

# My Home Book of Feelings and Thoughts.



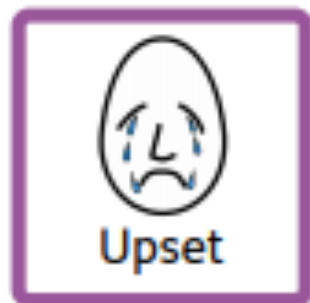
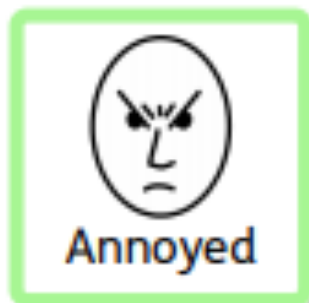
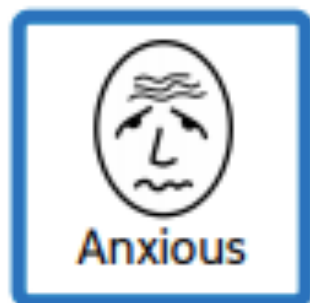
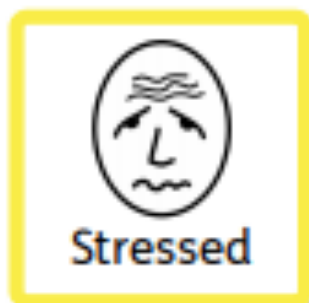
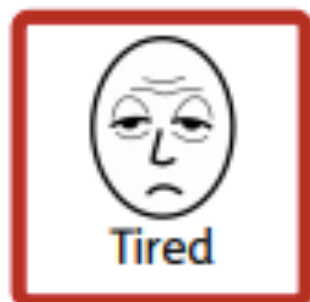
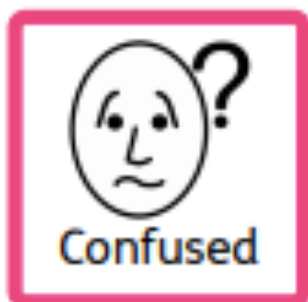
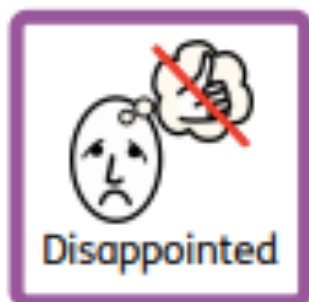
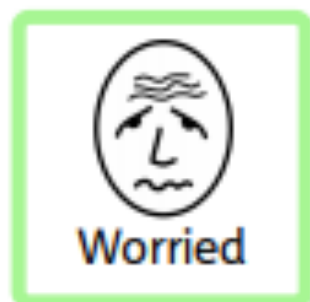
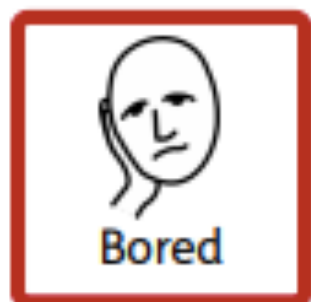
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This booklet has been made  
for you to help you to  
talk about and share  
how you are feeling.

Change can make us  
feel worried  
and being at home  
instead of school

is a **big** change!

# This is how I feel...



# To feel better I choose...

I FEEL...

I CAN...

	lonely disappointed sad
	silly excited hyper
	frustrated annoyed angry
	tired sick hungry
	worried anxious scared
	happy calm focused
	shy confused embarrassed
	brave proud hopeful

TAKE DEEP  BREATHS

TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.

