This book belongs to:

_____

Who are you?

I AM A HUMAN BEING THAT...

LOVES _____

CAN _____

WANTS TO _____

LOOKS AFTER _____

TRIES TO _____

HAS THE GOAL OF _____

USED TO BE AFRAID OF _____

IS DRIVEN BY _____

IS INSPIRED BY _____

WHO NOTICES _____

HAS A HABIT OF _____

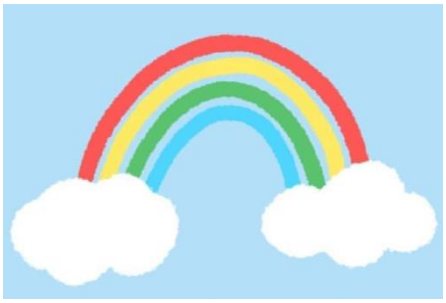
IS HAPPIEST WHEN _____

WISHES I COULD _____

BELIEVES IN _____

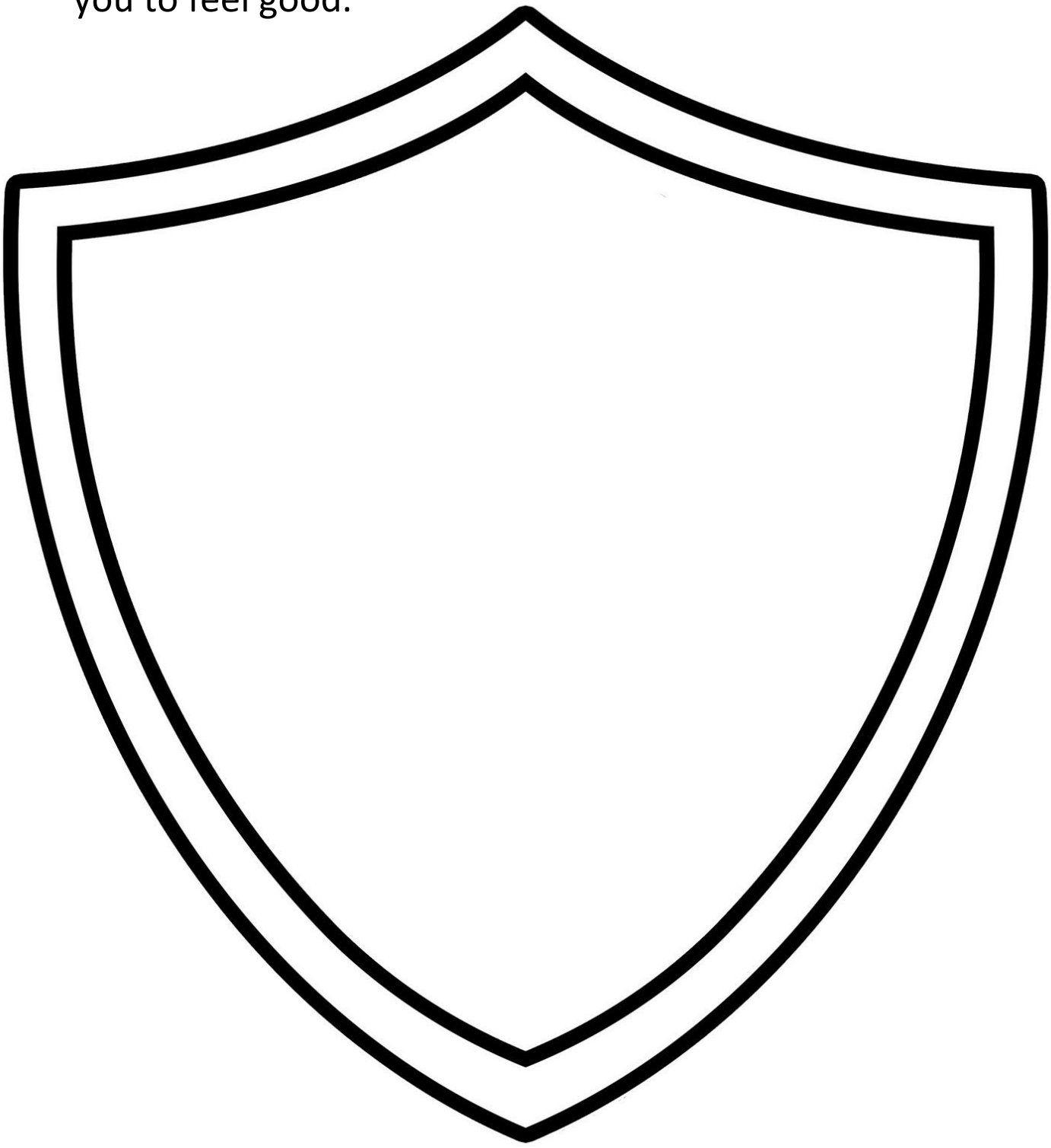
WILL ONE DAY _____

When you have finished writing, think about all these wonderful things about you and put these messages somewhere special you can revisit to remind yourself who you are from time to time.



My Strength Shield-

Fill this shield with ideas of things that help you to feel stronger and happier. These could include; people who are helpful, activities you like doing or objects that help you to feel good.



A Helping Hand-

Identify five people, one for each finger and thumb, who you can go to if you need to talk to someone about your feelings. Colour the hand in and make it something you remember.

