

WELLBEING TOOLKIT

Included in this pack:

- Pocket colour
- Pocket black and white
- Emotional register
- List of feeling words
- Star breathing
- Thermometer for scaling
- Jar activity
- Bucket of happiness
- Proud cloud
- Relax tips
- Relax top four
- Starfish story
- I made a difference sheet
- Star of strengths
- List of positive characteristics
- Sleep tips
- Grounding activity
- Simple emotional register
- Worry tree
- Helping hand
- 5 a day for wellbeing
- My favourites
- Grateful flower
- Physical feelings
- Helpful thoughts
- My family
- I wish

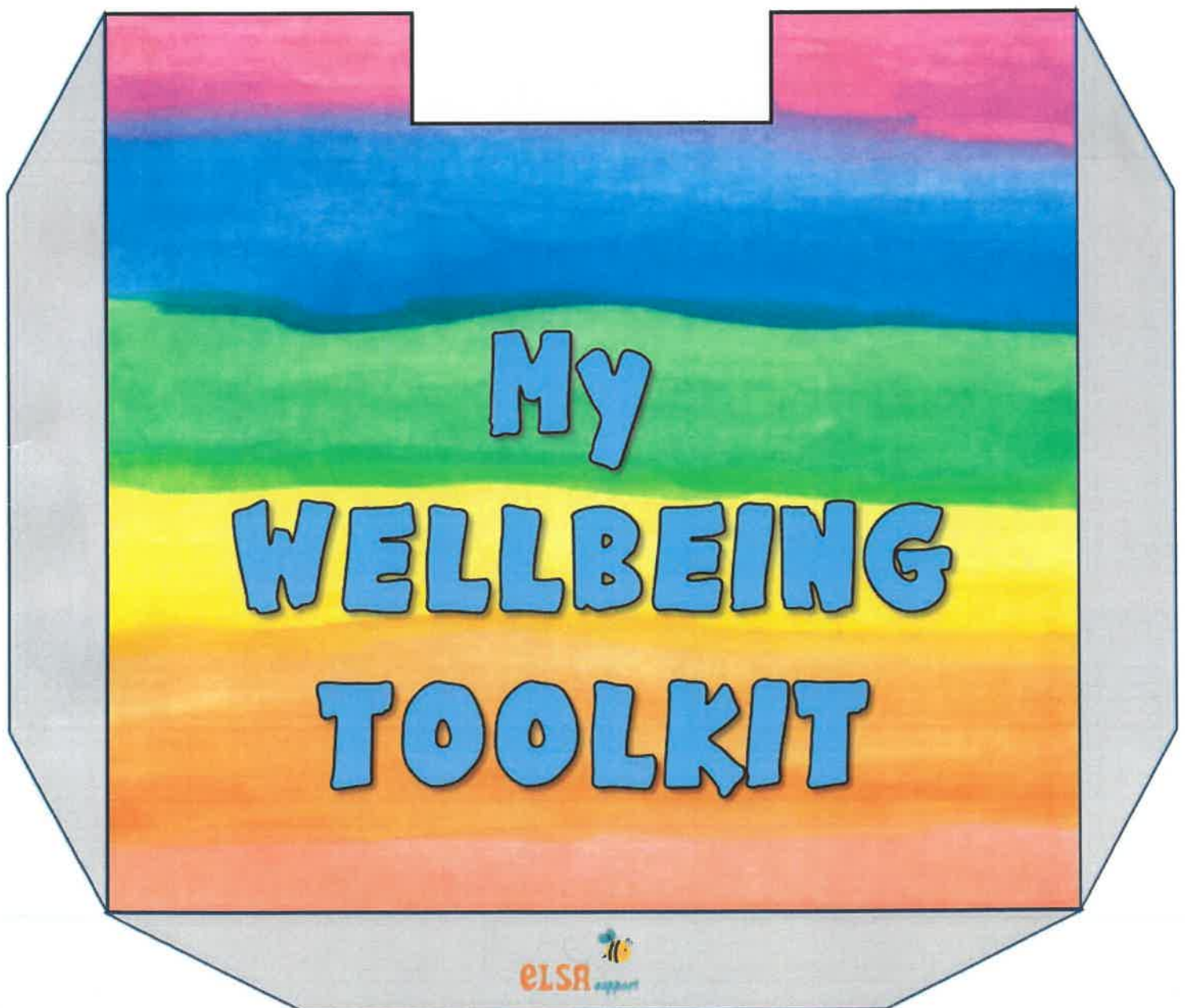
This is a huge pack of resources and you don't have to put everything into the pocket.

You can give the child a few things at a time. These can be worked on with dry wipe pen and then rubbed out at the end of the day. Starting a new day with blank templates.

Or if at home, print and complete when you feel you need to.

Wellbeing Pocket

Print the pocket onto strong card if possible. Cut out and fold the sides inwards for sticking to the exercise book or piece of folded card.



Wellbeing Pocket

Print the pocket onto strong card if possible. Cut out and fold the sides inwards for sticking to the exercise book or piece of folded card.

My
WELLBEING
TOOLKIT

Today I feel...

Because...