USE POSITIVE  SELF-TALK

 ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

BRAINSTORM  SOLUTIONS &  TRY AGAIN

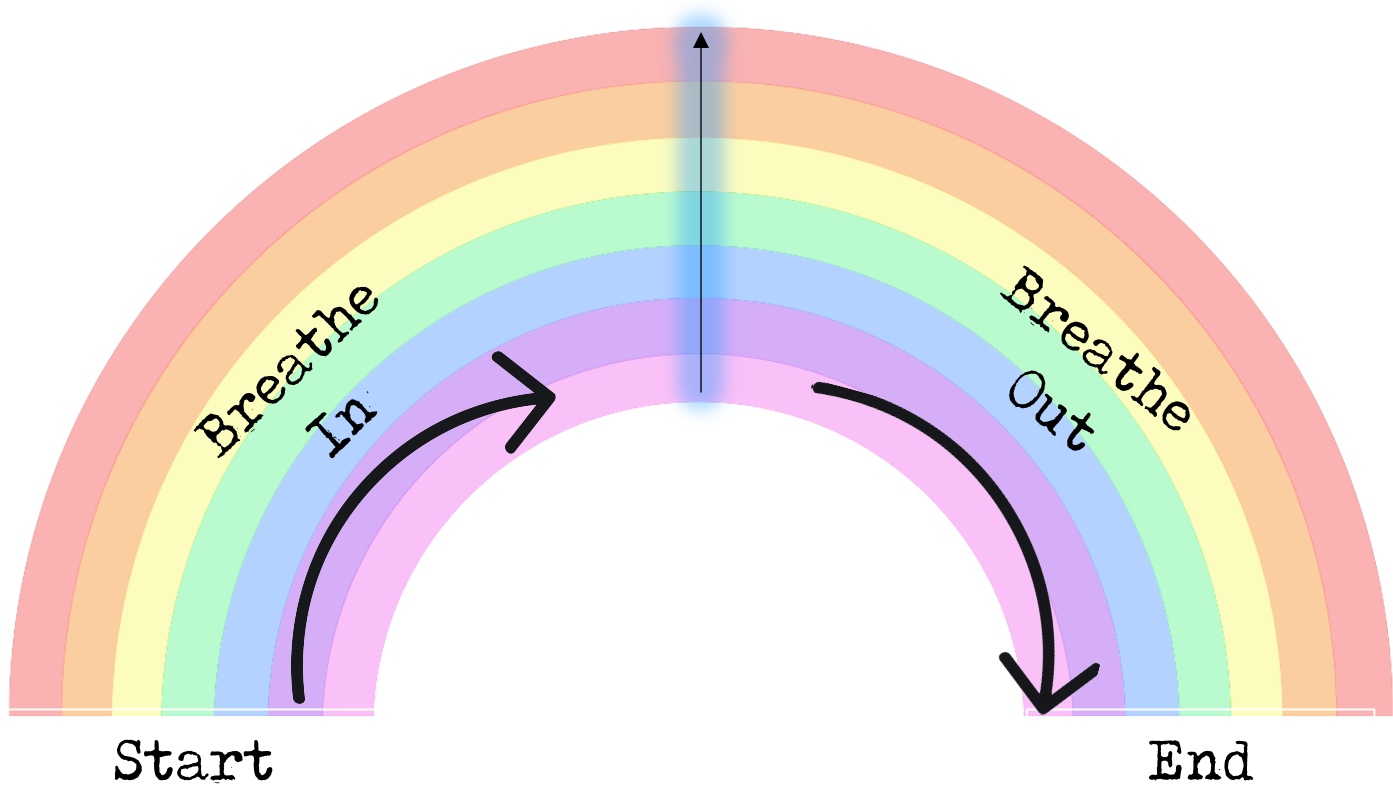
GET A DRINK OF  WATER

 TAKE A BREAK

TALK  OR WRITE  ABOUT IT

# Rainbow Breathing

Breathing exercises are BRILLIANT for helping us to feel calm and settled.

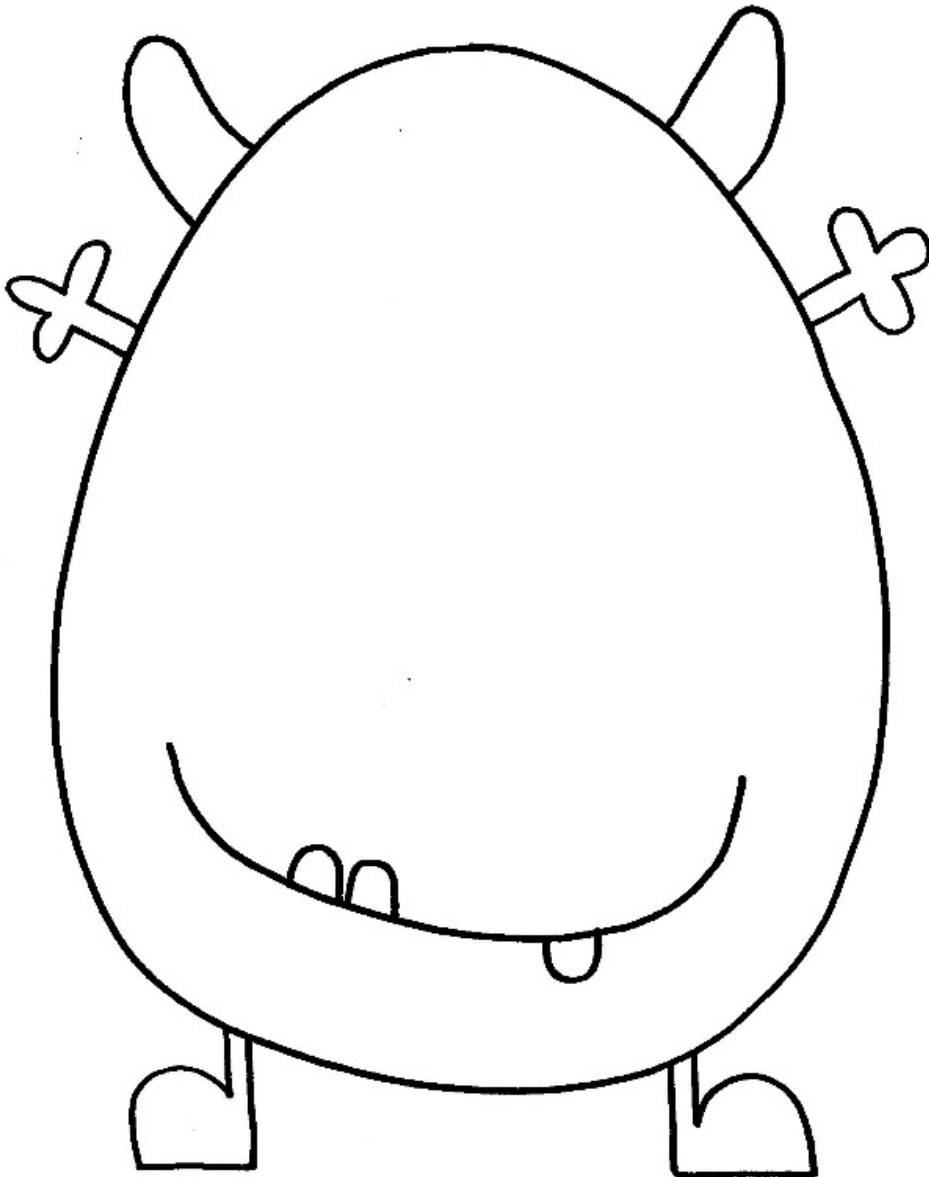


Put your finger on the red colour.  
Take a long, slow breath through your nose and slowly trace the colour to the top of the rainbow.  
As your finger moves down breathe out slowly through your mouth.  
Repeat for the other colours.

Decorate this **worry monster** and  
cut it out.

When you have feelings, worries,  
good news or bad news to share.

