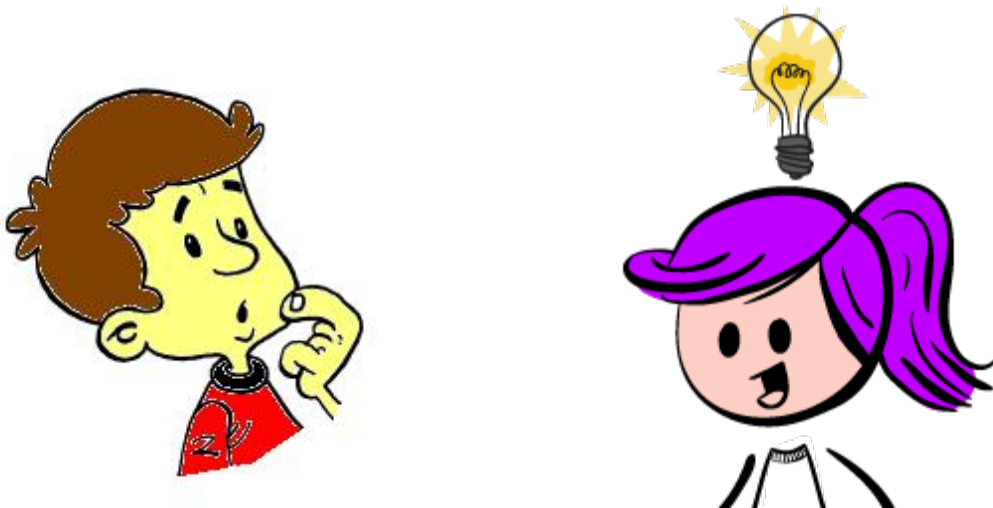


I am  
feeling.....



*A tool for expression.*

*By Laura Grace*



I am feeling.....



*Happy*

**For you:**

Sometimes we feel happy. Lots of things can make us happy. On page 35 you can write down the things that make you happy. These may be your friends and family, or a pet, or something you like to do.

**For adults:**

The fact that a child is happy suggests that the child is feeling safe, and happy to relax and be themselves. Make a note of what is happening when the child is feeling happy.

**What you can do:**

1. Enjoy feeling happy.
2. Smile!
3. You could use the thoughts diary to record your thoughts and how you're feeling (page 29).
4. You can use the picture to show a grown-up how you are feeling.



*Sad*

## **For you:**

It is normal to be sad sometimes. Sometimes the sadness goes away quickly, or the activities at the bottom of the page help to make it better. Sometimes the sadness doesn't go away and that is when we need to tell a grown-up.

## **For adults:**

Sadness is something we all experience at times. Sadness becomes a problem when it continues, and when it starts to interfere with day to day life. Signs that it is starting to interfere with day to day life for a child may include signs such as: becoming withdrawn, or more withdrawn; lack of appetite (and sometimes weight loss); irritability (but not always); problems with sleep; and lack of interest in the things the child would usually enjoy. If these signs are present, then it is advisable to discuss this with your G.P. or the child's therapist.

## **What you can do:**

1. You could use the thoughts diary to record your thoughts and how you're feeling (page 29).
2. You can use the relaxation activities on pages 19-23. This is also something you can do on your own if the grown-ups around you are busy.
3. You can use the mindfulness activities on pages 24-27.
4. You can talk to a grown-up about how you are feeling.
5. You can use the picture to show a grown-up how you are feeling.



*Upset*

**For you:**

It is normal to be upset sometimes. We can get upset over lots of different things, and we don't always know why we are upset. Sometimes we cry when we are upset, and sometimes we are just very quiet. Everybody acts differently when they are upset.

**For adults:**

We all get upset from time to time. For children, sometimes the feeling of being upset is something they cannot express adequately, or even at all. This can increase the emotion. Making yourself available to discuss what has led to the feeling is important. The thought diary allows the child to write down what has upset them. The activities listed below allow the child to learn to regulate their own emotions, by learning to calm themselves. By working through this process with them, you are encouraging a sense of control within them.

**What you can do:**

1. You can use the mindfulness activities on pages 24-27.
2. You can talk to a grown-up about how you are feeling.
3. You can use the picture to show a grown-up how you are feeling.





*Worried or  
scared*

**For you:**

It is normal to feel worried and scared sometimes. We all do at times. When you get scared, your body gets ready to run away, or to fight what it is scared of. Sometimes it even does this when there's nothing to be scared of. By doing some of the activities listed at the bottom of the page, you can help your body calm down and not feel as scared.

