

A BETTER MEDWAY

Easier ways to be healthy

PSHE
Association



Home learning session on Feelings.....

For this activity you will need:



A pen or pencil
and some paper



A few colour pens
or pencils

We are learning about feelings and will be able to:

- Identify that feelings are part of our health and wellbeing
- Recognise that feelings usually change throughout the day
- Give examples of everyday things that can effect feelings
- Describe what can help people feel better

Family agreement



In order to keep all members of the family safe whilst doing this activity we suggest you draw up an agreement of behaviours to be applied throughout the activity.

Think of how you all can show each other respect during this activity?

Over to you.....





Imagine a young person of a similar age to you that lives in Medway:

Draw or write:

1: The feelings they have most days, **Inside the person**

2:What helps them to feel good every day: **Outside the person**

You can make a list using different color pens if you haven't a printer 😊

What is a feeling?

A feeling is an emotional state or our reaction to something.

Feelings are important because they help us to manage different situations and look after ourselves.

Feelings and emotions are about our minds, but we might also experience them in our bodies...**How?** Make a list of things you notice in with your body sensations that link to a certain feeling i.e. feeling scared you shake....

You can use the terms feelings and emotions interchangeably as their definition is similar, but for information these words can be defined as:

Emotion: A strong feeling deriving from circumstance or mood or relationships with others.

Feeling: An emotional state or reaction an idea or a belief, showing sensitivity.



Sort it activity: Cut out and put the scenarios into a good and not so good feelings list, two are left blank to add your own scenarios!

Non-uniform day at school	Favourite song comes on the radio	It's raining
There is an argument in the group	The school bus is late	PE kit is lost
Goal scored!	New trainers are delivered	Someone says something nasty to someone else
The park is closed	No one wants to play today	Pizza for lunch
Find £5 on the pavement	Time for a bike ride	The sun comes out
There is a maths test today	Someone is not included	A hug from a friend
Best friend comes round to play		

Feeling good every day



Different things happen every day that make us feel good and not so good. For example, I missed the bus this morning and was late, I felt worried about it so that was a not so good feeling. But then I got a star for my art-work and I felt proud, so that was a good feeling.

There are ups and downs all the time. But there are some things we can do to help us have more of the good feels - simple ideas of things you can do every day...

- Go outside! Get some fresh air
- Run around or play – do something active that gets your body moving
- Have you got a hobby that you enjoy? Learn something new!
- Hang out with your family or friends
- Doing something nice for someone else
- Helping others – it feels good for you too!
- Read books you like
- Listen to your favourite music – sing and dance!
- Have a good night's sleep
- Relax...

What to do if something feels not so good

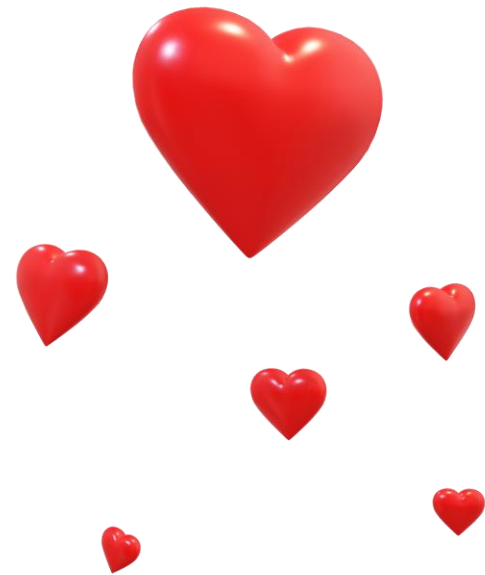
If things happen that make us feel not so good... don't worry! There are things you can do to feel better. Here are some ideas...

- Talk to someone about it
- Take your mind off it – do something else
- Take some deep breaths
- Count to 10!
- Know that this moment will pass
- Choose something from the list above
- If it feels very bad or not right... **tell a trusted adult** – they can help you!

Self care

- Self care isn't always quiet or done in a meditation room
- Self care is not always about your appearance
- Self care means different things to different people
- Parents and carers need time for self care, too
- Your self care needs can change over time
- Self care doesn't make you selfish, it makes you stronger and ready to balance all elements of your life!
- Take the time now to write a list of how you can help to feel good about yourself and manage the not so good feelings.

Take
care of
your
self



Coping strategies for managing emotions:

Discuss various coping strategies perhaps offer up your own to start off the conversation:
Useful sources for children and young people are listed below:

Family mindful games <https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/>

Childline provides a [toolbox](#) of activities such as breathing exercises, coping videos, yoga, games and a mood journal

<https://goodmentalhealthmatters.com/>

Whole family health: https://www.medway.gov.uk/info/200221/a_better_medway

APPS:

Calm-Harm is suitable for people who are trying to manage urges to self-harm

Chill Panda is suitable for children who want to learn how to manage stress, relax and feel better

Headspace helps you to let go of stress and relax with guided meditations and mindfulness.

Cove allows you to create music connected to your feelings

DAYLIO is a daily mood tracker

Go back to your person, draw & write activity.....

Is there anything you would like to change?

Is there anything you would like to add? Use a different colour pen or pencil to amend your draw and write and show how your thinking has developed or changed.