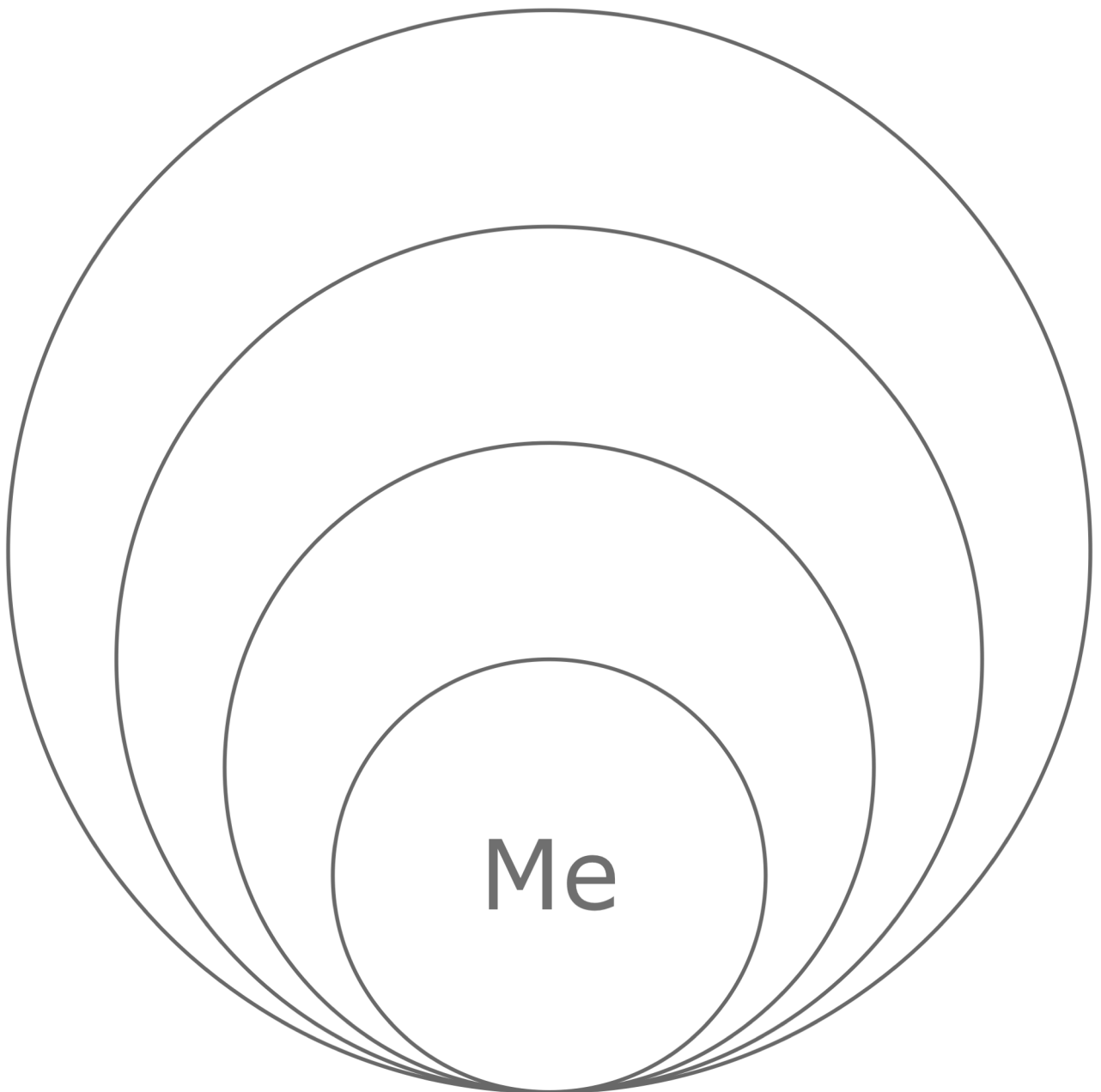
Whisper them and imagine what  
advise they would give you?



# My Circle of Support

You might feel lonely being off school.

Think about who is in your circle – friends, family and other people that care about you.



# Clap for the Carers

You might have clapped on your step to thank the NHS for helping everyone.

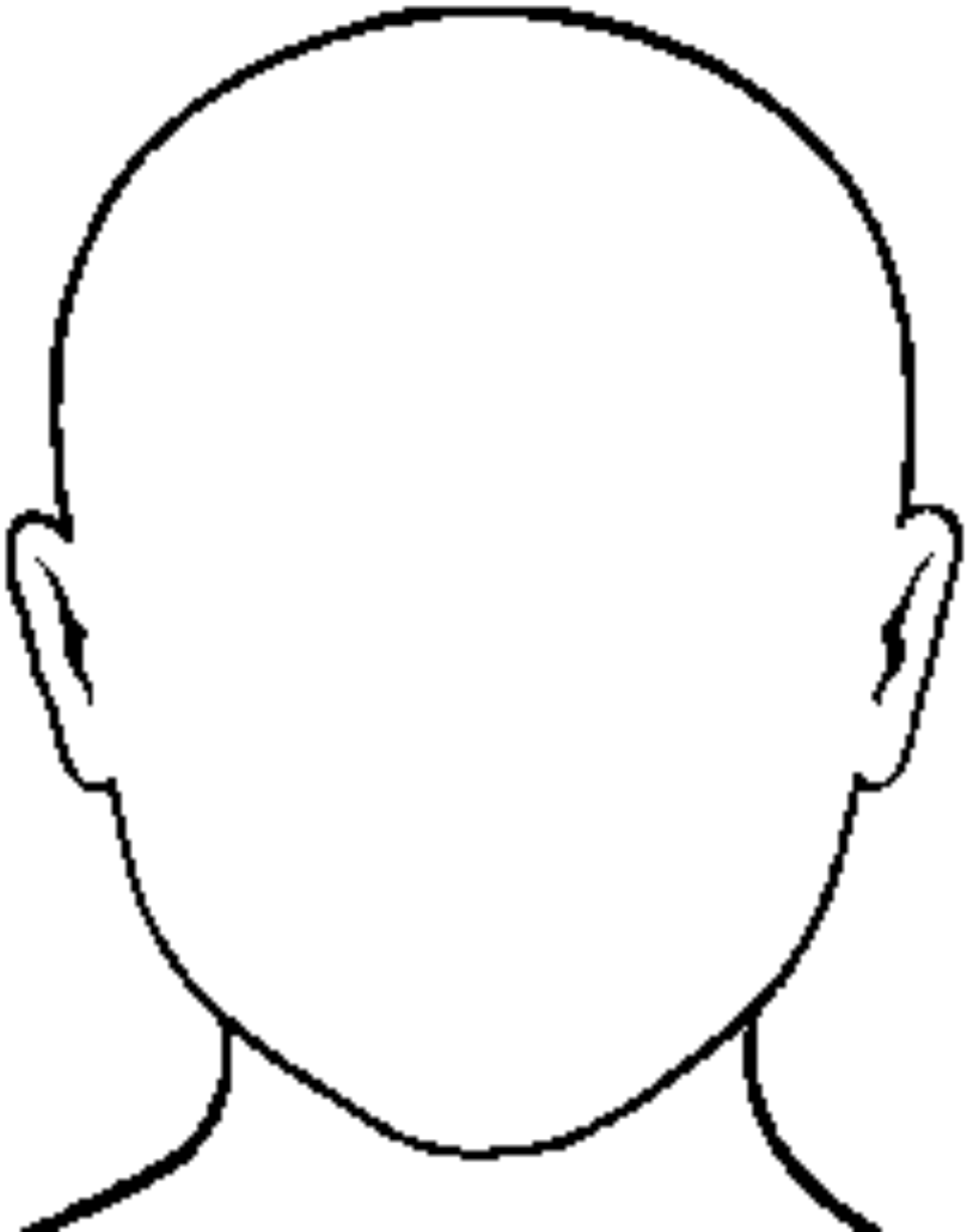


Who else can you think of that is caring, kind and helpful?