**For adults:**

Anxiety is normal, and serves an evolutionary purpose. When something scares us, our body goes into fight or flight mode. This is where the body prepares to escape from whatever is threatening us, or to fight it if that is our only realistic option. This fight or flight mode helped us to survive, and still does. Sometimes there is a reason for this feeling of anxiety, and sometimes our fight or flight system can be overactive, and react to things that are actually not harmful. This is when anxiety starts to interfere with everyday life. These tactics, alongside psychotherapy, can help the child to regulate their emotions and stress responses.

**What you can do:**

1. You can talk to a grown-up about how you are feeling. This is important if you are feeling really scared.
2. You can use the picture to show a grown-up how you are feeling.
3. You can use the relaxation activities on pages 19-23. This is also something you can do on your own if the grown-ups around you are busy.
4. Once you are feeling better, you could use the thoughts diary to record your thoughts and how you're feeling (page 29).



*Embarrassed*

**For you:**

It is normal to be embarrassed sometimes. We all do silly things, and this can make us feel silly and make us blush. Most of the times this goes away quickly. If it doesn't go away and you still feel embarrassed, then it's time to tell a grown-up that you are feeling embarrassed.

**For adults:**

While we all feel embarrassed from time to time, adults can recover very quickly and make sense of it in their heads. For children though, this embarrassment can seem a lot bigger. It is also possible that rather than embarrassment as we know it, the child can be feeling ashamed or guilty, and this is something that needs to be identified. Discuss any concerns with the appropriate therapist.

**What you can do:**

1. You could use the thoughts diary to record your thoughts and how you're feeling (page 29).
2. You can use the mindfulness activities on pages 24-27.
3. You can talk to a grown-up about how you are feeling, and what has happened.
4. You can use the picture to show a grown-up how you are feeling.



*Tired*

**For you:**

It is normal to feel tired sometimes. We all do at times. You may be tired because you have been a lot more than usual, or because you've played sport. You may also be tired because you didn't sleep very well. It is important that you tell a grown-up that you are tired. By doing the activities listed at the bottom of the page, you may find you sleep better.

**For adults:**

We all get tired from time to time. It is important to make sure there is not an underlying cause. Is he or she having trouble sleeping? Are they having trouble getting to sleep? Or are they waking up during the night? Are they having nightmares? These are things to discuss with your G.P. or the therapist.

The relaxation activities will promote better sleep if they are done just before bedtime. It is also helpful to have a bed routine, and regular bed time.

**What you can do:**

1. Before bed you can use the relaxation activities on pages 19-23. This is also something you can do on your own if the grown-ups around you are busy. This will help you to sleep better.
2. You could use the thoughts diary to record your thoughts and how you're feeling (page 29).
3. You can use the picture to show a grown-up how you are feeling.



*Angry*

**For you:**

It is normal to feel angry sometimes. Sometimes it feels like we want to shout or hit something, but there are better ways to help you feel better. The activities listed below will help to calm you and explain why you are angry.

**For adults:**

We all get angry. For children, sometimes the anger is something they cannot express adequately, or even at all. This can increase the frustration. Making yourself available to discuss what has led to the anger is important. The thought diary allows the child to write down what has frustrated them. The activities listed below allow the child to learn to regulate their own emotions, by learning to calm themselves. By working through this process with them, you are encouraging a sense of control within them.

**What you can do:**

1. You can use the relaxation activities on pages 19-23. This is also something you can do on your own if the grown-ups around you are busy.
2. You can use the mindfulness activities on pages 24-27.
3. You could use the thoughts diary to record your thoughts and how you're feeling (page 29).
4. You can talk to a grown-up about how you are feeling, and what has happened.
5. You can use the picture to show a grown-up how you are feeling.





*Silly*

### **For you:**

When you are outside of school, or on play times, it is nice to be silly with your friends and family. Look at your list of things you like to do, and use these times to do them.

### **For adults:**

Your child is feeling relaxed, and able to be silly. Encourage them to express themselves and enjoy the silliness.

### **What you can do:**

1. Laugh and smile! 😊
2. Look at your list of things you like to do. Can you do any of them now?
3. You can use the picture to show a grown-up how you are feeling.

# Resources

# Relaxation

Sometimes when we are worried, angry or scared, our muscles can get very stiff. This section will teach you how to loosen those muscles and help you feel calm.

