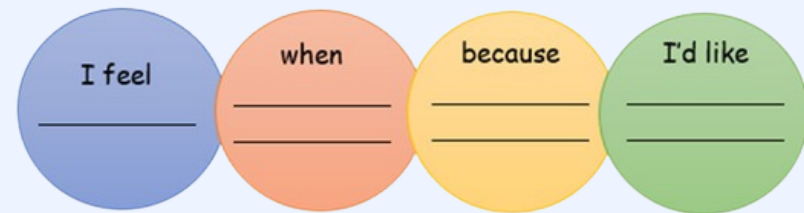


I Statements



Using I statements can:

- Help others to listen
- Say how you feel
- Share what makes you feel that way
- Explain why you feel the way you do
- Say what you would like to be different

Surf the Wave



However big or uncomfortable the feeling is, like a wave, it will pass. Remind yourself you will be okay and the feeling will pass.

Deep Belly Breathing



Breathe in through your nose for 5 seconds and feel your belly get bigger Breathe out through your mouth slowly for 5 seconds, Feel the hand on your belly go down.

Chair Push-ups



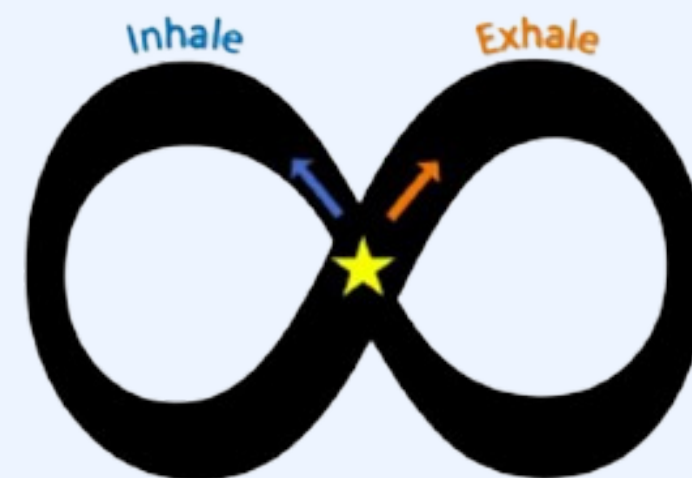
Sit with your feet flat on the floor. Push your bottom up from the seat of the chair with flat palms Hold this for 5-10 seconds Repeat

Body Scan



Sit comfortably and relax for 5 minutes. Take notice of each part of your body slowly, from the top of your head to the tip of your toes

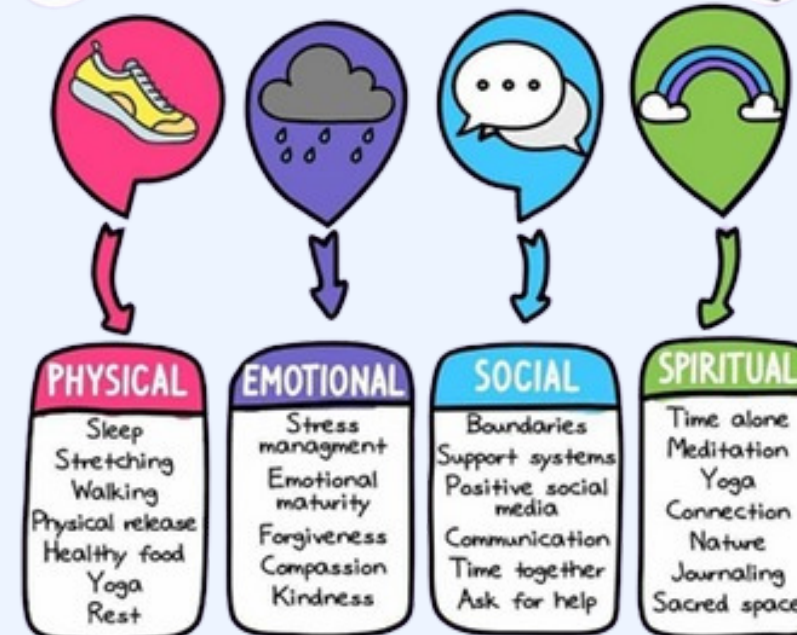
Lazy 8 Breathing



Breathe in when you trace around one side of the 8 and breathe out when you trace around the other side.

Self-Care

TYPES OF SELF-CARE



Make sure to take time to look after yourself and do things you enjoy

Palm Push



Face your palms together and push them firmly together and hold for 10 seconds. Repeat

Finger Pull



Touch fingertips together, except thumbs, and pull them apart as hard as you can. Hold for at least 10 seconds or little longer if it feels good

Massage



With your hand, starting at the wrist or shoulder, squeeze firmly enough you can feel it strongly but not enough to hurt yourself. Do a massaging motion, going up and down the arm five times.