A Letter to Someone-

You might want to write your feelings down and share this letter with someone you trust.

Dear,

Remember When-

Draw a picture or write a story about a time when you felt, happy, excited or proud.

I'm a Star because-

Nobody is great at everything, but everybody is great at something. Fill this star with things that you are good at, things you like about yourself or things that other people like about you.

You could even ask someone else why they think you are a star.

My Calm Place-

Draw your imaginary calm place, it can be somewhere real or completely made up. It is a place you can go to in your imagination if you need to try and calm yourself down.

5,4,3,2,1 Relaxation-

Practice using your five senses and the things around you to help you to refocus and calm down. You can do this anywhere.

5 things I can see:

4 things I can feel:

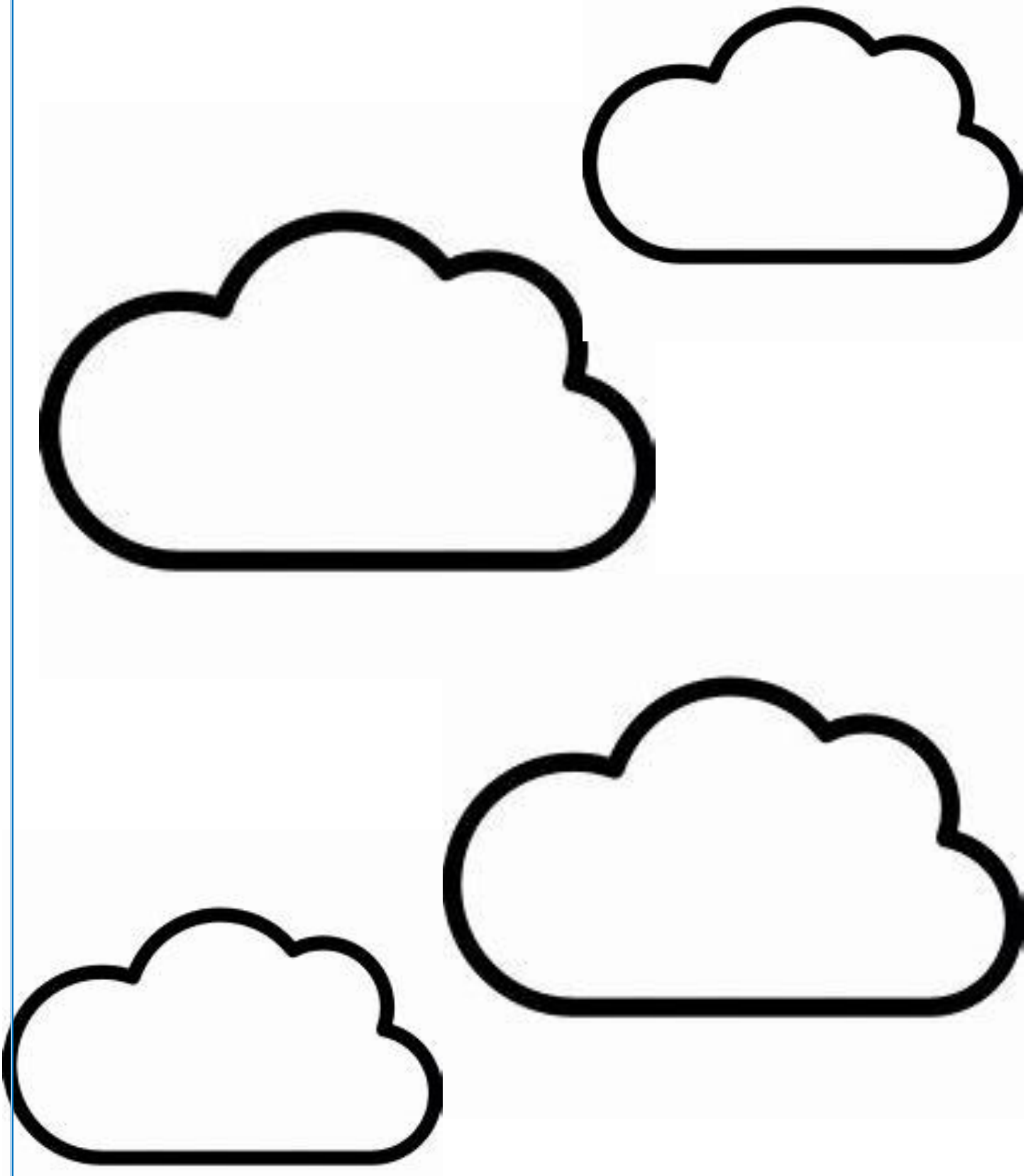
3 things I can hear:

2 things I can smell:

1 thing I can taste:

Floating Clouds-

If you are feeling angry, worried or upset, write your feelings in these clouds to help them float away.



Calm Colouring-

Grab some pencils and do some colouring to help manage difficult feelings.

Calm Breathing-

Pretend your stomach is a balloon. When you breath in through your nose make the balloon inflate and when your breath out through your mouth make the balloon deflate. Keep practicing to help calm yourself down.

How did it make you feel? _____

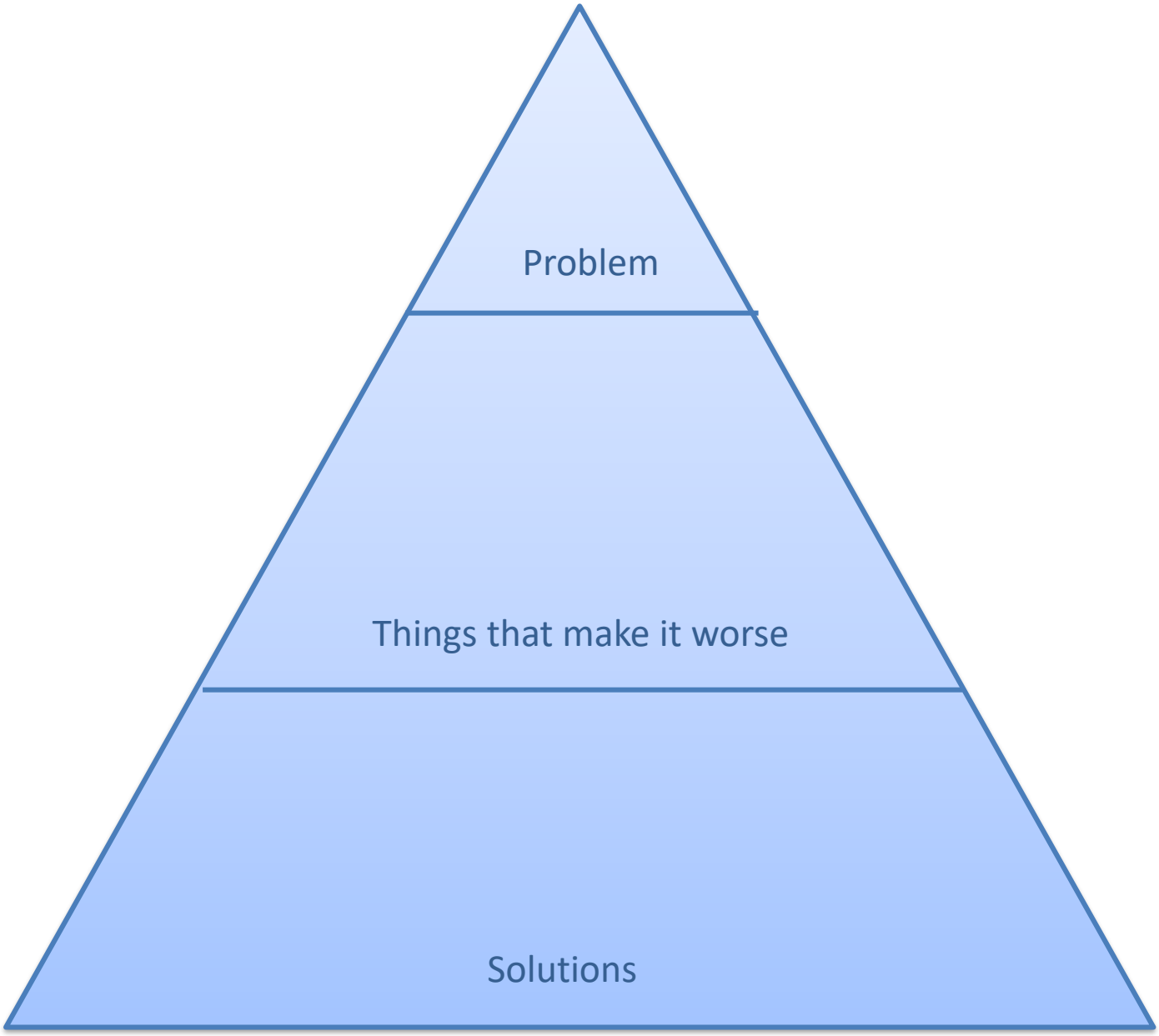
_____

_____

Problem Solving Pyramid-

Try using this pyramid to think about what you can do to solve a problem which is making you feel bad.

Remember- the problem is smaller than the solutions.