EMOTIONAL REGISTER

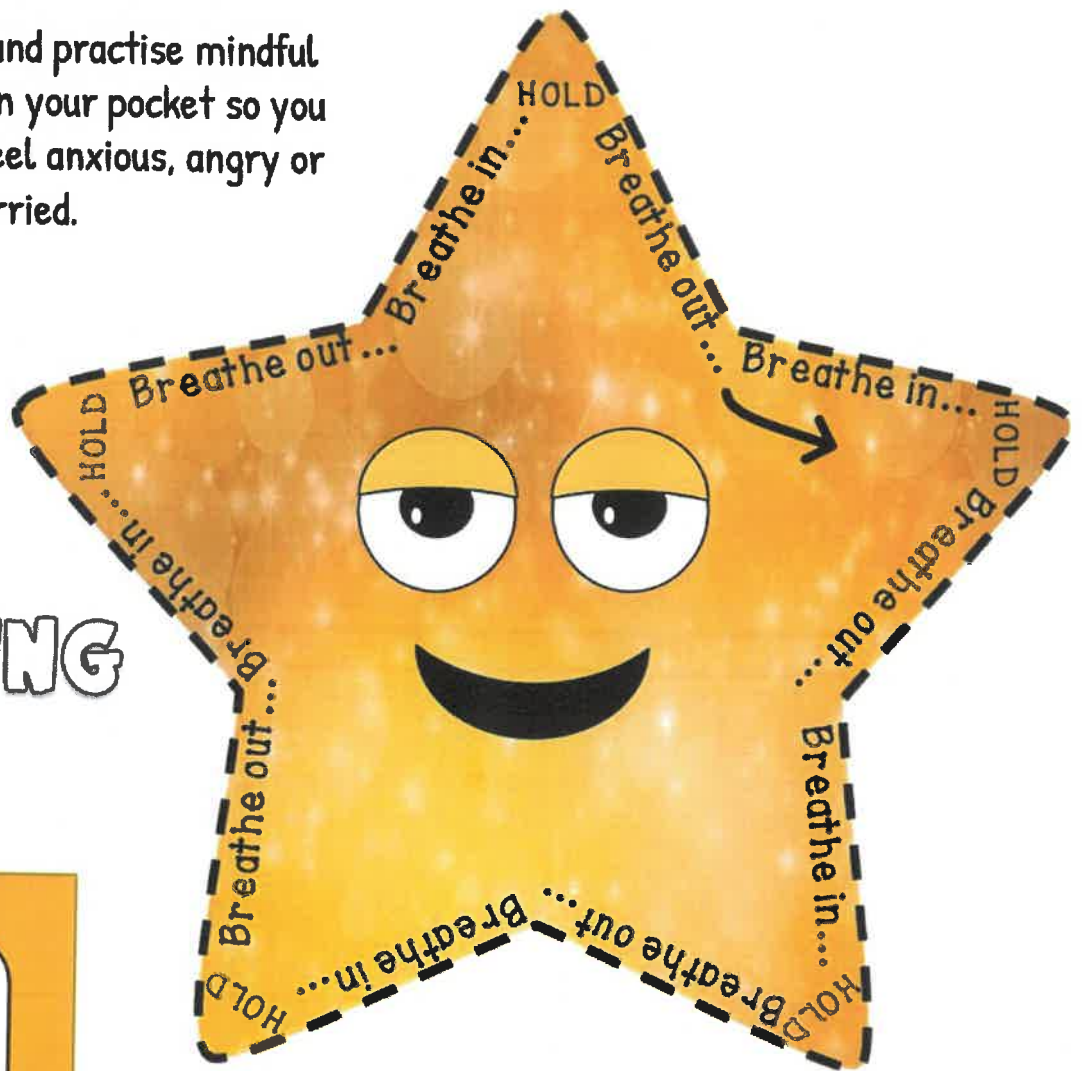
List of feelings...

Happy
Sad
Angry
Scared
Surprised
Disgusted
Worried
Anxious
Bored
Tired
Sick
Embarrassed
Shy
Annoyed
Frustrated
Confused

Jealous
Excited
Ashamed
Lonely
Stressed
Overwhelmed
Calm
Relaxed
Content
Disappointed
Miserable
Grumpy
Grateful
Brave
Determined
Unsure

Cut out the star and practise mindful breathing. Put it in your pocket so you can use it if you feel anxious, angry or worried.

STAR BREATHING



HOW BIG IS MY FEELING?

