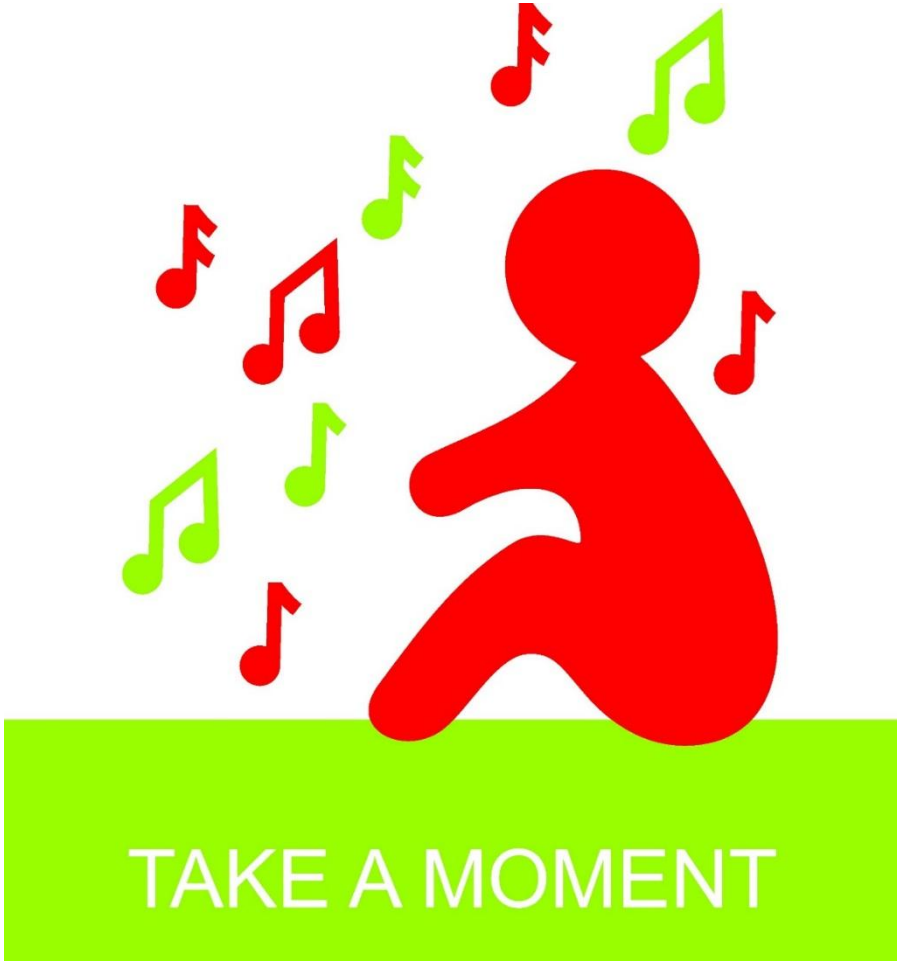
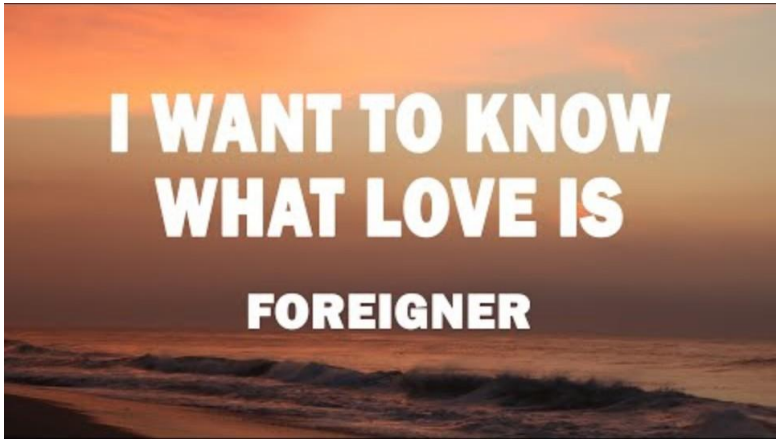




Launch Assembly

Take a Moment

In this unit we will cover:

- We all experience a range of emotions every day
- Sometimes we feel stressed
- I have ways to help me cope