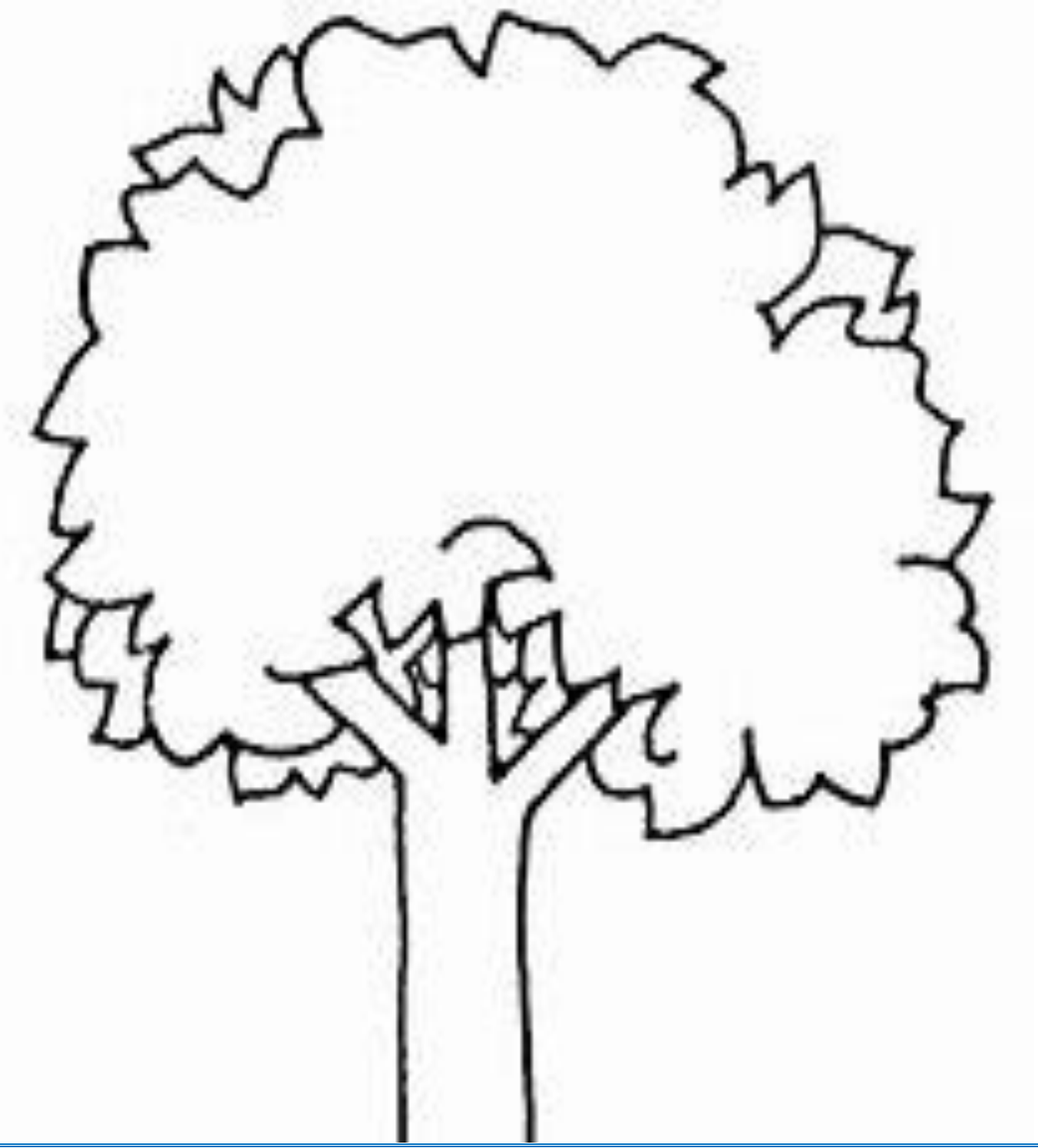
Positive Thinking-

When you are worried, angry or upset, try thinking how you can change your negative thoughts into positive ones.

Negative thought:	Positive thought:
Negative thought:	Positive thought:
Negative thought:	Positive thought:

My Happy Tree-

Think about the things that make you smile. Write or draw them all over your happy