Stretching



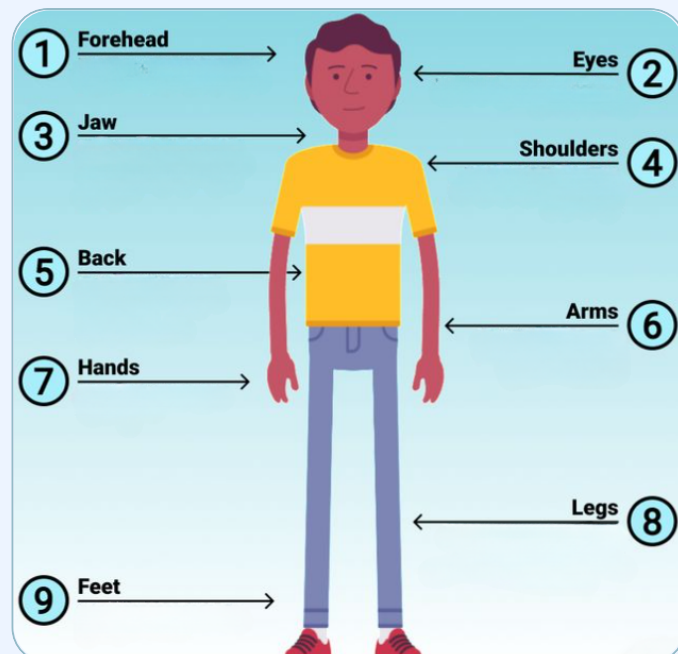
Stretching can be a great way to feel calmer and in control.

Calm Box



Pick one of the items in your calm box to focus on to help reduce big feelings.

Muscle Relaxation



This works best if you are lying down. Squeeze the muscles in your face, then relax. Repeat this working down your body, all the way to your feet!

Tapping



Cross your arms over your chest and let your hands rest on your shoulders. Take it in turns to gently tap each hand on each shoulder and chant left, right, left, right...

Calming Images



Imagine you are in a calm place. Picture it as clearly as possible. Think about what you can hear, feel and smell.

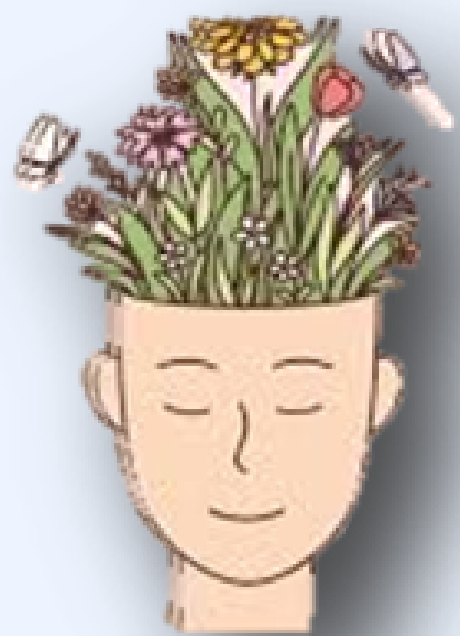
Mind Games



Do something that gets your brain working! This could be counting backwards in 3s from 100, or naming animals beginning with the letter A.

Body Positivity

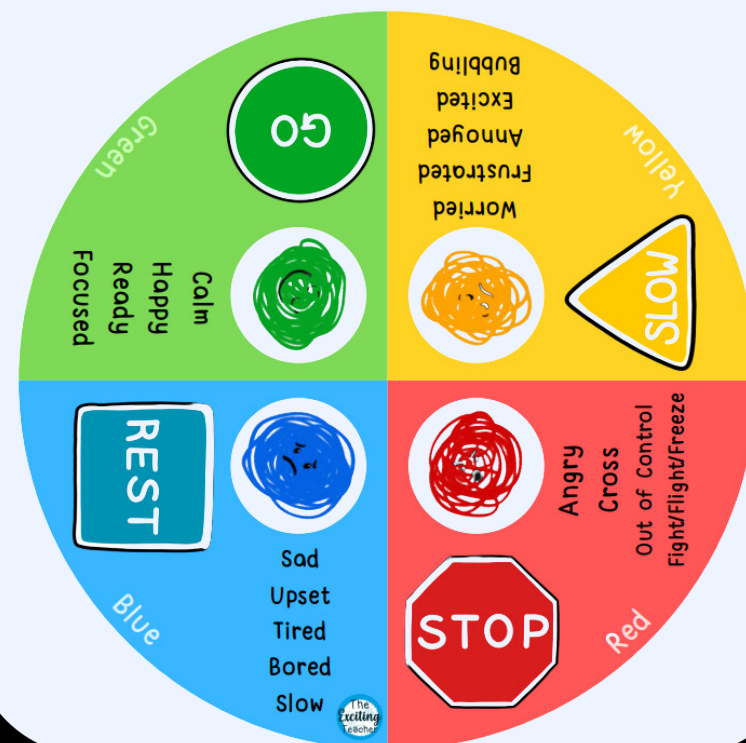
My body is a gift
My body is strong
I can trust my body
My body deserves kindness
I am thankful for my body



