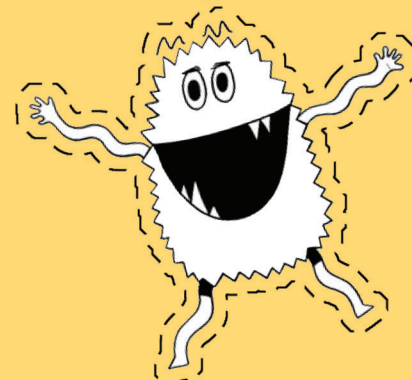
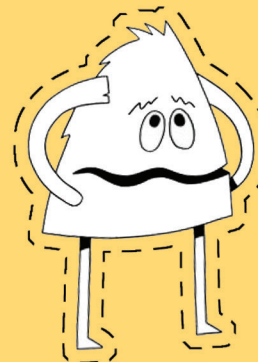
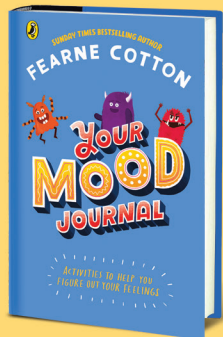
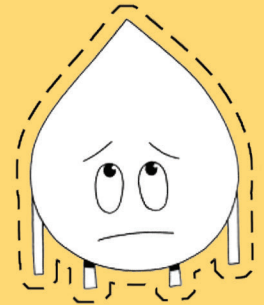
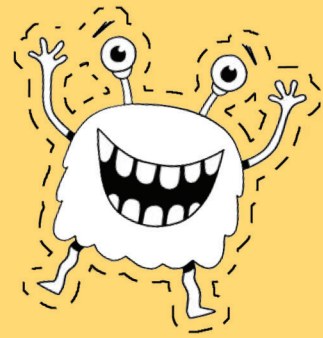


Cut out and stick your favourites on your journal!*



*Ask an adult to help when using scissors



EXERCISE THREE

Even though you may not feel like it, using words to express your anger can help you calm down. In fact, scientists have found that even just saying 'I am feeling angry' can help you manage your feelings better.

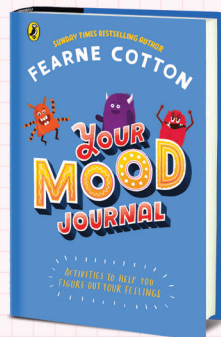
There are lots of different words that describe being angry, too. Write down as many as you can think of below.

CROSS

FRUSTRATED

LIVID

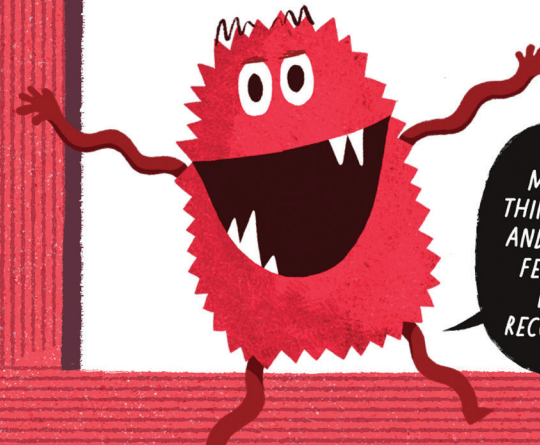
ANGRY



EXERCISE FOUR

Draw

an animal that makes you think of survival. When you get angry, worried or scared, we go into something called 'survival mode' or even 'tiger mode'. It's how our ancestors felt when they were faced with deadly animals in the wilderness, and our bodies still react in the same way (even though our problems are probably less dangerous!).



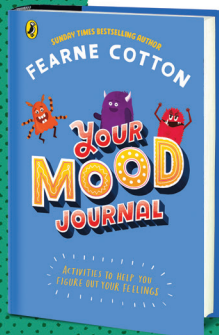
WHEN WE'RE IN SURVIVAL MODE, WE STOP BEING ABLE TO THINK CLEARLY UNTIL WE ARE SAFE AND CALM AGAIN. NEXT TIME YOU FEEL THIS WAY, SEE IF YOU CAN NOTICE HOW YOU FEEL AND RECOGNIZE IT AS SURVIVAL MODE.



EXERCISE ONE

WHEN WAS THE LAST TIME THAT YOU FELT WORRIED?

What were you worried about?



WORRY

EXERCISE TWO

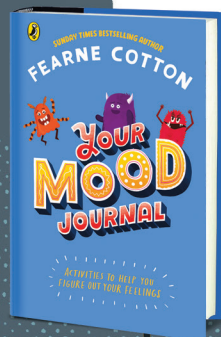
Where did you feel your worry? Colour the areas below. Don't forget your face, too. If you're not sure what to draw, find a mirror and make a worried face. Are your eyebrows up or down? Is your mouth big or small?



EXERCISE FIVE

Sometimes we feel left out and alone because someone has said something mean to us or pointed out that we are different. But here's a little secret: we ARE all different and that's OK! In fact, it's more than OK . . . it's **AMAZING**! All of the things that make you YOU are your super powers.

MY SUPER POWERS



LONELINESS

TRY TO THINK BEYOND THE EXTERNAL THINGS THAT YOU ARE GOOD AT, LIKE SCHOOL SUBJECTS, SPORTS OR HOBBIES. MAYBE YOU ARE A REALLY GREAT LISTENER OR PEOPLE SEEM TO TRUST YOU WITH THEIR SECRETS?

PERHAPS YOU'RE ALWAYS WILLING TO TRY NEW THINGS OR YOU ALWAYS WORK HARD.

OR IS IT THAT YOU ALWAYS LOOK ON THE BRIGHT SIDE, OR TRY TO FIND THE FUN? WHATEVER IT IS, IT'S YOU AND IT'S BRILLIANT.

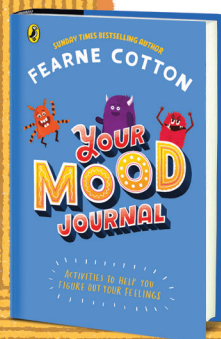


EXERCISE SIX



Draw

something that makes you laugh. It could be an imaginary animal, a silly face or a funny memory – anything that gets you giggling.



HAPPINESS

EXERCISE SEVEN

Do you ever worry that the feeling of happiness will fade? If so, that's natural. Happiness comes and goes and that's OK. Colour in the word **HAPPY** below and remember that, even when you don't feel happy, happiness will come back into your life again.

HAPPY HAPPY HAPPY