tree. The leaves are where you can put things you do and the trunk is where you can put things that other people do.



Dear Future Me-

Write a letter to your future self so that it can remind you of the things you can do to help when you are feeling angry, worried or upset.

Dear,

My Promise-

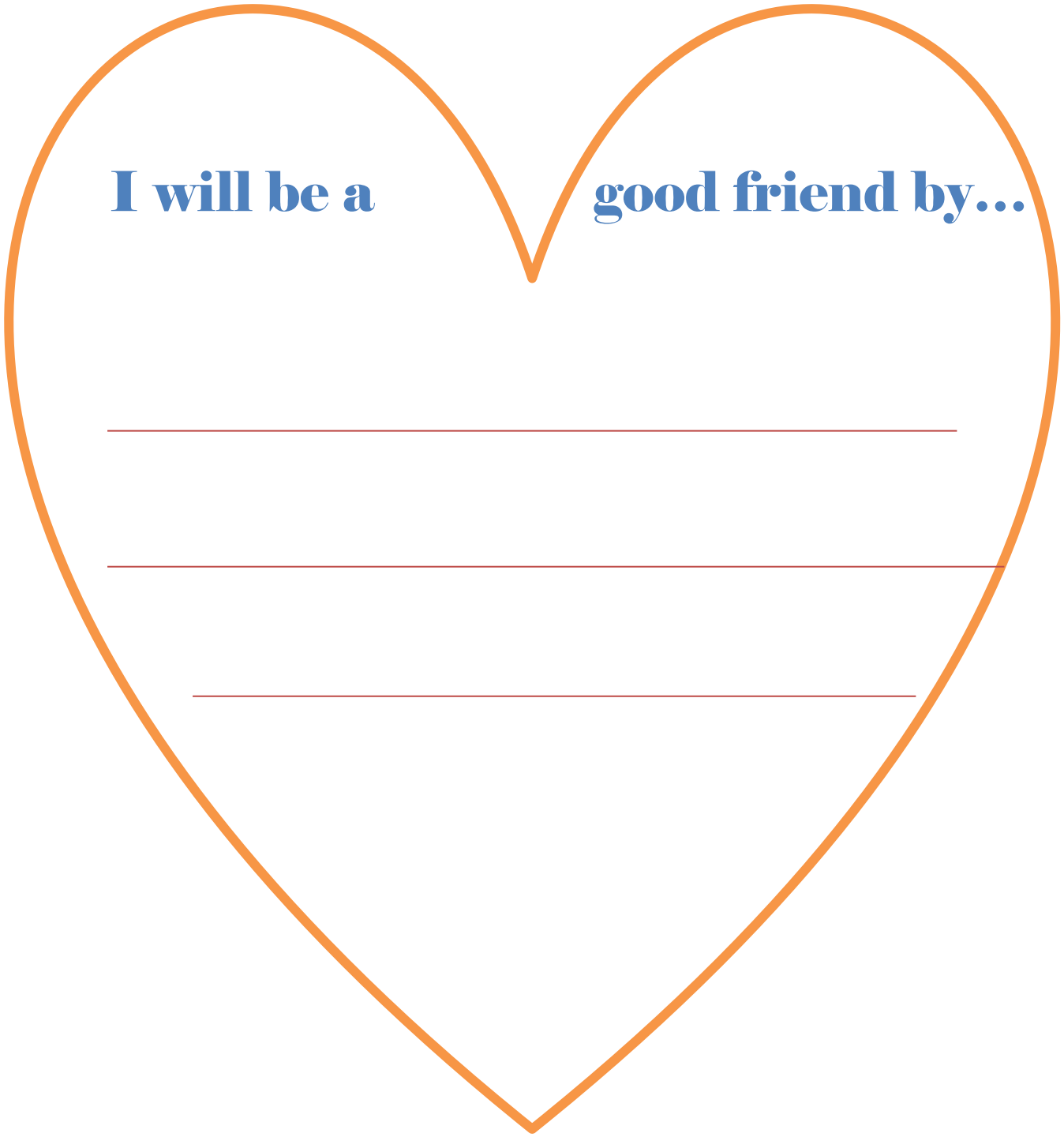
Being kind to yourself is really important.