**For adults:** We all get tense when we are scared, worried or angry. As adults we know how to relax, but sometimes a child can use a little help. This section works through some relaxation strategies that will help children to relax. The best way to use these activities, is to read them to the child, until the child becomes used to the activities and can do them on their own.

## The Butterfly on My Nose

*Read this aloud to the child, and encourage them to tense, relax and breathe at the appropriate sections.*

There's a butterfly on my nose, oh no!

It tickles and flutters, makes me wrinkle it so!

I wiggle and wiggle and wiggle my nose

And up, up and away it goes!

Whew, I relax my face

And watch the butterfly dance, swirl around the place

I breathe real deep and watch it go,

I breathe real deep and relax just so.

Uh oh, there's a butterfly on my nose once again.

I squint with my eyes and scrunch my forehead

Ah, there it flies away again.

I relax my eyes and my forehead.

Whew, I relax my face

And watch the butterfly dance,

swirl around the place I breathe real deep and watch it go,

I breathe real deep and relax just so.

Oh no, there's a butterfly on my nose!!!!

How did it get there and rest so close?

I smile real big, make my cheeks spread out

Away it dances and floats about.

Whew, I relax my face



And watch the butterfly dance,  
swirl around the place I breathe real deep and watch it go,  
I breathe real deep and relax just so.

My face feels relaxed, the wrinkles are smoothed out.  
As I watch the pretty butterfly, I calm me down.  
I rest my eyes, my forehead and cheeks,  
My mouth, my nose, and even my teeth!

My face is smooth, the wrinkles are gone.  
I'm ready to listen and learn, my ears are turned on.



Kidsrelaxation. (2010). *The Butterfly on My Nose*. Colorado: Kidsrelaxation, LLC. Retrieved from <http://kidsrelaxation.com/all-relaxation-activities/progressive-relaxation-the-butterfly-on-my-nose>

### **Progressive Relaxation Jingle**

Pull your hands into very tight fists.  
Ahh, let them go with a swish, swish, swish.  
Squeeze tight, tight, tight with all your might.  
Now just relax and make them light. Curl your toes into a ball.  
Now let them go, release them all.  
Squeeze tight, tight, tight with all your might.  
Now just relax and make them light.



Kidsrelaxation. (2011). *Progressive Relaxation Jingle*. Colorado: Kidsrelaxation, LLC.  
Retrieved from <http://kidsrelaxation.com/uncategorized/progressive-relaxation-jingle/>

## **Fly Like A Bird**

1. Find a place to stand where there is enough room to raise the arms straight out to the sides and above.

2. Begin by standing with the feet shoulder width apart and take a deep breath in through the nose and let it go out through the mouth.
3. Start with the arms hanging down to the sides of your body.
4. Inhale, and allow the arms to slowly float up, straightening the legs.
5. Exhale, and allow the arms to slowly float down, bending into a partial squat at the knees.
6. Feel that sense of light, effortless movement through the body. Relax into the flow.
7. Inhale, float the arms up again, straightening the legs.
8. Exhale, float the arms back down, bending at the knees.
9. Feel a wave-like movement through the whole body. Feel how light the arms are.
10. Relax breathing in, repeat. Relax, breathing out, repeat.
11. Focus on feeling weightless, relax the mind, look softly in front of you. Feel the air move through your fingers. Have a sense of moving without any effort. Simply allow the body to unwind.



Kidsrelaxation. (2015). *Fly Like A Bird*. Colorado: Kidsrelaxation, LLC. Retrieved from <http://kidsrelaxation.com/uncategorized/relaxation-activity-fly-like-a-bird/#sthash.qiOxcchM.dpuf>

## Mindfulness



Mindfulness is when  
you try to be feel  
and experience the moment  
that is happening  
right now.

**For adults:** Mindfulness is a technique which encourages a child to be present in the moment, and to refocus attention away from the negative thoughts we can all get stuck in. Instead, a child uses all of their senses to experience the moment (e.g. how the chair feels beneath them, the sounds they can hear, smells and how warm they are). At first, and depending on how young the child is, these moments of mindfulness may only last a few seconds. This is great! You can encourage the child by doing the mindfulness activities with them, or by talking them through the process. As the child feels more comfortable with the activity, they may like to do it on their own sometimes.

### Three Mindful Breaths

The first thing we are going to try is what is called “Three Mindful Breaths”. Breathing is a great thing to start practicing mindfulness with, because you can’t go anywhere without it!