Skipper is feeling frustrated

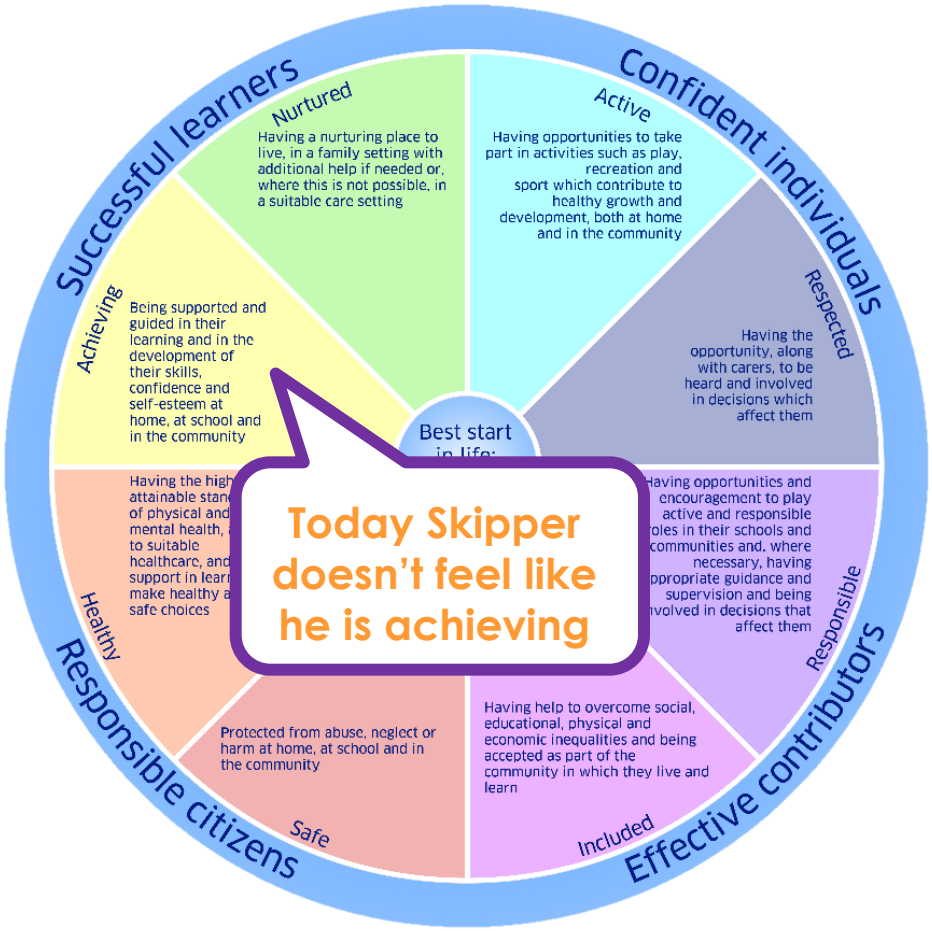
It's a windy day on the river of life and Skipper is finding it harder than usual to sail his boat.

The frustration means he feels different emotions all at once. One minute he feels up and then he feels down.

The way we are feeling affects our wellbeing

When Skipper is safe, healthy, achieving, nurtured, active, respected, responsible and included he feels emotionally, socially and physically well.

However when one of these areas is not going well, he can feel down



We all experience a range of emotions every day

Skipper sometimes feels up

When Skipper first learned to sail he felt emotions such as joy, gratitude and pride.

These emotions make him feel up.

Skipper sometimes feels down

Skipper feels the wind tugging at the boat, he feels emotions such as panic, upset, anger and frustration.

These emotions make him feel down.

All emotions are okay to have

Remember that life is like a river and is full of twists and turns so it is normal that sometimes we feel up and sometimes we feel down.

What we do and how we learn to manage these feelings is the important thing

Sometimes we feel stressed

Skipper starts to feel stressed

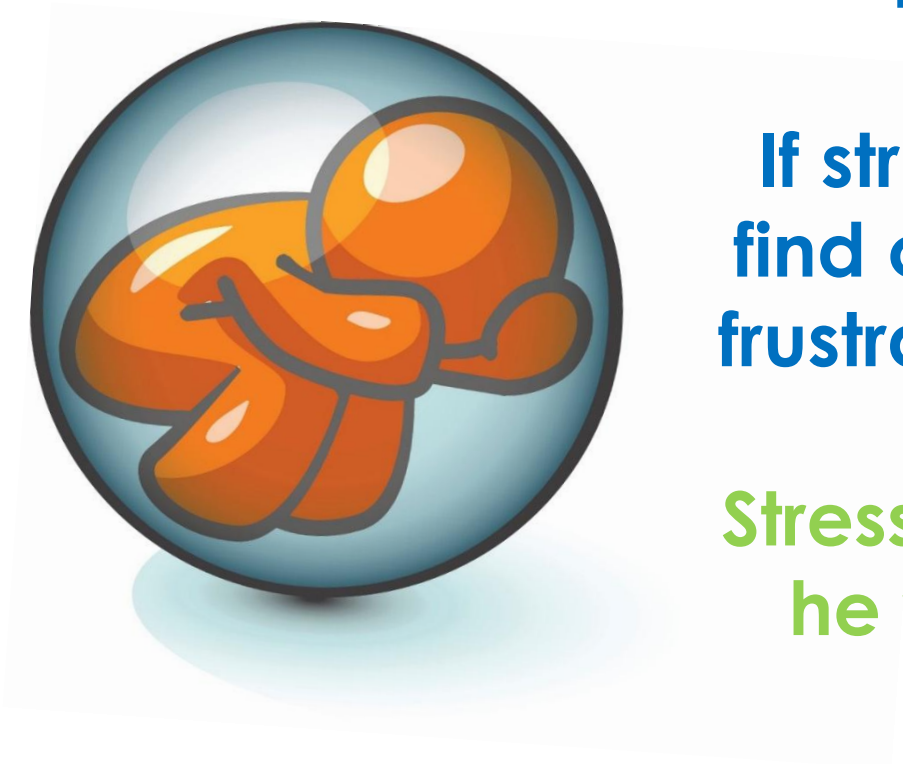
The wind starts to blow even harder. The rain beats down against his face. Skipper can't see clearly.