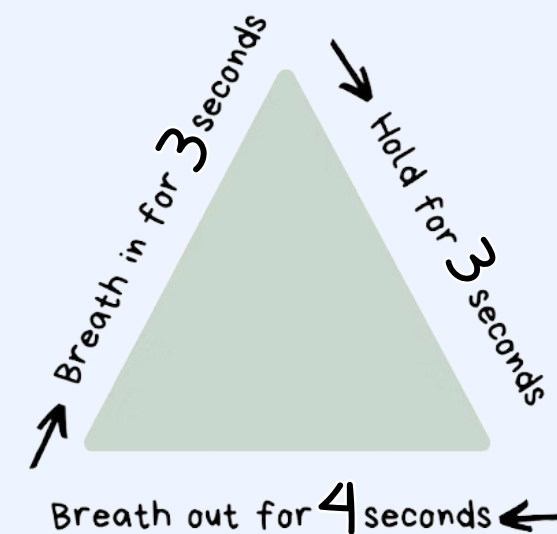
Zones of Regulation

I understand that my feelings and reactions can change depending upon what is happening within and around me.

What zone are you in?



Triangle Breathing



1. Start at the bottom left of the triangle.
2. Breathe in for three counts as you trace the first side of the triangle.
3. Hold your breath for three counts as you trace the second side of the triangle.
4. Breathe out for four counts as you trace the final side of the triangle. Start again if needed.

54321

A grounding technique that helps you connect with the present by exploring your 5 senses.

	Name 5 things you can see
	Name 4 things you can touch
	Name 3 things you can hear
	Name 2 things you can smell
	Name 1 thing you can taste

Gratitude

Write about something you are grateful for today and why it brings you joy.



Take a few minutes each day to reflect on the blessings in your life and express gratitude for them.

Ear Massage

Ear massage has lots of benefits including helping to reduce stress, anxiety and tension.



1. Place your finger in the Concha Cymba and using gentle pressure and do tiny circular motions for a minute.
2. Gently pinch your ear and pull it out, away from your head to provide a gentle stretch. Hold for around 30 seconds
3. Gently pull your ear downwards, hold for 30 seconds
4. Gently pull your ear up, hold for 30 seconds

Self-Compassion



When times are difficult, remember to be kind and compassionate to yourself.
'I'm having a tough time'
'This is challenging for me'

Remind yourself that it's okay to feel the way you do and that your struggles are valid. Notice and name your feelings -connect these to the world and then be

Kind

Things to say to yourself;
'I'm doing the best that I can'
'We all struggle sometimes'
'Everyone makes mistakes'

Colour Breathing



Take a few deep breaths, in through your nose and out through your mouth. Imagine the uncomfortable feeling as a colour. When you breathe out imagine you're filling the air/space with that colour. Then imagine the colour that you find calming and soothing inhale that colour filling your tummy. Now exhale the uncomfortable colour and repeat.

**Catch it,
Check it,
Change it**

Catch unhelpful thoughts, check if they are realistic or helpful. If they are not, change the thought to make it more helpful.

Worry Tree

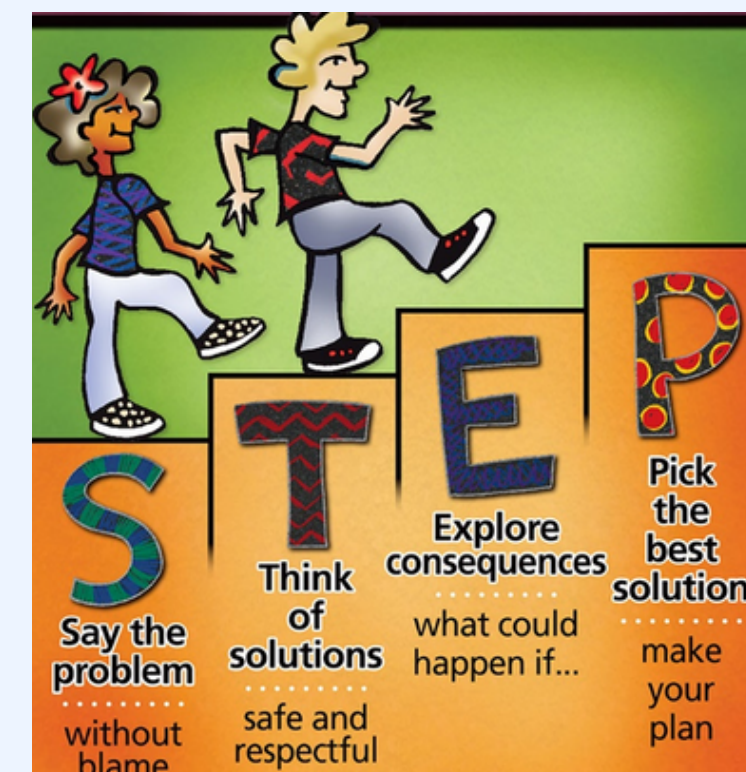


How big is the problem?