5
4
3
2
1
0

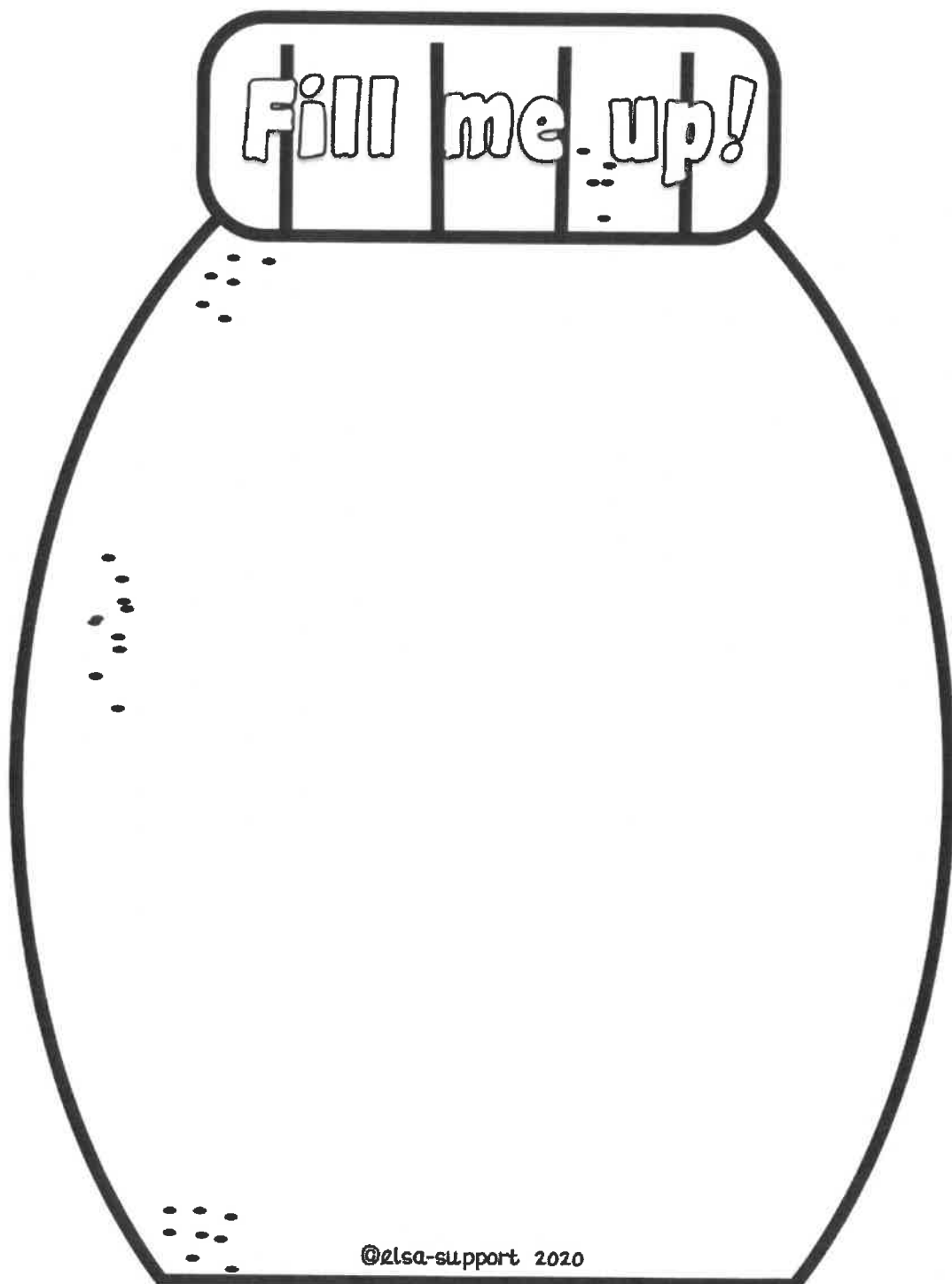
SCALING THERMOMETER

Cut out and laminate. Put in the pocket. Use to scale your feeling. Is it huge or is it tiny?

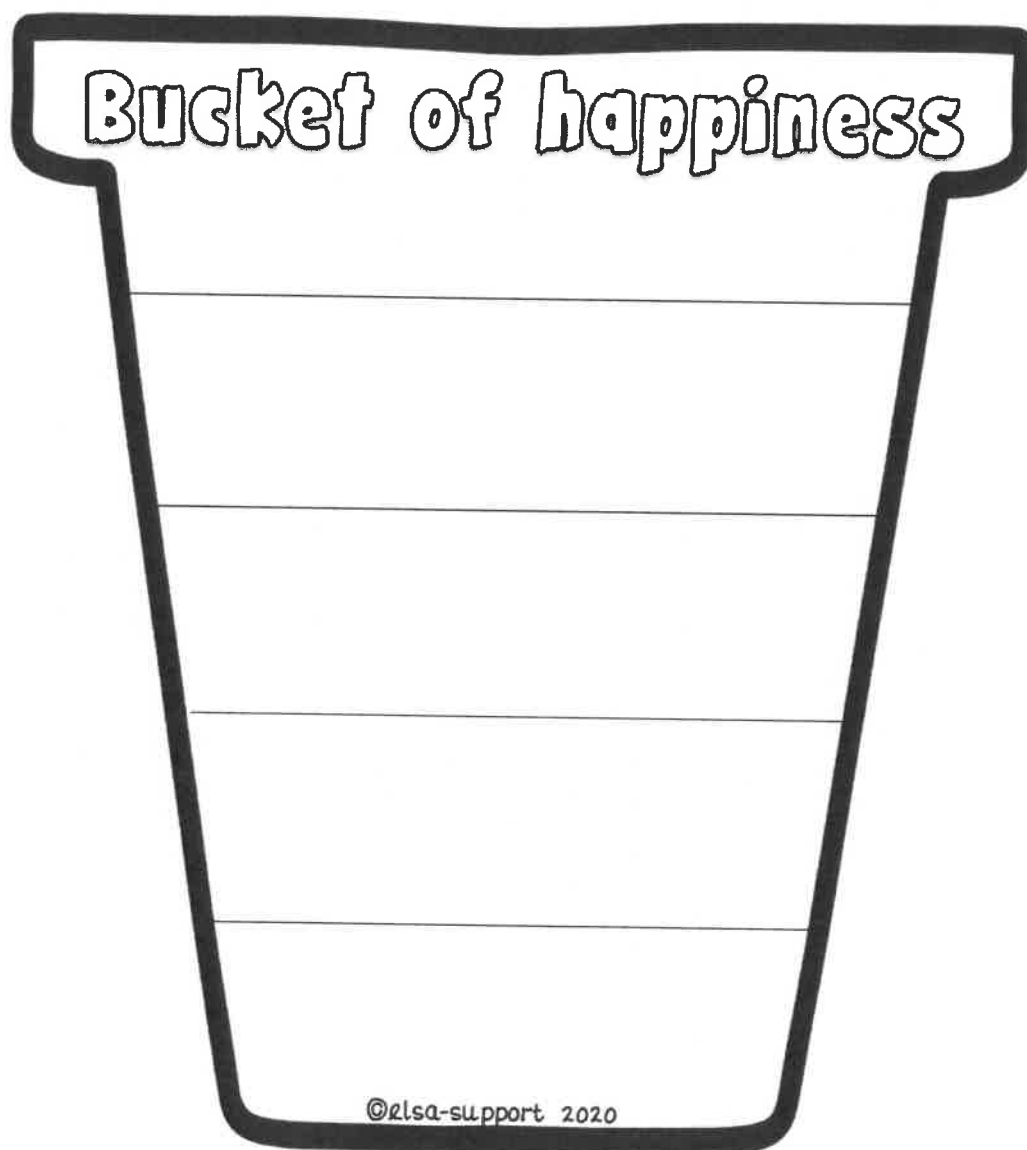
Cut out the jar and laminate. Put in the pocket. Use a dry wipe pen. Suggestions could be

- Things that make me laugh
- Positive things
- Things I am grateful for
- Things I can do
- Achievements
- Strengths or talents
- Goals, wishes, dreams

JAR ACTIVITY



Cut out and laminate the bucket. Write things that fill up your bucket of happiness.



**HAPPINESS
BUCKET**

Proud cloud -cut out and laminate. Write things on the cloud that make you feel proud today.

I FEEL PROUD BECAUSE...

**PROUD
CLOUD**



Relax

This means you let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.