Fill this heart with things you can do be kind to yourself when you need picking up.

My Friendship Promise-

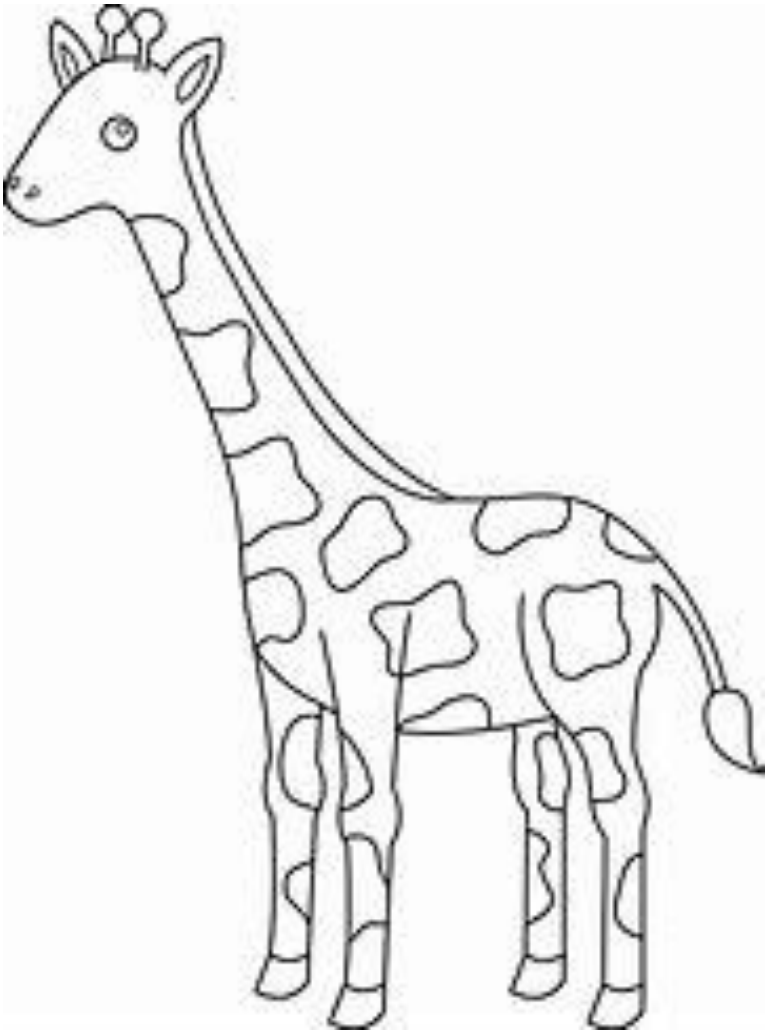
Being kind to other people is really important.