Despite all his best efforts, his boat is being blown off course and he is heading for the rocks.

Small amounts of stress can be a good thing

When our heart starts to race and we feel butterflies in our tummy, this is sometimes the body's way of helping to give us the energy and courage to meet new challenges and perform to the best of our ability.

Too much stress can sometime start to overwhelm



However stress can also be bad for us.
If stress is ongoing, we can find ourselves feeling angry, frustrated and overwhelmed.

Stress left Skipper feeling like he wanted to hide away.

I have ways to help me cope

First, stop what you are doing

Skipper decides to ground his boat to a halt. He puts down his anchor, breathes in deeply and takes a moment to calm himself down. He realises he needs to hold steady until the storm passes.

It can help to put down your anchor

When you feel stressed or anxious it is helpful to …

STOP what you are doing

BREATHE IN for 5 seconds

BREATHE OUT for 5 seconds

THINK what might help you feel better

There are helpful and unhelpful ways to manage stress

HELPFUL

- Do some exercise
- Connect with nature
- Try to problem-solve
- Read a book
- Listen to music
- Do something you enjoy (eg play, sing or paint)
- Talk to someone
- Ask for help

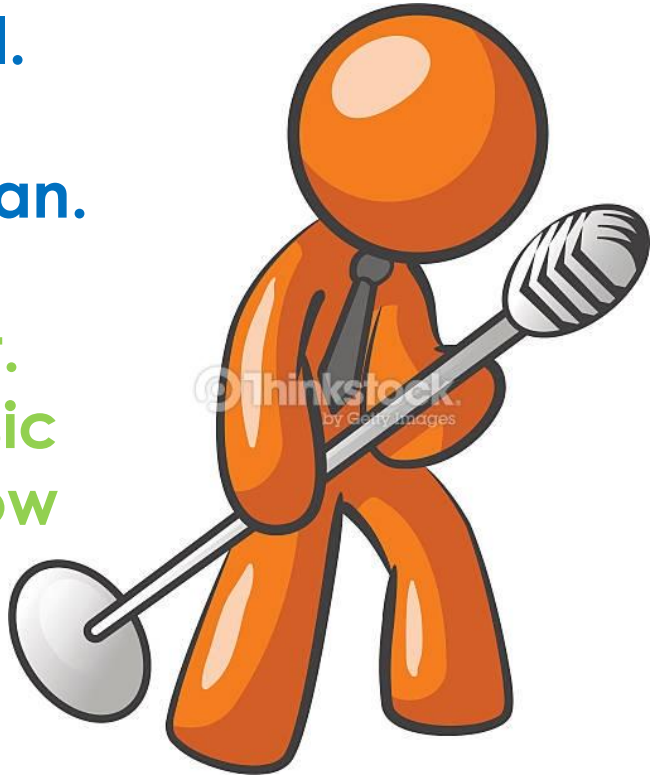
UNHELPFUL

- Getting angry at others
- Keeping it all inside
- Stop doing the things you enjoy
- Going over and over things in your head

There are things we can do to keep ourselves well

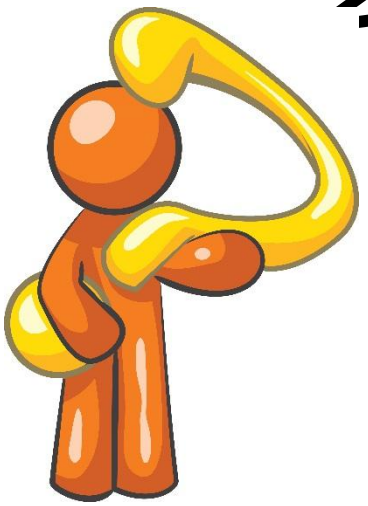
Sometimes on the river of life things happen that we can't fix or control. We just have to take a moment to weather the storm as best as we can.

Skipper stays protected in his boat. He sings along to his favourite music and notices that a beautiful rainbow has appeared. This means the storm has passed.



Class Task

In class, make your own individual list of things that help you when you feel down or stressed



Home Activity

Share the list of 'helpful activities' with a family member and help them to create a list of their own. Try some of the new ideas.

Keep the Blues Away

We need to find a way
to keep the blues away
So here's a simple way
to keep the blues away

Talk, talk, talk, everybody talk now
Sing, sing, sing, everybody sing now
Move, move, move, everybody move now

© Fischy Music www.fischy.com

Building Resilience

Take a Moment

'So step on the brakes every once in a while and take a tally of all the things you've done that have made you, and possibly others, proud.'

(from the Little Book of Resilience)