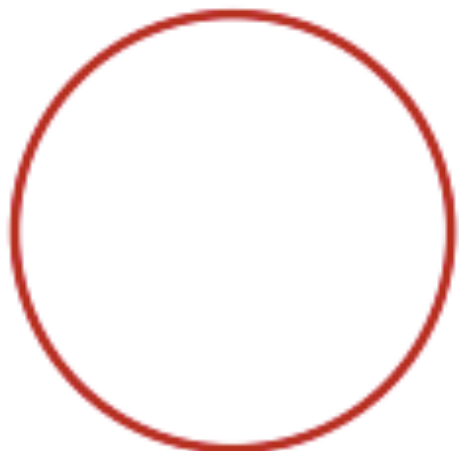
Write down all of the things  
that you have been thinking about.

**Circle** the ones that make you feel happy.



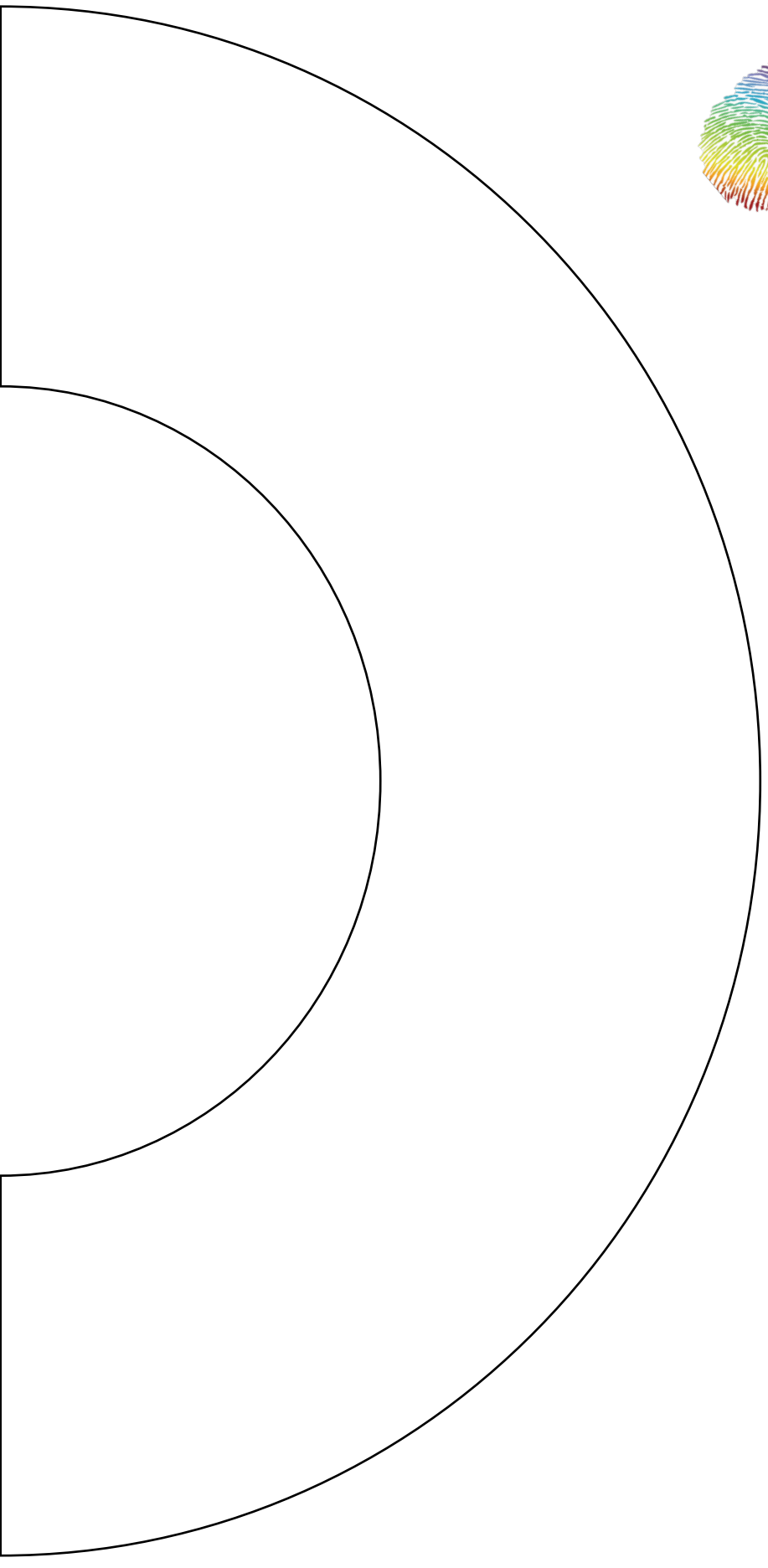
# Draw the Emotions!

Can you draw a happy, sad, angry and scared face?