Tips

- ☐ Read a book – when you escape into a good book it can feel very relaxing.
- ☐ Watch a movie – like reading a book it can feel relaxing to watch something you enjoy.
- ☐ Take a walk or do some exercise (You will feel more relaxed afterwards)
- ☐ Focus on your breathing – slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- ☐ Be creative and try drawing, painting or mindful colouring.
- ☐ Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- ☐ Listening to music can be very relaxing.
- ☐ Draw your happy place and imagine it when you are feeling tense.
- ☐ Flop on a beanbag, cushion or on your bed.
- ☐ Try a mindful walk – what can you see, hear, feel, taste or smell?

How do you like to relax? Perhaps you could make your own list on the next page...



I can relax by...

1

2

3

4

Things you can do to relax. Cut out and laminate. You can change your ideas if you use a dry wipe pen.

RELAX IDEAS

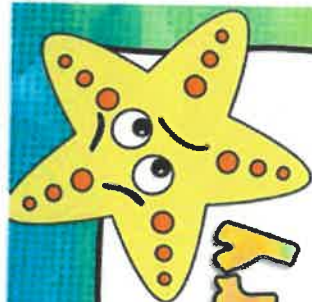
I made a difference

Every time you make a difference by acting kindly or helping others draw a starfish in a box. Can you fill it up?



KINDNESS

Laminate and cut out. A reminder of the starfish story and thinking of things to do to make a difference



Starfish Story

A man was walking along a deserted beach at sunset. As he walked, he could see a young boy in the distance. As he drew nearer, he noticed that the boy kept bending down, picking something up and throwing it into the water. Time and again he kept hurling things into the ocean.

As the man approached even closer, he was able to see that the beach was covered with starfish that had been washed up by the tide. The boy was picking them up one at a time and was throwing them back into the water. The man asked the boy what he was doing.

The boy replied, "I am throwing these washed-up starfish back into the ocean, or else they will die through lack of oxygen. "But", said the man, "You can't possibly save them all, there are thousands on this beach, and this must be happening on hundreds of beaches along the coast. You can't possibly make a difference."

The boy looked down. He frowned for a moment, then bent down to pick up another starfish, smiling as he threw it back into the sea. He replied, "I made a huge difference to that one!"

~Author Unknown~



STAR OF STRENGTHS



Cut out the star and laminate. Use a dry wipe pen to write down some of your strengths that you have used today.

You can use a dictionary to find out what some of the words mean or you can add your own characteristic

Positive characteristics or strengths

Kind

Polite

Caring

Positive

Helpful

Perseverant

Creative

Punctual

Artistic

Respectful

Brave

Reliable

Supportive

Responsible

Articulate

Resourceful

Loving

Sincere

Busy

Thoughtful

Considerate

Trustworthy

Daring

Truthful

Eager

Understanding

Fair

Witty

Loyal

Funny

Motivated

Warm

Neat

Wise

Observant

Friendly

Optimistic

Efficient

Organised

Inventive

Open

Independent

Patient

forgiving

SLEEP TIPS

Getting enough sleep is so helpful to our wellbeing. Cut out the tips and read them often to remind yourself on how to get the best night's sleep

Sleep tips

DO

- ☐ Make a worry or dream doll, tell all your worries to your doll before you go to sleep and pop your doll under your pillow.
- ☐ Make a dream catcher and catch any scary dreams.
- ☐ Decorate a pillowcase with happy thoughts. Read those happy thoughts before you go to sleep.
- ☐ Try relaxation exercises before you go to bed on a night
- ☐ Have a nice milky drink to help you relax and sleep better.
- ☐ Watch happy films or read happy books.
- ☐ Some exercise during the day so you feel physically tired. This could be in your house. Jog on the spot, jumping jacks, bunny hops, up and down stairs as many times as you can.
- ☐ Go to bed at a reasonable time. (Your mum or dad know best!)
- ☐ Have a warm relaxing bath before bed.
- ☐ Use a cuddly toy to cuddle and keep close to you.
- ☐ Talk to someone if you are worried about anything. When we are worried, we can feel stressed and don't relax properly when we go to bed.
- ☐ Get into a comfortable position in bed.
- ☐ Leave a night light on if that helps.
- ☐ Put some socks on if you get cold feet. Warm feet will help you get to sleep quicker.
- ☐ Go to the toilet before getting into bed. You don't want your full bladder to wake you up in the night.
- ☐ Have a bedtime routine and stick to it every night. Bath, snuggle with a book, warm milky drink.
- ☐ Draw a picture of something lovely you WANT to dream about just before bedtime.
- ☐ Turn off all computers and mobiles two hours before bedtime.
- ☐ Share any feelings with an adult before you go to bed.
- ☐ Make your last meal your supper/dinner to allow food to digest before sleep time
- ☐ Drink only decaffeinated drinks near bedtime

When feeling anxious you can find...

5 things you can see



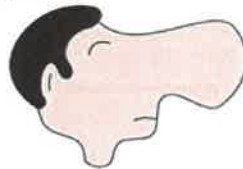
4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

