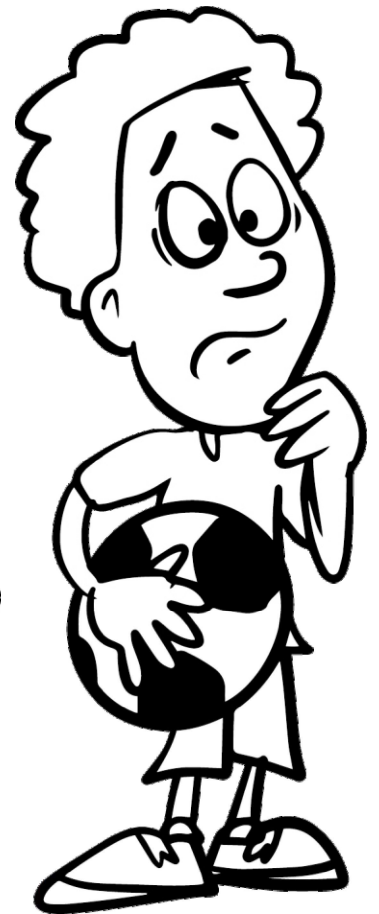


Feelings Are Okay



step
1

Name

step
1

Let's talk about what has happened



But!

Let's talk about now





All About Me

My name is:

My age is:

The other people living in my house are:

My family consists of:

My family comes from:

The town where I live is:

My favourite subject in school is:

My favourite superstar is:

In my spare time I like to:

My favourite food is:

My favourite game or sport is:

The place I most want to visit is:

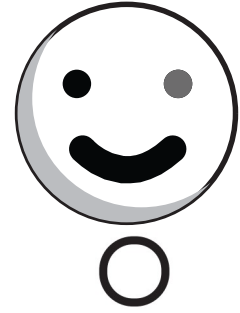
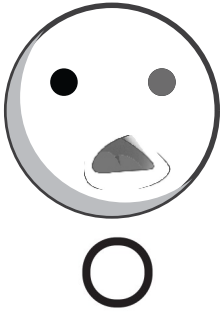
My favourite person or people are:

How _____ has affected me:

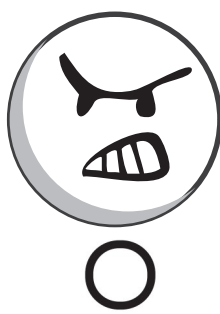
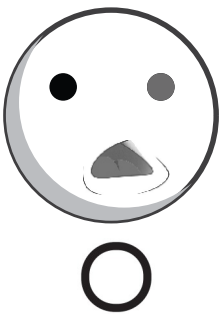
step
4

Sad, Glad, Mad or Troubled?

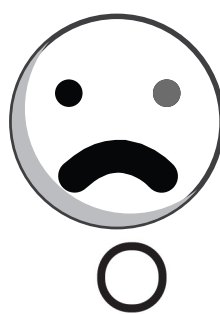
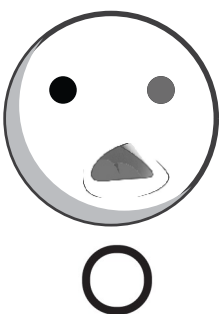
What my life was like before _____



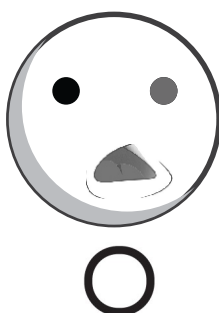
What I felt like when it was happening.



What I have been like since.



What I think my life will be like in the future.





My Life

You can draw or write

My life before _____.

What it was like when it was happening.

What my life will be in the future.

step 5

Have a Plan!

What to do when you feel upset, worried or angry.



Everyone gets angry sometimes, especially when going through a difficult experience. Other feelings we all have include sadness, frustration, embarrassment, shame and loneliness. These feelings are not nice but they are not wrong either - they are normal. However, you need to have a plan - a strategy for what you can do when these feelings are strong. Below are some ideas. Choose at least four. You know best what calms you down so try and think up at least one idea of your own.

- | | |
|--|--|
| <input type="checkbox"/> Ask a trusted person for help | <input type="checkbox"/> Talk to a teacher, counsellor or minister |
| <input type="checkbox"/> Talk to an adult | <input type="checkbox"/> Talk to a best friend or your parents |
| <input type="checkbox"/> Play with a friend | <input type="checkbox"/> Do some physical tasks |
| <input type="checkbox"/> Draw how you feel | <input type="checkbox"/> Do some colouring in |
| <input type="checkbox"/> Takes some deep breathes | <input type="checkbox"/> Think about something positive |
| <input type="checkbox"/> Go for a walk (or a run) | <input type="checkbox"/> Give myself some time-out |
| <input type="checkbox"/> Pray | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write how I feel in a journal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Do any physical exercise | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Listen to some music | <input type="checkbox"/> _____ |

Above all - Keep safe! If what you are doing is not helping you, then tell a trusted adult how you feel. Learn the anger rules on the next page.

