

How do you feel today?



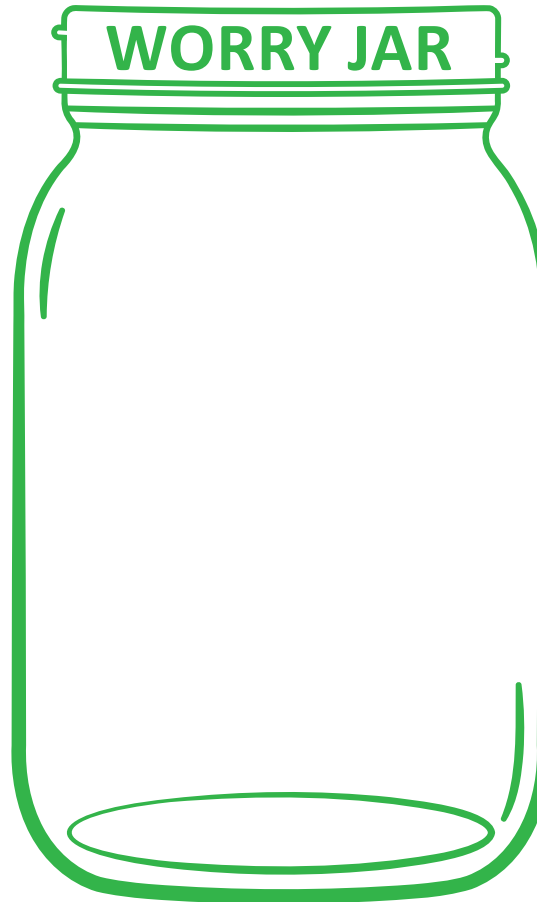
Emotions

Can you label your emotion?

Can you talk about how you are feeling today?

We all feel lots of different emotions everyday.

Using your wellbeing toolkit can help you with your big feelings.



Calm Club

- 👤 Talk to an adult
- 📖 Read quietly
- 🧘 Mindfulness
- 🎨 Draw and colour
- 🕒 A space to calm



Coppice Valley Wellbeing Toolkit

Name:



Take 5 Breathing

Practicing your High 5 breathing can help you feel calm.

Wellbeing Toolkit

Things that keep me calm

Helping Hand

Talking to a trusted adult or friend can help if you are feeling worried or sad.

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

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Breathe



Write a name on each finger of people you can trust.