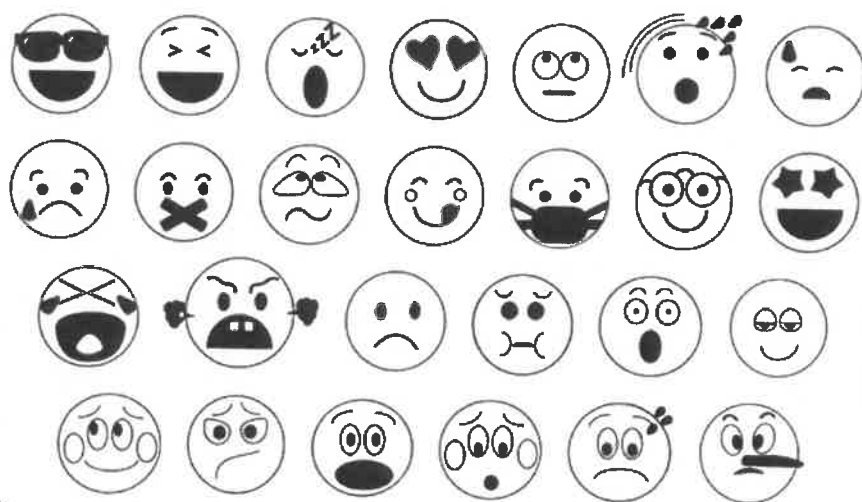


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GROUNDING ACTIVITY

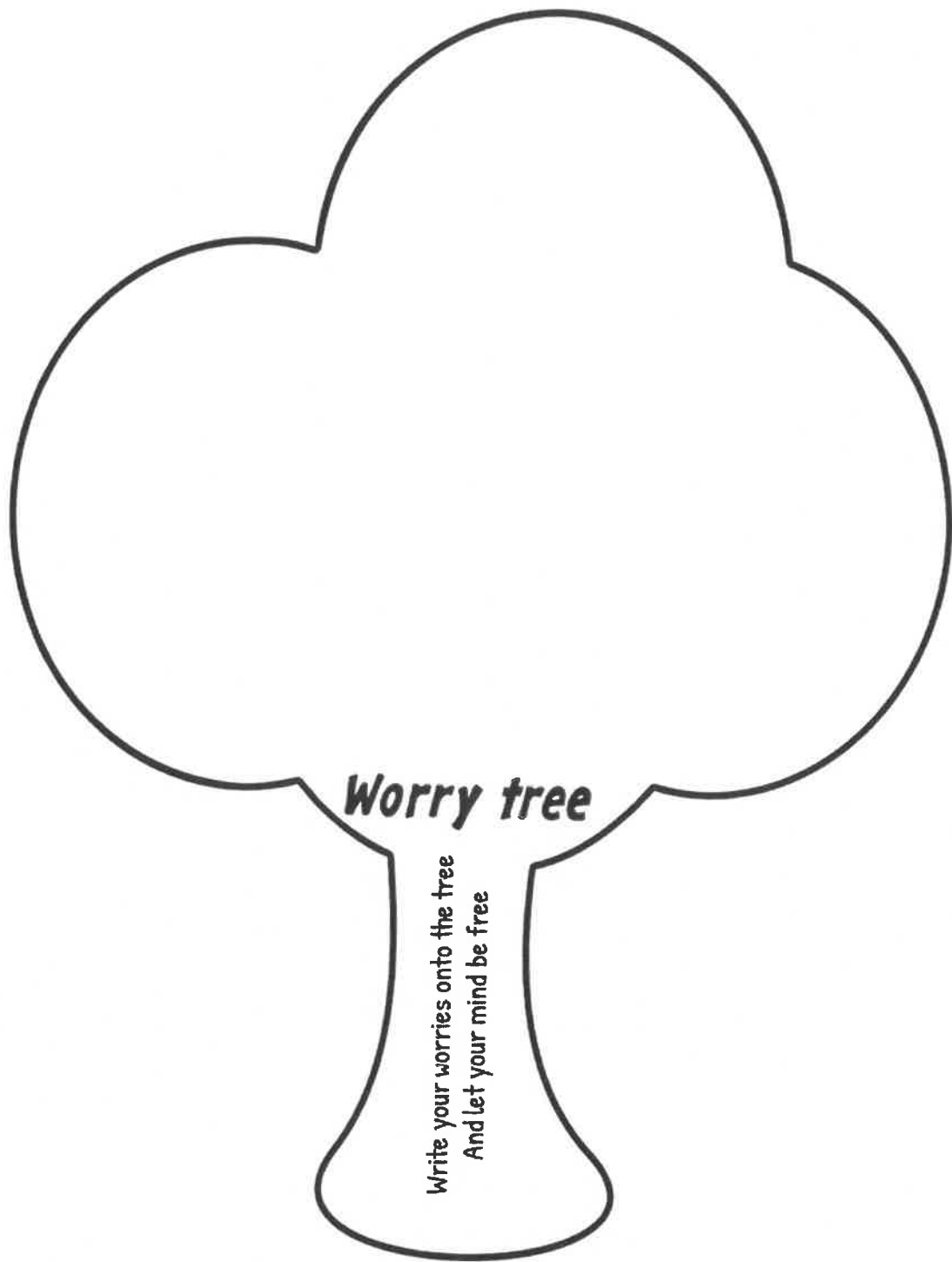
Cut out and laminate. Use this if you feel anxious in anyway. It will help you to feel better and less anxious.

A large, empty circle with a thin black outline, centered on the page. It occupies most of the width and height of the drawing area.



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Cut out and laminate. You can draw how you are feeling on the face. You can make it look like one of the emojis if you want to.



