tag with a red border is at the bottom right. The notebook cover has white text and is surrounded by doodles including a bird, a UFO, and the word 'MUSIC'.

I GOTTA FEELING

Top Tips For Feeling Good

NAME _____

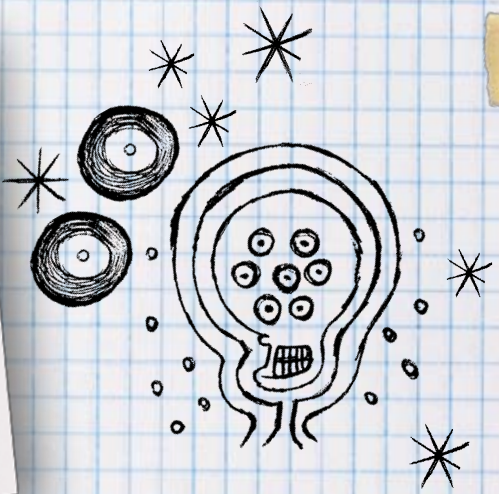
We are all different.
The important thing
to find out is what
WORKS FOR YOU! 

This booklet lists some things that young people have found helped them feel better when they felt sad, stressed or angry and some things that help you feel good generally.

You might like to fill this in with someone close to you like your mum, dad or the person who looks after you at home. Or you might like to do it yourself.



If you don't want
to fill it in at all,
that's fine too!



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If you feel upset or stressed, it might be helpful to talk to someone you know and trust.

Talk to someone

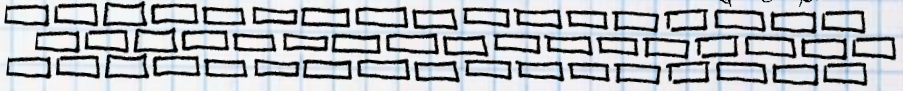


- ✓ parents
- ✓ grandparents
- ✓ brothers
- ✓ sisters
- ✓ friends
- ✓ teachers
- ✓ other family members
e.g. cousins, aunt



Make a list of the people you think you could talk to...





Telling someone close to you how you feel and what is going on for you can really help.

- ✓ If you cannot talk to anyone close to you, you could call Childline on 0800 1111.
- ✓ They will not tell anyone you have called.
- ✓ The call will be free from most house phones and most mobiles.
- ✓ The call will not be listed on the telephone numbers dialled from your phone line.
- ✓ If for some reason you can't get through then try again or you can call Samaritans 08457 90 90 90.



Do something you enjoy

Make a list of things you enjoy

- ✓ hanging out with friends
- ✓ going out e.g. shopping
- ✓ doing something by yourself
- ✓ having a bubble bath
- ✓ watching a film or your favourite TV programme
- ✓ playing on the computer
- ✓ playing a sport e.g. basketball, football
- ✓ taking a nap
- ✓ talking to a good friend



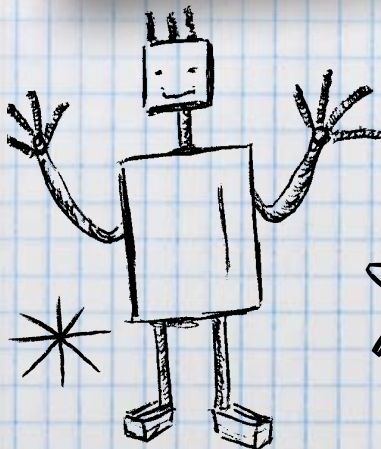
Exercise
MUSIC



Things I enjoy...