Find a comfortable sitting position. Sit so that you can easily and normally breathe through your nose. You just need to take your normal size breaths. You can close your eyes for this, or if you don’t feel comfortable doing that, try doing what we call “soft eyes”, which means to just look down at the floor without really focusing on anything. Now bring your attention to your breath. You can focus on the breath at your nostrils noticing how the air feels cool coming in and may be slightly warmer as it leaves your body.

Or you can focus on your breath at your belly- feeling it rise and fall as the air enters and leaves your body.

Stay focused, as best you can, on your breath. Just notice the air as it enters and leaves, enters and leaves your body. If your mind wanders, that’s okay. Simply bring your attention back to the in-breath and out-breath. Breathing in and breathing out.

Your mind will naturally wander off and get lost in its thoughts. That’s okay- it’s just what minds do. Your job is to gently bring your attention back to your breath every time you notice your mind has wandered. Tell yourself “good job” for noticing, and then continue to watch your breath.

Now I am going to ask you to take three normal breaths, and try and focus just on the breath for all three.

Now gently start to take notice of what is happening around you. Notice your body where it touches the floor. Notice what is in the room around you. Notice what sounds you can hear.

Now gently start to move your fingers and toes, and have a stretch, and let’s have a talk about what we did.

## Mindfulness Experiment

**Notice 5 things you can see right now.** Take your time to look at them, maybe you notice something different about them, like the way the light plays across them, making it look like the colour changes slightly.

**Notice 5 things you can hear.** Take time to tune in to sounds nearby – which could even include the sounds of your own breathing – to sounds further away – can you hear distant birds, or traffic?

**Notice 5 things you can feel touching you.** A good one to start with is the feel of your feet on the ground. Press your feet down and feel that connection with the earth below you. You can also notice the temperature of the air on your skin, or maybe tune in to sensations you have stopped noticing, like the feeling of your shirt or dress across your shoulders.

**Finally**, take 10 seconds to just be there and try to notice all these things at once. Notice how your attention slips between things, from sounds to sights to feelings and back.

**For advanced practice**, while you are doing this, also keep an eye out for what thoughts come into your mind. When you notice a thought has hooked you, just notice it and see if you can let it go and come back to just noticing what you can see/hear/feel.

## Mindful Eating

*Read this aloud to the child, and encourage them to use all their senses. This activity uses a piece of chocolate, but any food can be used.*

Look at the chocolate-

Consider its texture, colour, weight...

Smell the chocolate - does the smell trigger any other senses?

Where do you feel your sense of smell?

Place the chocolate in your mouth but DO NOT EAT!!

How does it feel as it melts?

Where in your mouth can you taste it?

What is the consistency?

What is happening with your mouth, teeth, tongue, lips as it melts?

Move the chocolate around your mouth

Does the area of taste change?

Does the taste itself change?

What is happening to the chocolate?

How do you feel?

Swallow the chocolate, focusing on the sensation.

Is there a lingering taste?

How do you feel physically and emotionally?

Take a little while to consider the experience.

MindSpace. (2015). *Mindfulness and the Art of Chocolate Eating*. Retrieved from <http://www.meditationinschools.org/wp-content/uploads/2013/06/Mindfulness-and-the-Art-of-Chocolate-Eating.pdf>

# Thoughts

Thoughts are the things we think, and sometimes we think things that make us feel bad. This section will help you work out what your thoughts are, and to understand them better.

**For adults:** Like adults, children can have thoughts that are negative or critical in nature. The discomfort they feel as a consequence of these thoughts can often be seen in their behaviour. This section will help to identify those negative thoughts, and with the help of their therapist, they will be able to understand them better. The child is encouraged to also name some things that they find fun.

[illegible][illegible][illegible]

[illegible]

[illegible]



[illegible]

Day and time	What happened? Who was there? Where were you?	What did you think?	How did you feel?

Adapted from: Stallard, P. (2003). *Think Good – Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People*. Chichester: Wiley.

