

Wellbeing at Home: Emotions





What a feeling!

The messages from your brain affect your whole body.



Look at these pictures of a **human body**.
In a study, this is where people said they **feel** the different **emotions**.

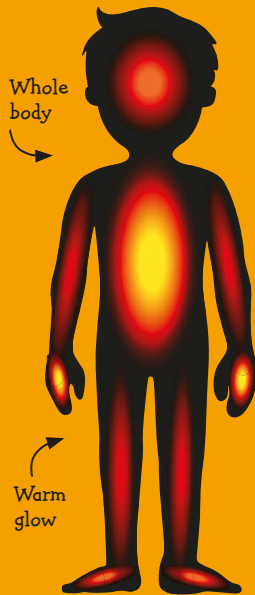
Do you agree?

Draw out some **body silhouettes** then colour in the areas where you feel your different emotions. Use red for active areas, and blue for inactive.

Disgust



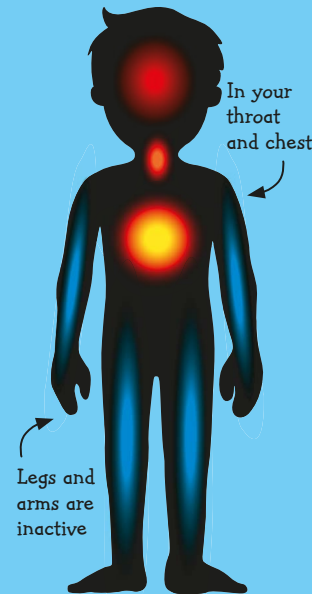
Happiness



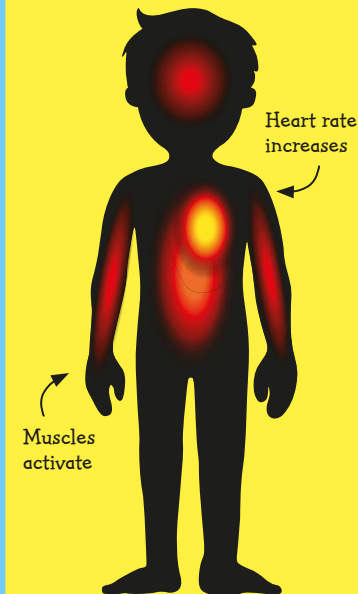
Anger



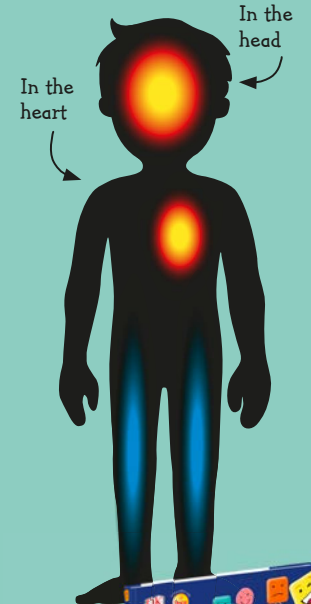
Sadness



Fear



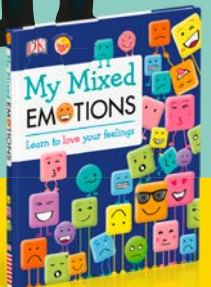
Jealousy



Try the activity on the page! You could also colour in where you feel shyness, tiredness or excitement in your body.

Suitable for 7-9 years

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A bowl of happiness

Doing something you love – that's a type of happiness.



Imagine you have a big bowl, and you want to make a **happiness cake**. What do you need for the **ingredients**?



Exercising

Being outside among nature

Smiling and laughing

Being with friends and other people

Saying "thank you" and being grateful

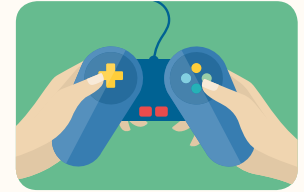
Reflecting on happy memories

A scientist would use these ingredients. They are all proven to increase happiness chemicals.



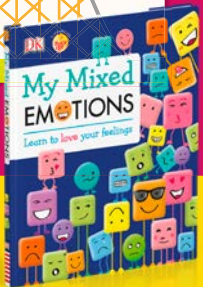
Gaming

Gaming is good fun, that's for sure, but is it a good way to make happy memories? Scientists believe you could be better off and happier if you do activities with friends and family instead, so try and strike a happy balance.



Choosing happiness

Life is like a roller-coaster – there are lots of ups and downs. A great habit to get into is to think of the good things in your life. Then make a decision, choose to be happy now!



Write a list of all the things that make you happy, then ask a parent or friend to do the same. Compare lists and see what things make both of you happy! Suitable for 7-9 years

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What to do about worrying

Worrying can turn little things into **huge things**. But you **can** find the **power** to ease your worries.