# Fingerprint Rainbow

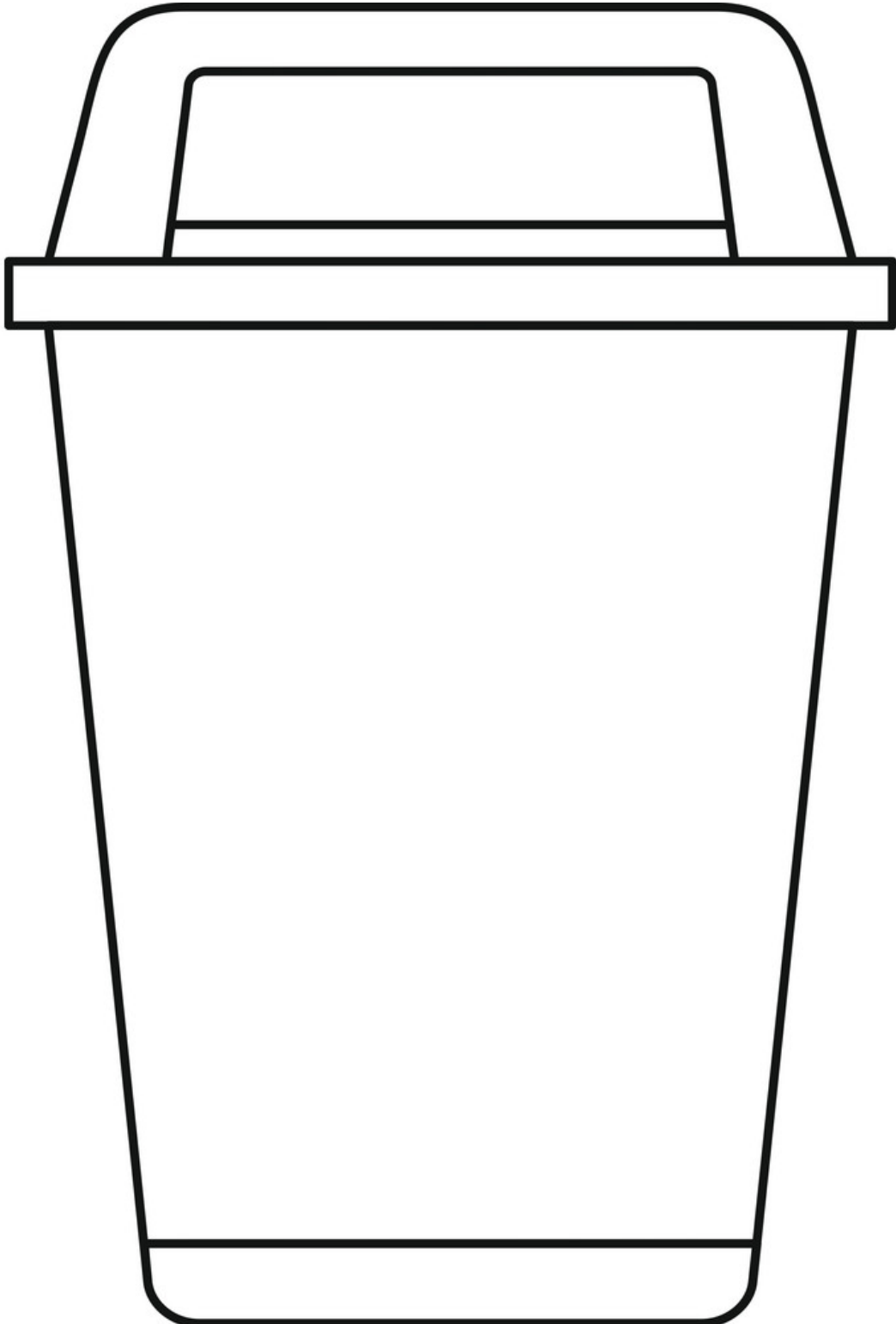


Create a colourful rainbow of your fingerprints!

# Dump your worries!

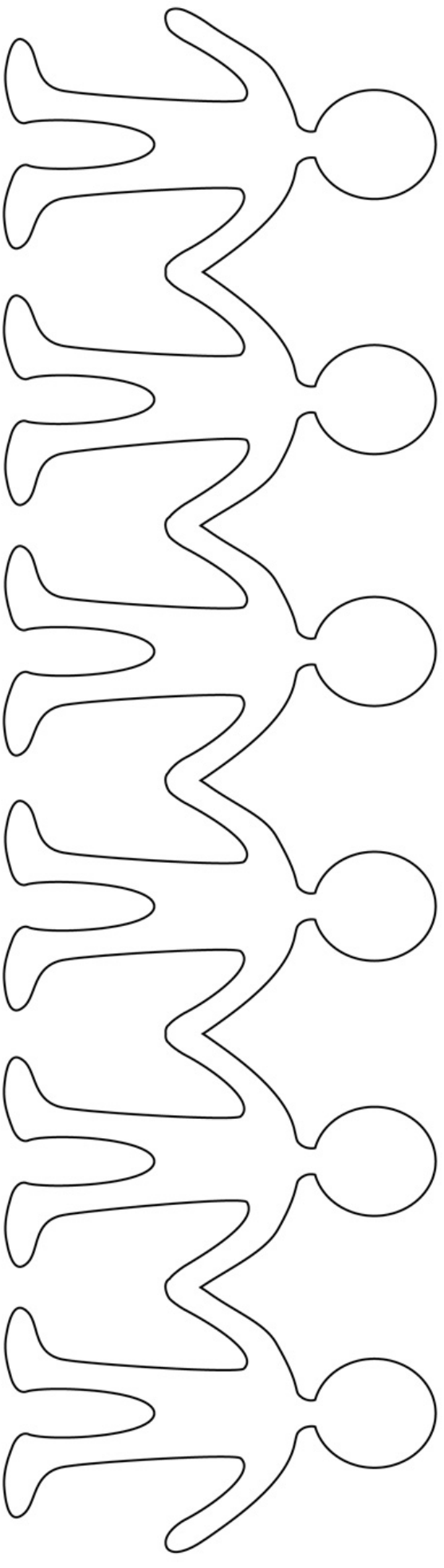
Fill the bin with the thoughts you'd like to get rid of.

When they are all out – rip it up, scrumple it,  
stamp on it and throw them away!

