

Wellbeing at Home:
**Positive Thinking
and Staying Calm**



Waves of emotion

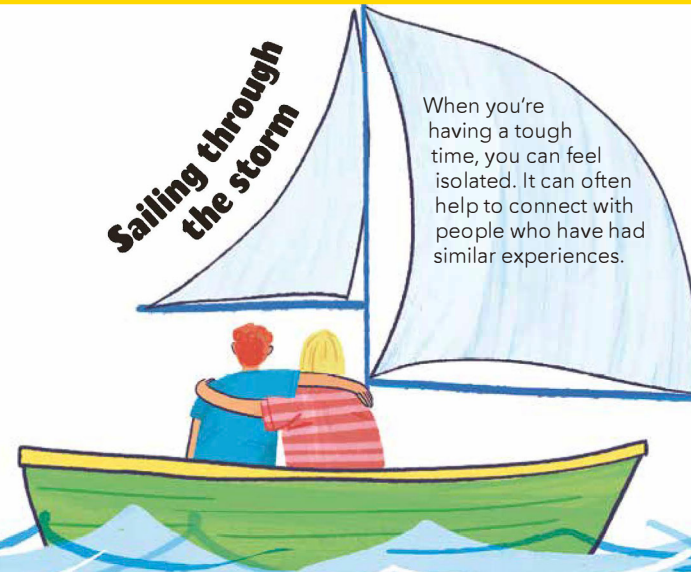
Powerful emotions can feel like waves crashing over you. They often come with physical sensations, such as a fluttery stomach or tight chest. Finding the right strategies can help you ride the waves.

Channelling emotions

Here are some of the ways you can give powerful feelings an outlet. Try a few different ones to learn what works best for you.

Sailing through the storm

When you're having a tough time, you can feel isolated. It can often help to connect with people who have had similar experiences.



Try some breathing techniques

Focus your emotions into an art project

Try going for a run

Talk to someone you trust

Getting help

Express yourself in writing

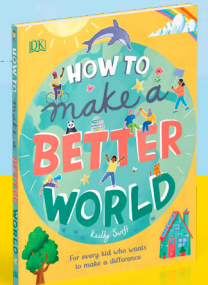
Listen to music



Read this page to help yourself to understand how to express your emotions.

Suitable for 7-9 years

Content from: *How to Make A Better World* by Keilly Swift
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I stand up for what I believe in.

I can do anything I put my mind to.

When you have doubts, give yourself a pep talk.

I get better every day.

I believe in my goals and my dreams.

Remind yourself of what you want to achieve.

My voice matters.

My challenges help me grow.

Not everything will go to plan, but keep thinking positively!

I have courage and confidence.

Repeat phrases that boost your self-esteem.

Choose phrases that are personal to you.

I will face my fears.

The power of

positive thinking

Repeat your affirmations every day.

It is enough to do my best.

It's okay to make mistakes.

I can change things for the better.

Believing you have the power to do something makes all the difference.

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.



Sometimes a goal seems too big or far away for you to succeed. Being positive makes a goal more likely to happen. Train your brain by repeating a positive phrase, known as an affirmation.



Read this page to learn all about the power of positive thinking. Suitable for 7-9 years

Content from: *How to Make A Better World* by Keilly Swift Available now



Focusing your attention can be a tool for **calming** your mind.

With practice, **mindfully** moving your body can help calm you.

Calm

Being calm means feeling settled and quiet. It's easy when you are tired, but not when you are full of energy. When your energy doesn't match what you need – for example, if you're wide awake at bedtime – mindful exercises can be useful ways to lower your energy and calm down.

Your in-breath increases energy, while your out-breath calms.

High-five breath

This is a handy practice to help you feel calm by paying attention to your breath. Matching mindful movement with your breathing can be calming. Take your time.

FOR THE GROWN-UPS...

Briefly pausing at the top and bottom of each breath is healthy, but holding your breath can cause tension or anxious feelings.

1

Starting at the outside edge of your thumb, breathe in and use your index finger to trace up to the top. When you breathe out, slowly trace down the other side.

2

Keep breathing in and out, tracing up and down for a total of five breaths until you reach the other side of your hand.

Begin here, at the outer edge of your thumb.

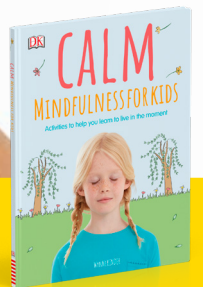
Keep going up and down until you reach the other side of your hand.



Read this page to discover how you can keep calm.

Suitable for 7-9 years

Content from: *Calm - Mindfulness for Kids*
Available now



Calming sequence

This sequence is perfect to do at night before you go to bed, or at any time when you need to calm down.

1

Mountain

Start by standing up straight in Mountain Pose, with your feet slightly apart. Breathe slowly through your nose.



Stand up tall, like a mountain.



2

Tree

Keep one leg strong with the foot planted as you lift the other leg up to become a tree. Reach up to the sky with your branches and keep your head still. Stay here for five to ten breaths. Do the same on the other side, then go back to Mountain Pose for a few moments.



3

Standing Forward Bend

Stand straight, then slowly roll forwards. Keep your legs bent to help you relax. Feel the weight of your head hanging down and touch the ground with your hands. Stay here for five to ten breaths. When you've finished, sit down on the floor.



4

Seated Twist

Turn into Seated Twist and stay for a few breaths. Then breathe in and stretch up before breathing out and turning your body the other way into an Open Twist. Repeat both twists with the other leg.



Bend one leg over the other.

5

Humming Bee

Sit back and practise your Humming Bee breath. Switch between making a bee noise and breathing normally. Do this three times. When you have finished your breathing exercises, slowly open your eyes.



You can put your fingers in your ears or rest your hands on your knees.



Try this calming practical activity at home.

Suitable for 7-9 years

Content from: *Yoga for Kids*
Available now





HELPING CHILDREN TO BE MINDFUL AND CALM EVERY DAY