Do you worry about any of these things? I worry about them all!



Worries can grow stronger and stronger as the thoughts in your head feed your fear.



Here are common things kids worry about

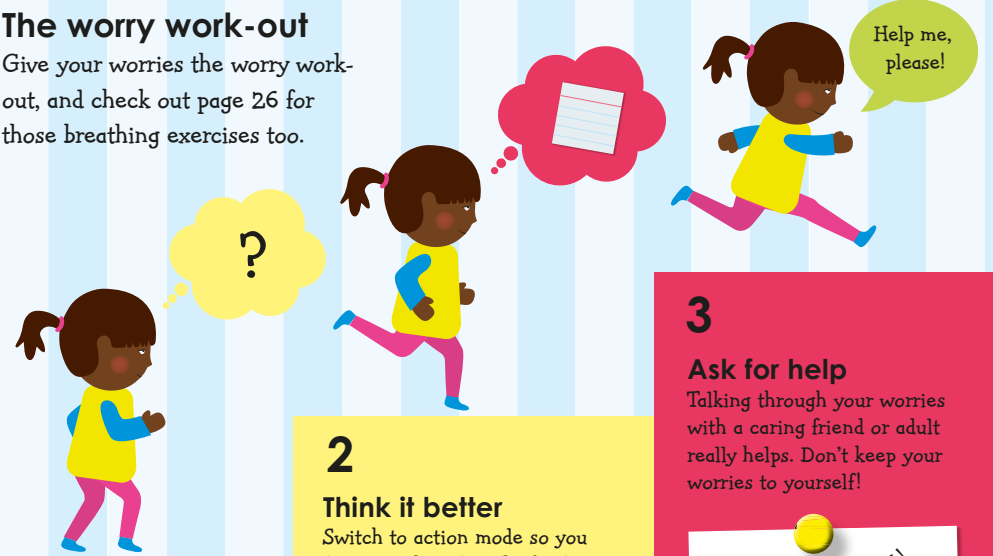
- Meeting new people
- School
- Family problems
- Something bad happening
- Falling out with friends
- Being sick at school
- Monsters and the dark
- Bullying
- Tests

Say to yourself like a mantra: "I am brave, I can do it, I am strong!"



The worry work-out

Give your worries the worry work-out, and check out page 26 for those breathing exercises too.



1 Work it out

Sometimes it's obvious what you are worried about. Other times, it might not be. Write your worries down or whisper them to a favourite toy and work out what's really bugging you.

Some problems, like family problems or being bullied, can be big and too tough to work out alone. Skip to step 3.

2

Think it better

Switch to action mode so you feel more hopeful. Think of possible things you can do that might help with your worry. For example, if you have a worry about doing a presentation at school, practise with your family as the audience. If you are worrying about falling out with a friend, invite him or her over for tea.

If you can't think of any ways to make it better, go to step 3.

3

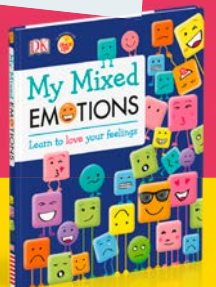
Ask for help

Talking through your worries with a caring friend or adult really helps. Don't keep your worries to yourself!



A problem shared is a problem halved.

Scientists have proved that sharing your problems really does reduce stress!



Try the Worry Work-out on the page above. Share your worries to stay happy and healthy!

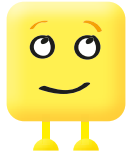
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Have a mindful day

It's sure to be a good day!



What is mindfulness?
Mindfulness is a big word for noticing your thoughts and being aware of how your **body feels** RIGHT NOW.

Animal magic

Have a go at this meditation. Sit down so you feel relaxed and tune in to your senses. Pretend you have senses as powerful as these animals...



A noticing walk

Make a walk into a "noticing walk". Concentrate on your senses. What do you See, Hear, Smell, Feel? Is there anything you haven't noticed before?

See – blue sky, flowers, trees, people playing games.

Hear – children playing, aeroplanes passing overhead.

Smell – grass, flowers.

Feel – warm sun, breeze blowing.

Taste – an apple.

Afterwards, draw around your hand and make a memory. Remembering with all your senses helps memories to stick in your head.

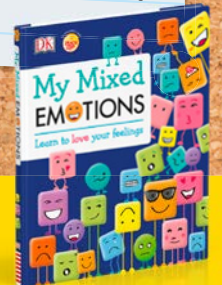
Mind yourself!

Here are some more ways to make your day extra mindful.

Before you get up – notice each part of your body in turn. Start at your toes and end at your head. How does each bit of you feel today?

Mealtimes – pay attention to and savour your food by eating it slowly, using all your senses.

Any time – practise gratitude and share with your family one or two things you are grateful for that day.



Take a look at these mindfulness tips and activities. Which will you try first?

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