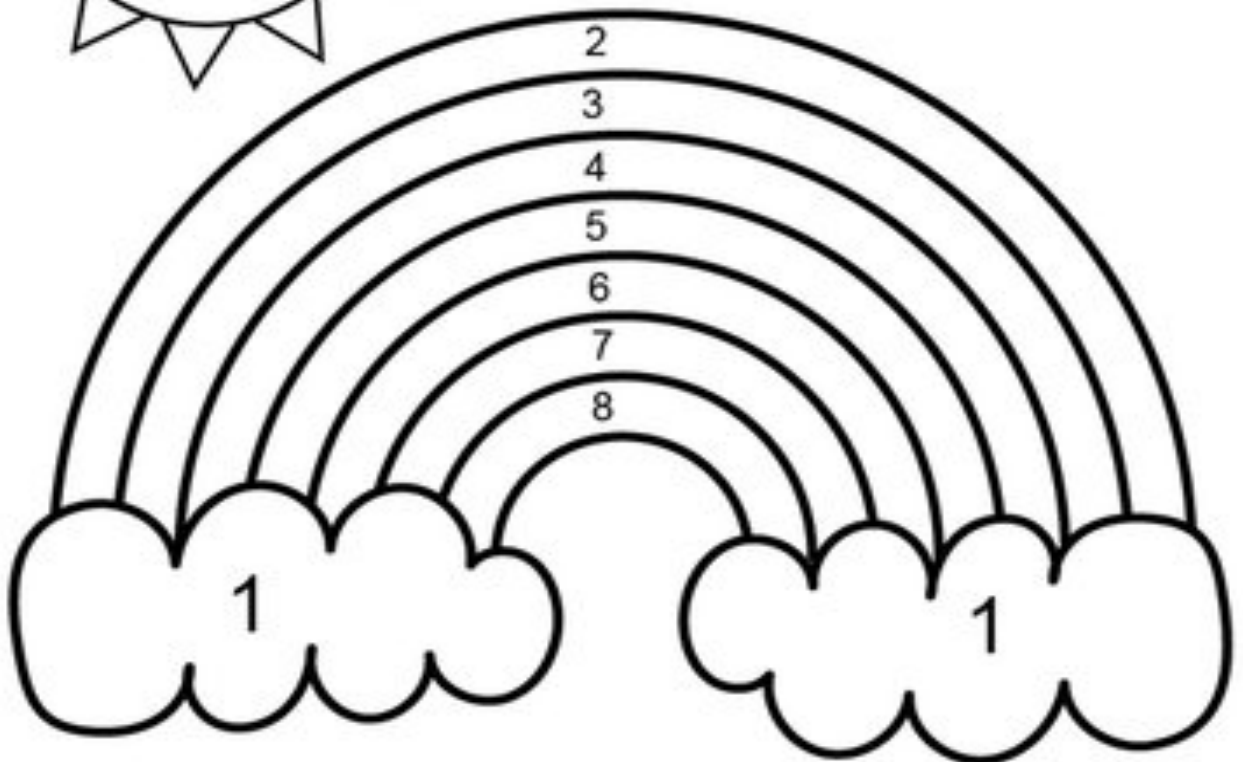
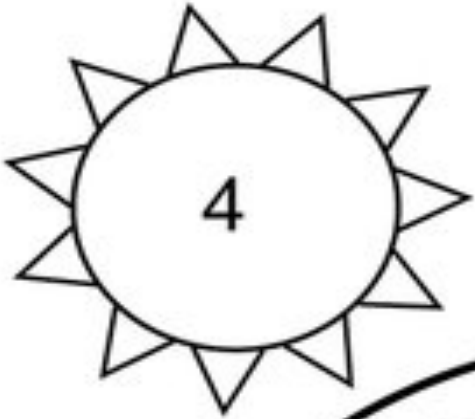


# The people that I miss!

It's hard to be separated from our friends and family.  
Decorate and name the people you wish you could see.



# Colour By Numbers Rainbow



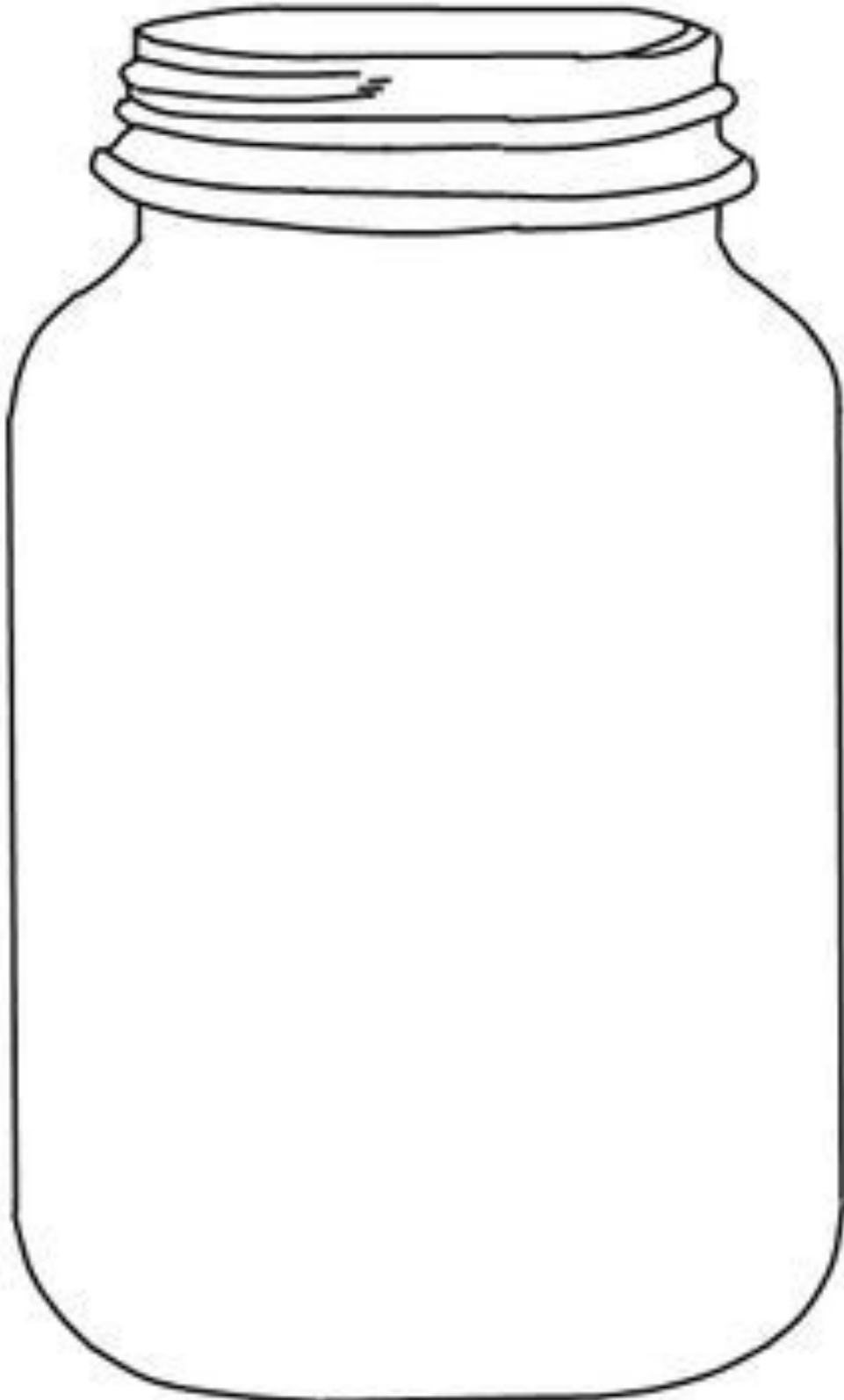
1- white  
2- red  
3- orange  
4- yellow