Check how big the problem is and how much help you need.

5	EMERGENCY Earthquake, Fire, Danger to yourself or others
4	GIGANTIC PROBLEM Fighting, Someone is hurt, Destruction to the class
3	BIG PROBLEM Small accident (spilled something, fell down), Not feeling well, you are bleeding
2	MEDIUM PROBLEM Someone is bothering you, you need something,
1	LITTLE PROBLEM Runny nose, need to go to the bathroom, lost your supplies, having trouble on work
0	GLITCH Not getting called on, not getting the supply you wanted, losing in a game

Problem Solving



Identify the problem and possible solutions. Weigh up the advantages and disadvantages and pick the best one!

Digital Detox



Take a break from devices!

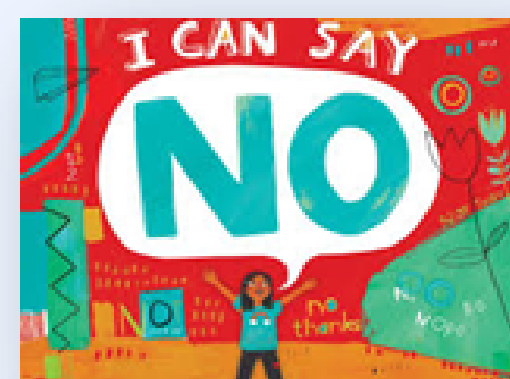
Constant exposure to digital devices can lead to increased stress, anxiety and depression. You can reduce these effects, by disconnecting for a day or evening. Engage in activities that you enjoy instead.

It's OK to say 'No'

It's okay to set boundaries and say no when you need to! Your feelings and decisions matter.

Boundaries are like invisible lines that help you feel safe and comfortable.

To establish boundaries, it is important to identify what causes you stress. You can set boundaries by saying what you're okay with and what you're not okay with.



It's OK to;

NOT KNOW EVERYTHING

MAKE MISTAKES

NOT BE OK

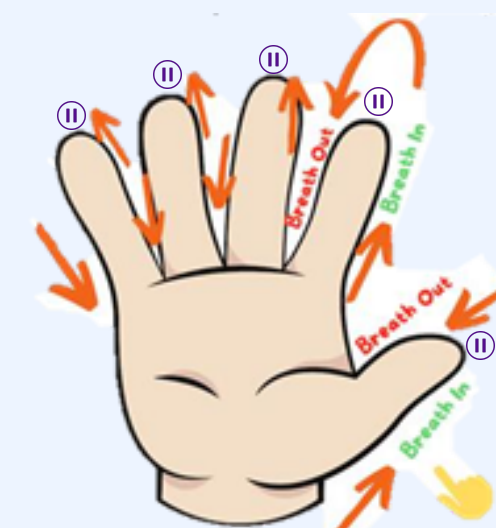
START OVER

SAY NO

HAVE BAD DAYS

ASK FOR HELP

Finger Breathing



1. Spread out your fingers
2. Use one finger from your other hand to trace your thumb - breathe in as your finger rises, pause when you reach the top, then slowly breathe out as your finger falls
3. Keep tracing until you get to your little finger.
4. How are you feeling? Calmer?
5. If you need to, start again.

Positive Affirmations

Remind yourself of all your positives

“I am strong, capable and worthy.”
Believe in yourself - you’ve got this!



Positive Affirmations

Positive affirmations are simple, positive phrases or statements that you repeat to yourself regularly - *first thing in the morning or last thing at night are great times.*

I can do this I am amazing
BELIEVE
I am brave I am loved

Frequently saying these affirmations (either out loud or in your head) helps to reinforce positive thinking, challenge negative thoughts and redirect your focus to all the positives about yourself.

Listen to yourself and believe in what you’re saying!

What will your positive affirmations be?

Thoughts, Feelings & Behaviours Triangle

It can be useful to remember that thoughts, feelings, and behaviours are all

CONNECTED

Our thoughts tell us how to feel, our feelings influence how we act, and our actions play a big role in how we see the world and the thoughts we may have.