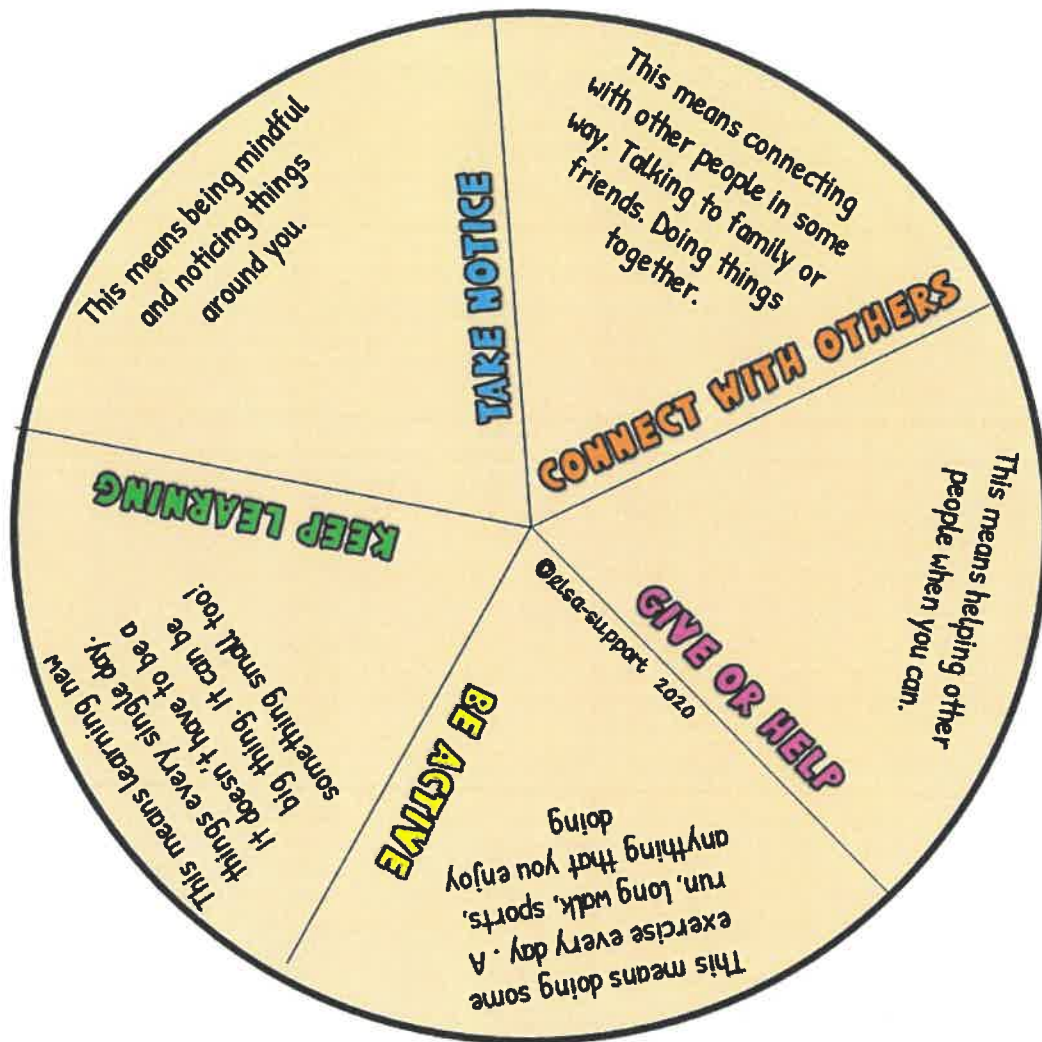
WORRY TREE

Cut out and laminate. You can write any worries on the tree that you have today and leave them there. The worry tree will help you by looking after the worry. When you return at the end of the day you might find you are no longer worried. Remember feelings come and go all of the time. If you are still worried then make sure to talk to an adult.



HELPING HAND

Cut out and laminate. Anytime you help someone then write it on the finger of the hand. Helping others can really boost your wellbeing and make you feel better about yourself.



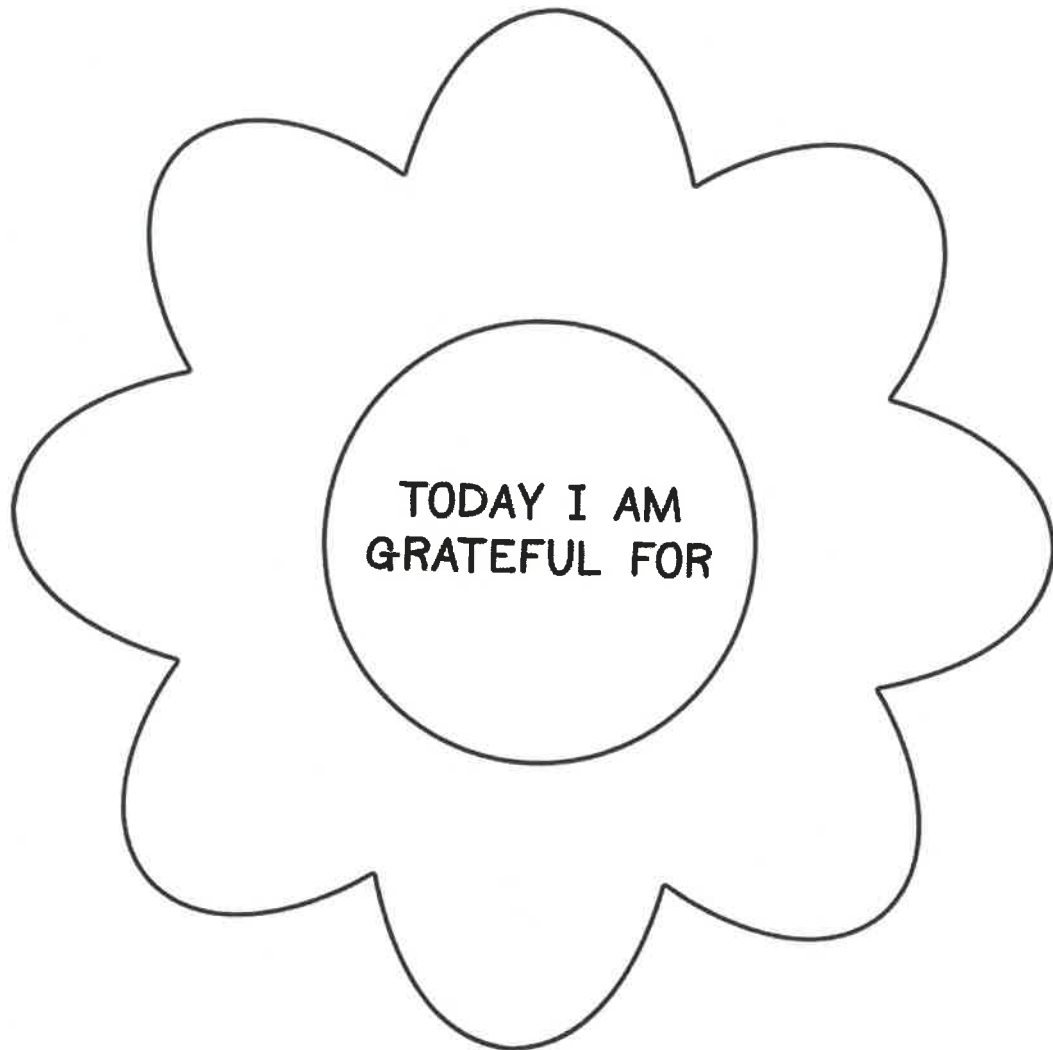
5 A DAY FOR WELLBEING

Cut out and laminate. Each section has something to do to help wellbeing. This can be a reminder each day. You can tick off each one with a dry wipe pen as you do it.