5- green  
6- blue  
7- indigo  
8- violet

# Gratitude Jar

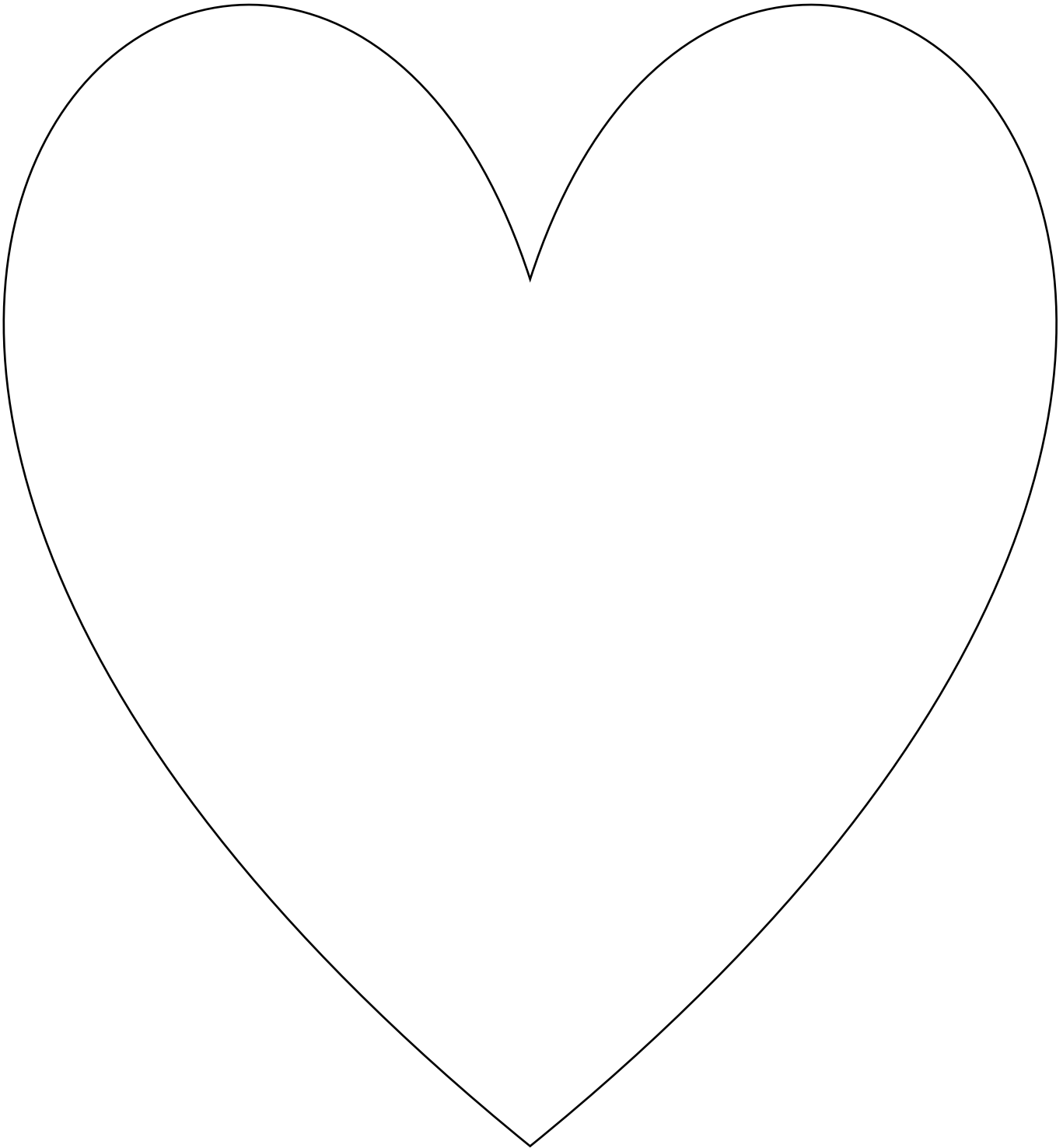
Every day write down something you are  
grateful for.

Fill it up!