## Things that worry me

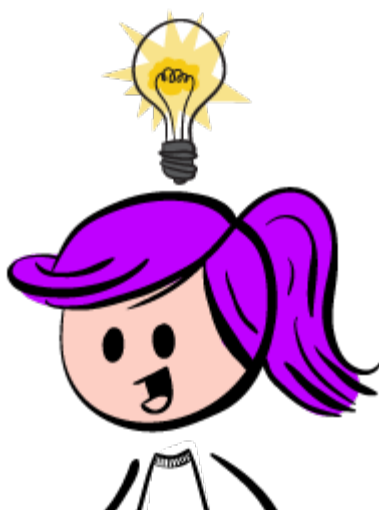
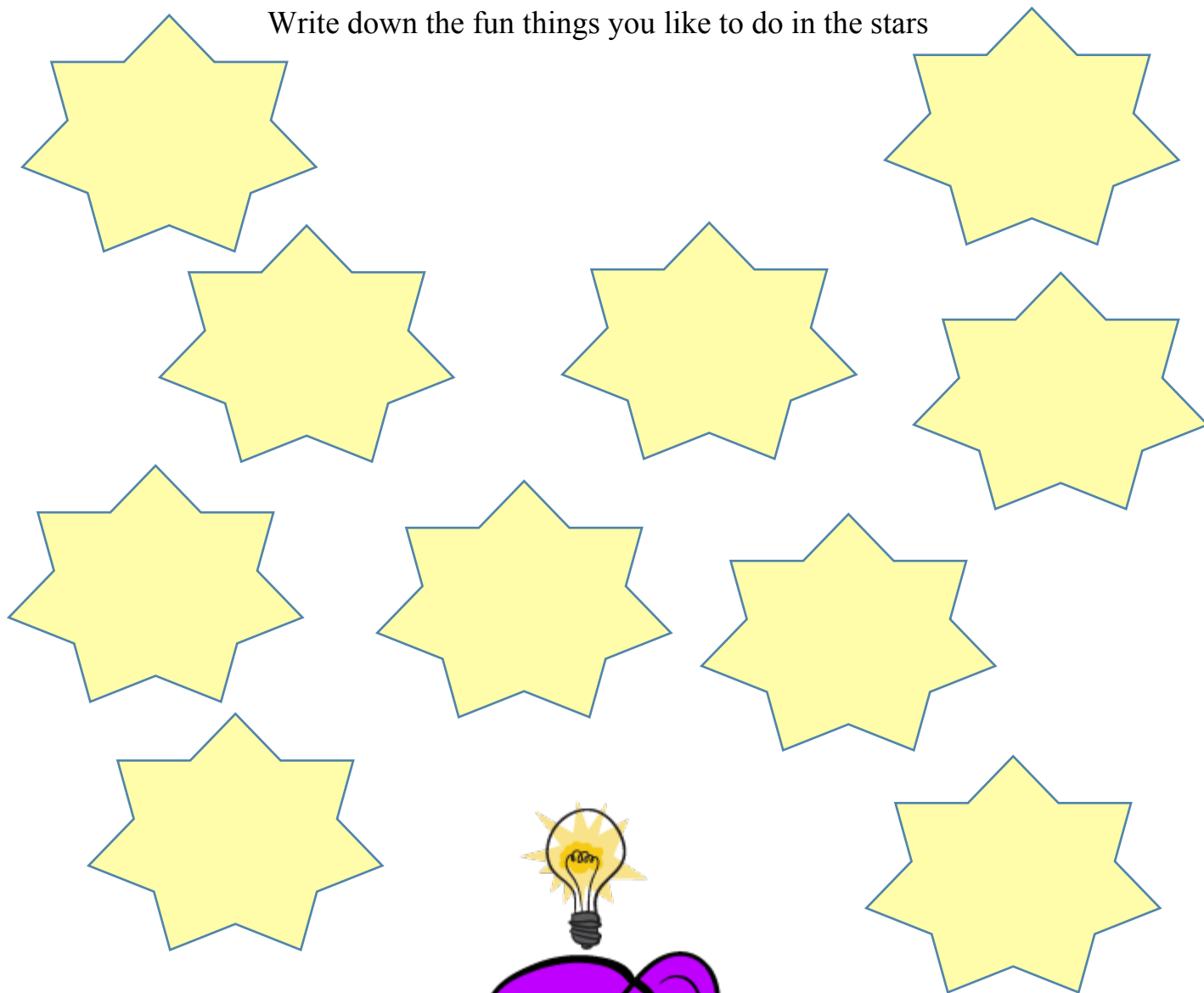
Fill in the thought bubbles with the things that worry you or make you scared.



Adapted from: Stallard, P. (2003). *Think Good – Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People*. Chichester: Wiley.

## Fun things I like to do

Write down the fun things you like to do in the stars



Adapted from: Stallard, P. (2003). *Think Good – Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People*. Chichester: Wiley.

## CONTACT

If you are feeling very bad, or are worried or scared about something, please ask for help. If you can't ask your mum or dad, or a teacher, or another grown up, then you can always call Kids Helpline on 1800 551 800 ([www.kidshelp.com.au](http://www.kidshelp.com.au)).

[illegible]

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## Things to remember

[illegible]









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