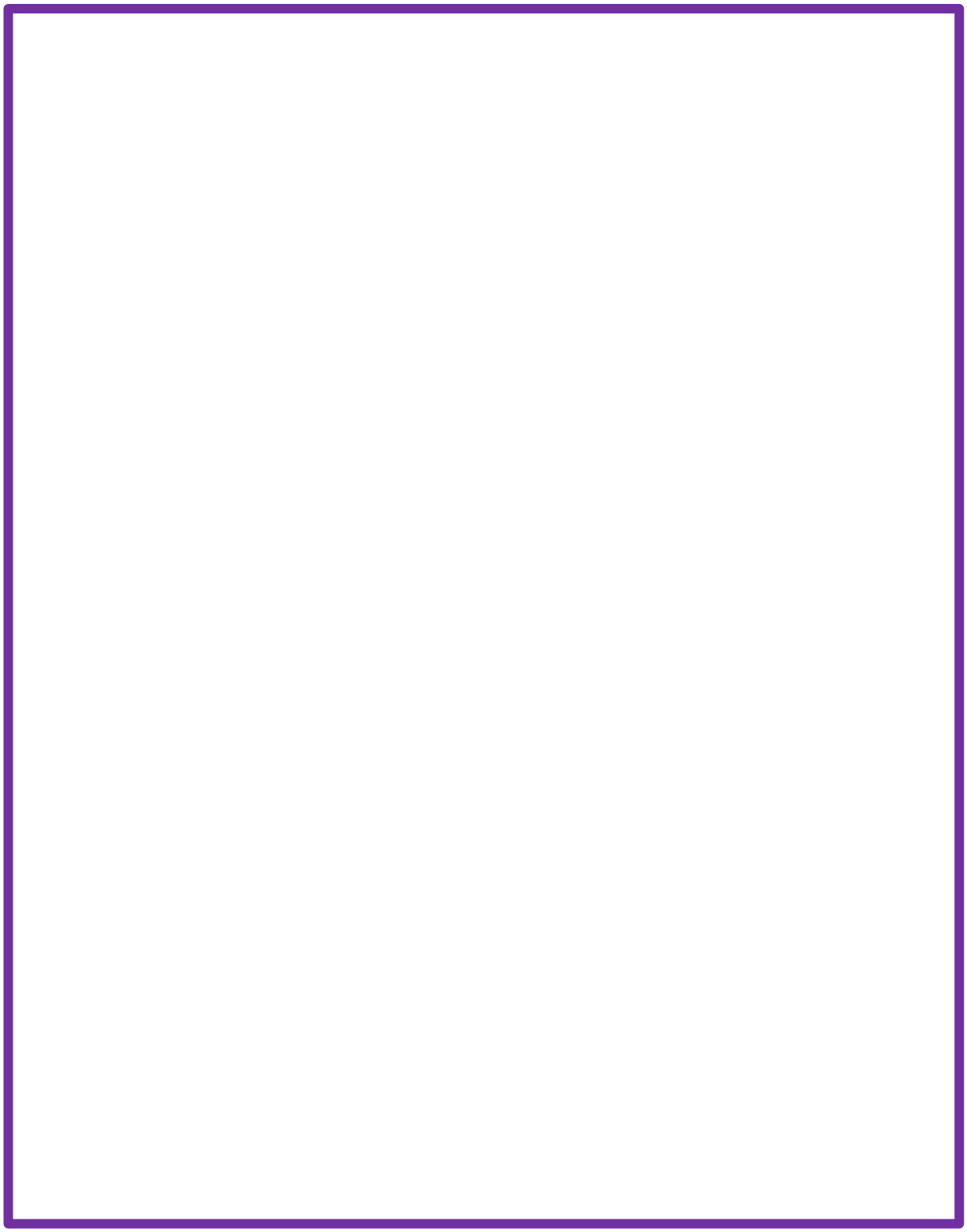
Think about what makes you a good friend and write down your friendship promise.



I'm a Giraffe-

Imagine you are a giraffe with the longest neck. What would things look like if you could see above the problem?



Doodle Pad-

Use this page to distract yourself and doodle whatever you fancy.