Try to do something you enjoy every day



Find ways to chill out and relax

Try relaxing with exercise:

- ✓ Arrange to go swimming
- ✓ Go to your local park with a friend
- ✓ Play a game e.g. football or frisbee

If you feel a bit stressed, try slow deep breathing:

- slowly take a deep breath
- hold it for 5 seconds
- very slowly let it out
- do this two or three times (not too much)



Sport

Relax by:

- ✓ playing a computer game
- ✓ reading a book
- ✓ watching TV
- ✓ listening to music
- ✓ going for a walk
- ✓ having a bubble bath
- ✓ lying in bed
- ✓ playing with friends

Things you like to do to
chill out and relax:



Try relaxing your body (a bit
like if you were on a beach):

- 1 Sit or lie somewhere quiet
and comfortable
- 2 Stretch out your
arms and make
a fist, then relax
- 3 Push your legs out,
wiggle your toes,
then relax
- 4 Shut your eyes
tight and pull a
scrunched-up
face, and then
relax

★
RELAX

Think of places that you
like to visit or a place you
feel comfortable
(e.g. your room)

- Let your imagination
take you away to a
far-off place
- Imagine the sun on your
face, the wind in your
hair etc.

★ HOW TO KEEP COOL ★

We can all feel angry at different times for different reasons. Feeling angry can actually be a good thing. It's our bodies' natural way to protect us from danger. However, the trick is to know how to deal with our anger.



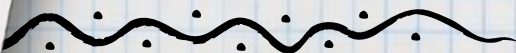
When we feel angry changes happen in our bodies



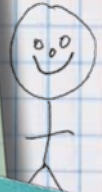
HELP

Try and spot early signs of getting angry:

- ✓ muscles tensing up
- ✓ heart beating faster
- ✓ sweating
- ✓ faster breathing
- ✓ red face
- ✓ butterflies in the stomach



Things I could do when I am angry:



Some ideas of what to do:

- talk to someone
- ignore it because it's not worth it
- walk away

Sometimes when people are angry they react before having the chance to think things through. Here is one way of trying to stop yourself from acting without thinking. Imagine a set of traffic lights.



RED: STOP!!!

When you are in a situation and feel the anger rising, imagine the red light telling you to STOP!

AMBER: Cool off and think.

This is where you take time to cool off and think. You might want to try deep breathing to calm yourself down or doing something active or moving away from the situation. This will give you time to think of how to act next.

GREEN: Ready to go

Now you have taken the time to calm down, you are ready to act.

Celebrate the good things in life!



Sometimes it is hard to remember all the good things that happen to us.

Things that may have gone well:

- ✓ Got to school on time
- ✓ Finished all your homework
- ✓ Made a friend laugh
- ✓ Helped a family member
- ✓ Didn't get a detention today
- ✓ Didn't get in trouble today

Can you think of three things you are pleased about that have happened today?

Each night, for a week, try and list 3 things that you enjoyed.

Mon

Tue

Wed

Thur

Fri

Sat

Sun

Celebrate YOU

* *
MUSIC
* *



Often we spend so much time worrying about what we cannot do that we forget to celebrate our achievements. So here's to celebrating the best in you!

Can you think of a time when you were at your best? Below, write about a time when you thought you were on top form.

Personal strengths I am proud of:

Make sure you revisit this page and remember the strengths you have.

A little help from my friends



Helping others often makes us feel better about ourselves.

If your friends feel sad, worried or angry:

- ✓ Be patient
- ✓ Allow them time to talk
- ✓ Try and help them look for help



Remember to say thank you

Once in a while we are lucky enough to have somebody lend a helping hand. However, sometimes we forget to thank them for being so kind and helpful.

Can you think of somebody who has been kind and helpful but hasn't been properly thanked? How do you think they would feel to get a proper 'thank you' for their act of kindness?

On the 'Thank you' card below, write a 'thank you' note to that kind, helpful person you know.

Thank
you

★ You may want to send a real copy to this person

Getting more help

Here are some websites that may help:

Childline

www.childline.org

NSPCC

www.nspcc.org.uk

Youngminds

www.youngminds.org.uk

Who Cares?

www.thewhocarestrust.org

Get Connected

www.getconnected.org.uk

This booklet is written by adults whose job it is to find out what helps children when they feel upset or stressed.

For more information visit

www.help4pupils.org

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