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.

<table>
<thead>
<tr>
<th>Disgust</th>
<th>Happiness</th>
<th>Anger</th>
<th>Sadness</th>
<th>Fear</th>
<th>Jealousy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throat and tummy</td>
<td>Whole body</td>
<td>Arms activated</td>
<td>In your throat and chest</td>
<td>In the heart</td>
<td>In the head</td>
</tr>
<tr>
<td>Hands</td>
<td>Warm glow</td>
<td></td>
<td>Legs and arms are inactive</td>
<td>Heart rate increases</td>
<td></td>
</tr>
</tbody>
</table>

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

Content from: My Mixed Emotions
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Imagine you have a big bowl, and you want to make a **happiness cake**. What do you need for the ingredients?

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

- Doing something you love – that’s a type of happiness.
- Exercising
- Being outside among nature
- Being with friends and other people
- Smiling and laughing
- Saying “thank you” and being grateful
- Reflecting on happy memories
- 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.

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.

Imagine you have a magic wand. Now zap your worry so it gets... smaller, and smaller, and smaller.

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

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

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

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.

If you can’t think of any ways to make it better, go 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.

A problem shared is a problem halved.

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

3 Ask for help

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

Help me, please!

Tell!

Tell!

Tell!

Suitable for 7-9 years

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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...

- Eyes that can see like an eagle
- Ears that can hear like a bat
- A nose that can smell like a dog
- A tongue that can taste like a snake
- Fingers that can feel like a spider feels vibrations

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, breezy blowing.
- Taste – an apple.

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.

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

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