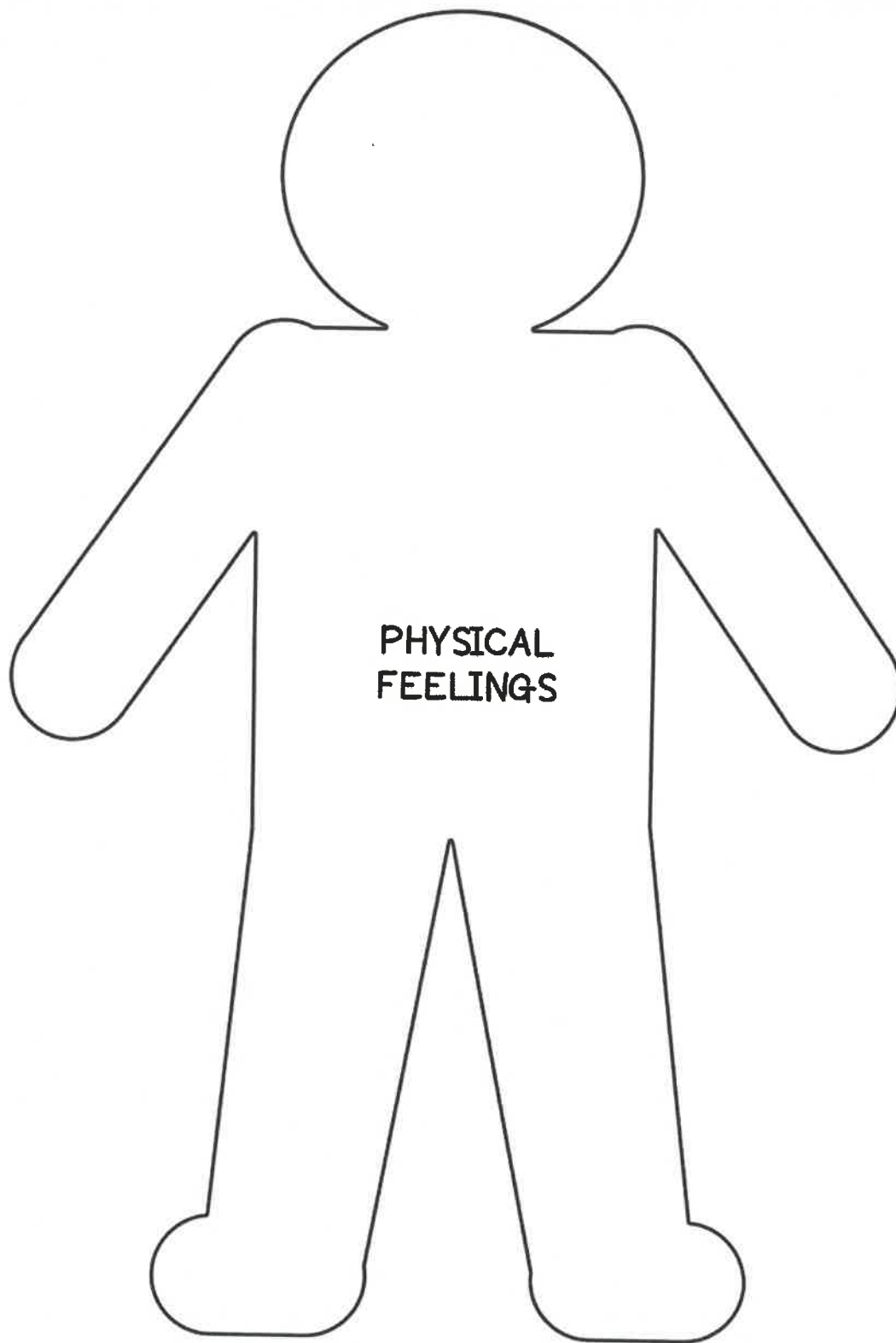
MY FAVOURITES

Cut out and laminate. Remember all of your favourites. It can really help you to feel better. What is your favourite colour, food, drink, game, person, etc.



GRATEFUL FLOWER

Cut out and laminate. Think about something you are grateful for today. Fill your flower with all those things.