Anger Rules

Keep safe when you feel upset, worried or angry



It's okay to be angry

BUT

Don't hurt property

Don't hurt yourself

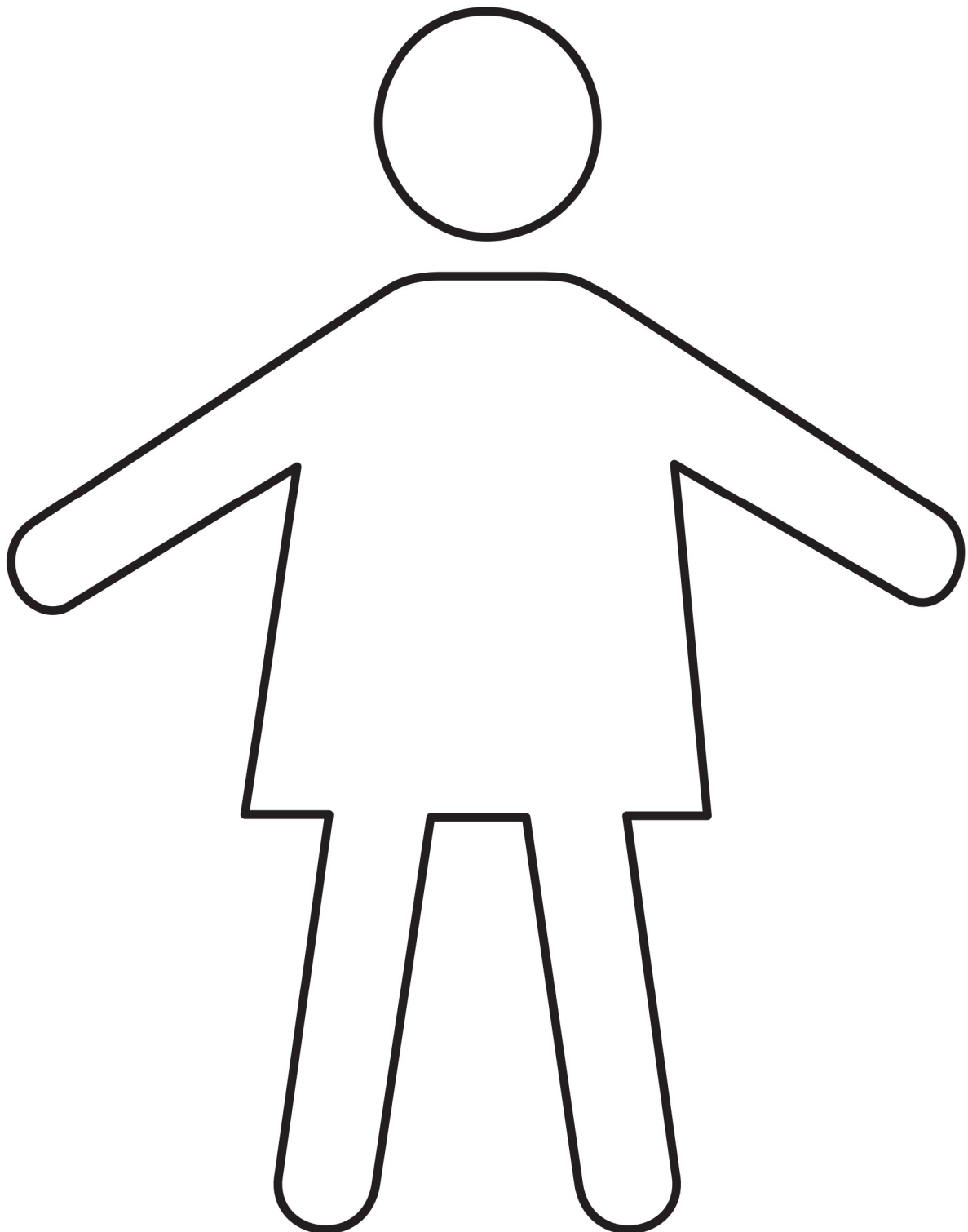
Don't hurt others

Do talk about it.

step
6

Where Does it Hurt?

Sometimes when people are worried or afraid, it affects parts of their body. For example they might have headaches, muscle pain, heartbeat too fast, sickness in the tummy, or they find it hard to breathe. Do you have unusual pain in your body? If so, put a mark where that is.





How I have been affected?

How has _____ affected you? Has it made you feel anxious, afraid or angry? What have you lost? On this page you can either write or draw a picture to describe these things.



Write a Message

Tell someone about how you feel.

You could write to the person who has hurt you. Or you could write a message to God.

Or if you have lost a friend you can then tell them how you feel.

You can tell anyone you like about t what has happened to you.





Ways to Help

Can you think of ways you can help someone?

1

2

3