PHYSICAL
FEELINGS

PHYSICAL FEELINGS

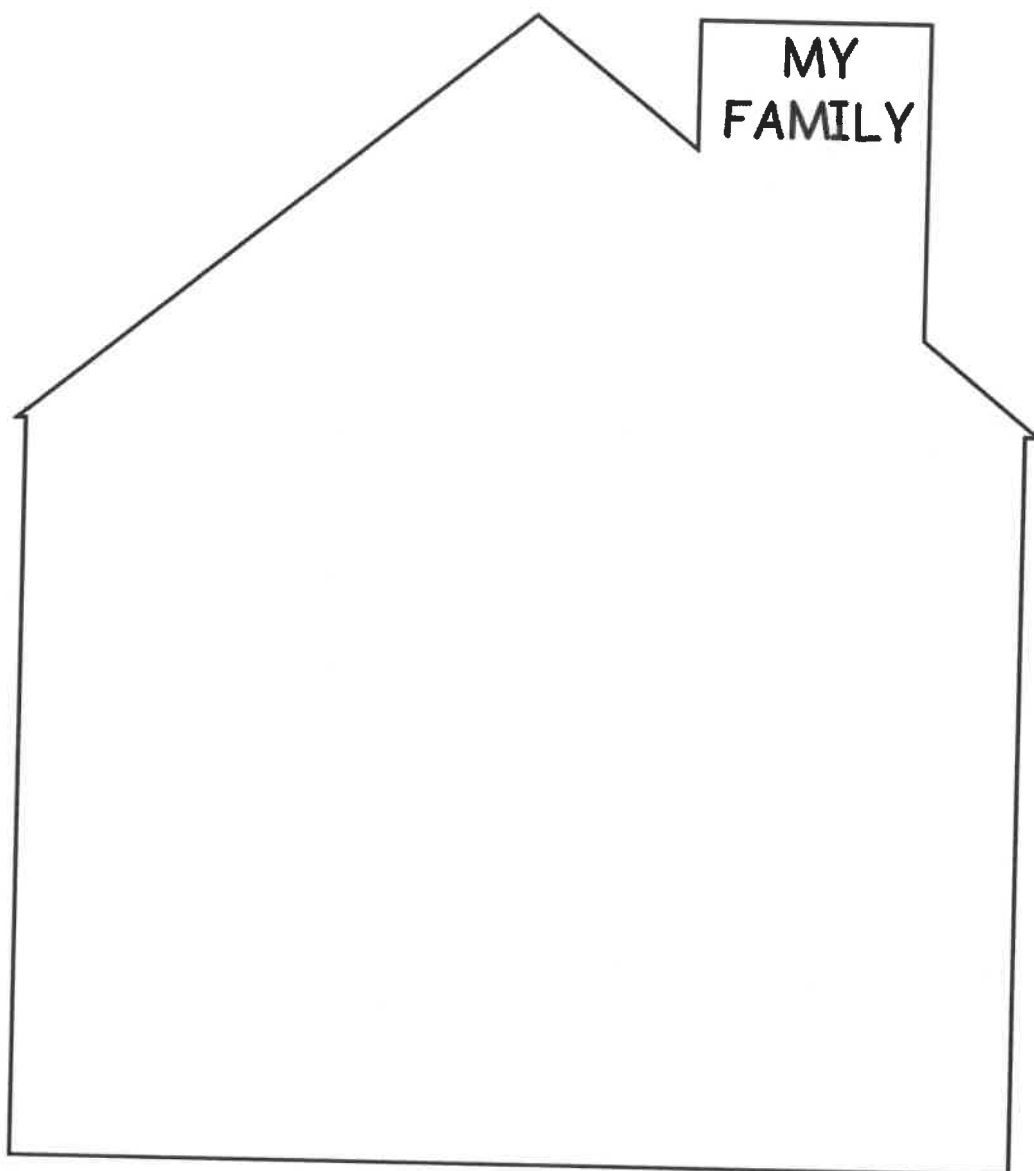
Cut out and laminate. Think about how your body feels during the day. Do you feel tense, shaky, hot, cold, relaxed, fast heartbeat, fast breathing etc. Mark them off on the body.

HELPFUL
THOUGHTS

HELPFUL THOUGHTS

Cut out and laminate. If any unhelpful thoughts pop into your head today make sure you change them to HELPFUL THOUGHTS. Changing negative thinking to positive thinking can help to increase your feelings of wellbeing.

E.g. 'I have no one to play with' to 'perhaps I should ask _____ to play with me'.



MY FAMILY

Cut out and laminate. Who is in your family? Draw them on the house shape.
You all belong together. Feeling like you belong can help your wellbeing

I WISH...



I WISH

Cut out and laminate. What do you wish for? Wishes can become goals which can come true if you make a plan and work out how you can achieve your wishes.

Reframing "ATTENTION SEEKING"

by looking beyond behaviour to unexpressed needs



CONNECT WITH ME (Connection Seeking)

SEE ME, HEAR ME, ACCEPT
ME. SHOW INTEREST &
DELIGHT IN ME. HOLD
ME IN YOUR MIND



UNDERSTAND ME (Attunement Seeking)

CONSIDER & RESPOND TO
MY NEEDS. ORGANISE,
VALIDATE & HOLD MY
FEELINGS. BE CURIOUS
ABOUT WHAT'S HAPPENING
FOR ME



PROTECT ME (Attachment Seeking)

SEE MY EXTREME DISTRESS
AND THE DIFFERENT WAYS
IT IS BEING EXPRESSED.
SUPPORT ME TO REGULATE.
HELP ME TO FEEL SAFE

Write your personal strengths on the leaves (and branches too if you want!)



GoZen.com

Write human strengths in the roots, think about parents for ideas e.g. mum - is she kind?

I **A**CKNOWLEDGE
that I am not
perfect, and
that's okay.

I take 3 deep
BREATHS before
I react.

I **C**HANNEL
my energy into
something awesome.

I **D**ARE myself
to change my
way of thinking.

I **E**NGAGE in
a different
behavior.

I **F**LIPT the
script.

I practice
GRATITUDE, even
when I am upset.

I **H**ELP
someone else.

I **I**DENTIFY
why I am feeling
this way.

The ABCs of Self-Regulation
(things kids can do to regulate themselves)

I tell a **J**OKE.

I practice
KINDNESS.

I follow my fearful
thoughts to a more
LOGICAL end.

I try to
MASTER a
new task.

I **N**OTICE someone
or something
smaller than me.

I **O**FFER to help
another person.

I **P**ONDER the
beauty that
surrounds me.

I take a minute
to be **Q**UIET.

I **R**ECOGNIZE
when I need to
take a break.

I **S**IT in a
comfortable place.

I spend **T**IME
with a family
member, friend or
trusted adult.

I **U**SE my feelings
to propel me into
positive action.

I **V**ISUALIZE
myself in a
peaceful place.

I take a
WALK.

I tell myself that I
am **E**XCITED about
new challenges.

I practice
my favorite
YOGA pose.

I rest when I
am **Z**ONKED.

Growth Mindset Talk

What can I say to myself?



1. I'm not good at this.....I can't do this yet.
2. I give up.....I'll use some of the strategies I have learnt.
3. It's good enough.....Is this my best work yet?
4. I made a mistake.....This was my first attempt in learning.
5. This is too hard.....If something is hard, it means I'm learning!
6. I'm really good at maths.....I understand this because I have been practising.
7. I will never be as clever as them.....I'm going to find out how they do that.
8. I can't do this.....This is going to take time and effort to master.
9. I can't make this any better.....Improvements can always be made.
10. They can't do it.....How can I help them to understand this?

*You
are
amazing!*

*You
are
strong!*

*Keep
going!*

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*Take some
deep
breaths!*

*You
can do
this!*

*You are
awesome!*

*Remember
your
smile!*

*There is
only one
you!*

*You are
stronger
than you
think!*