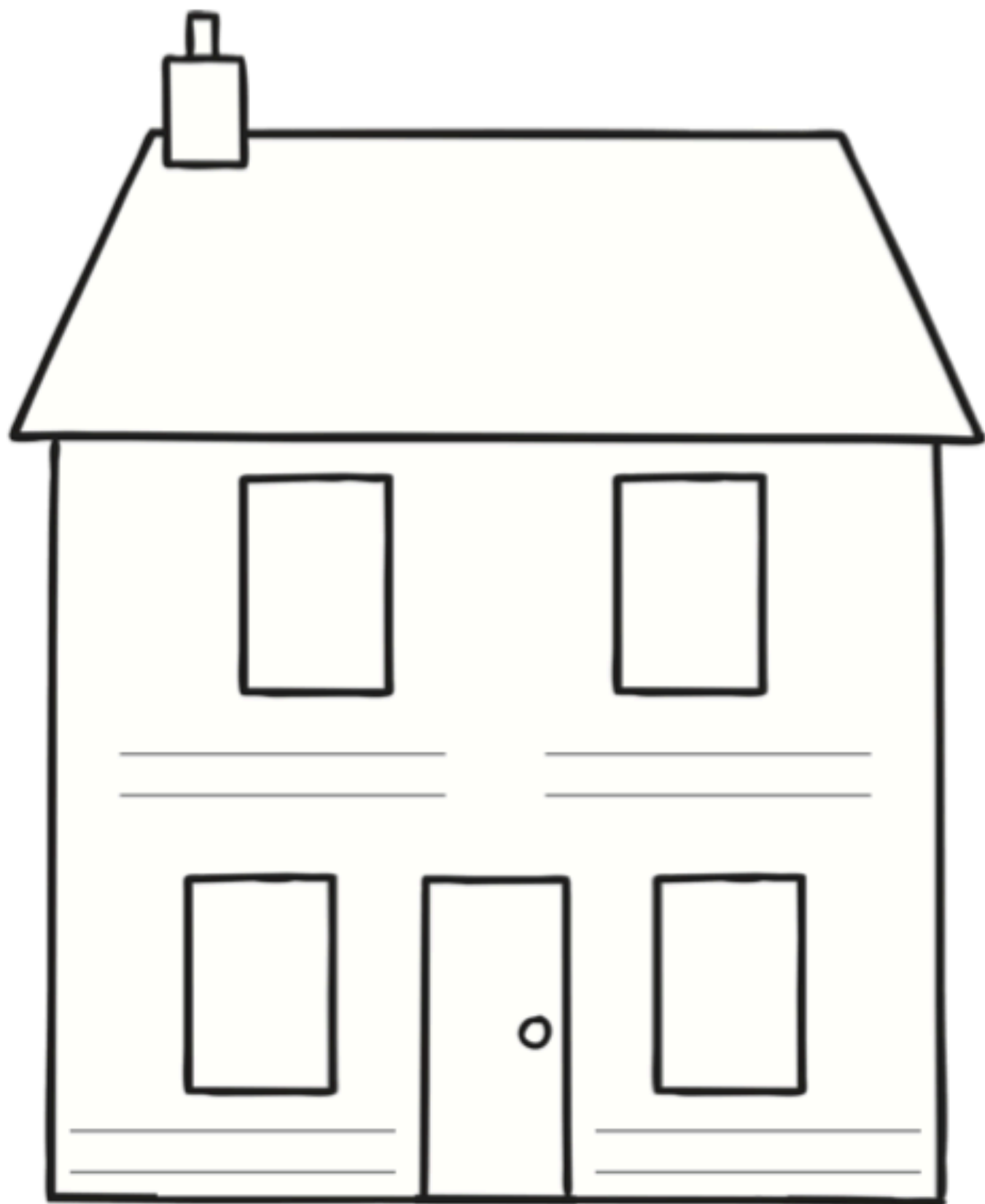
# These things make my heart happy

Draw or write all of the people and things that you love or that make you feel loved.

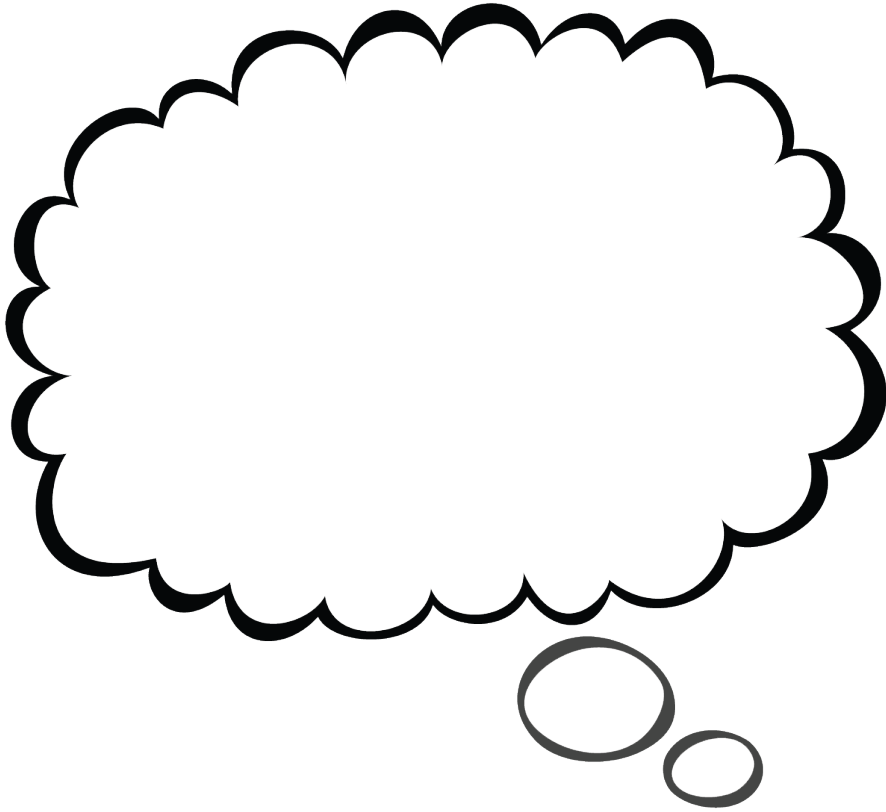




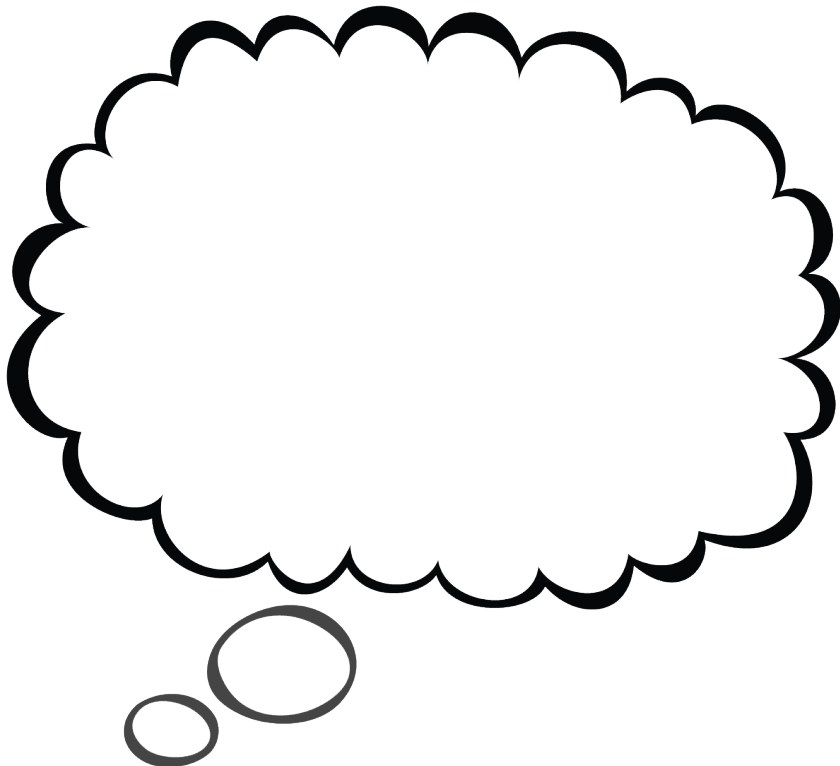
# The People In My Home



What I love about being at home.



What I miss about being at school.

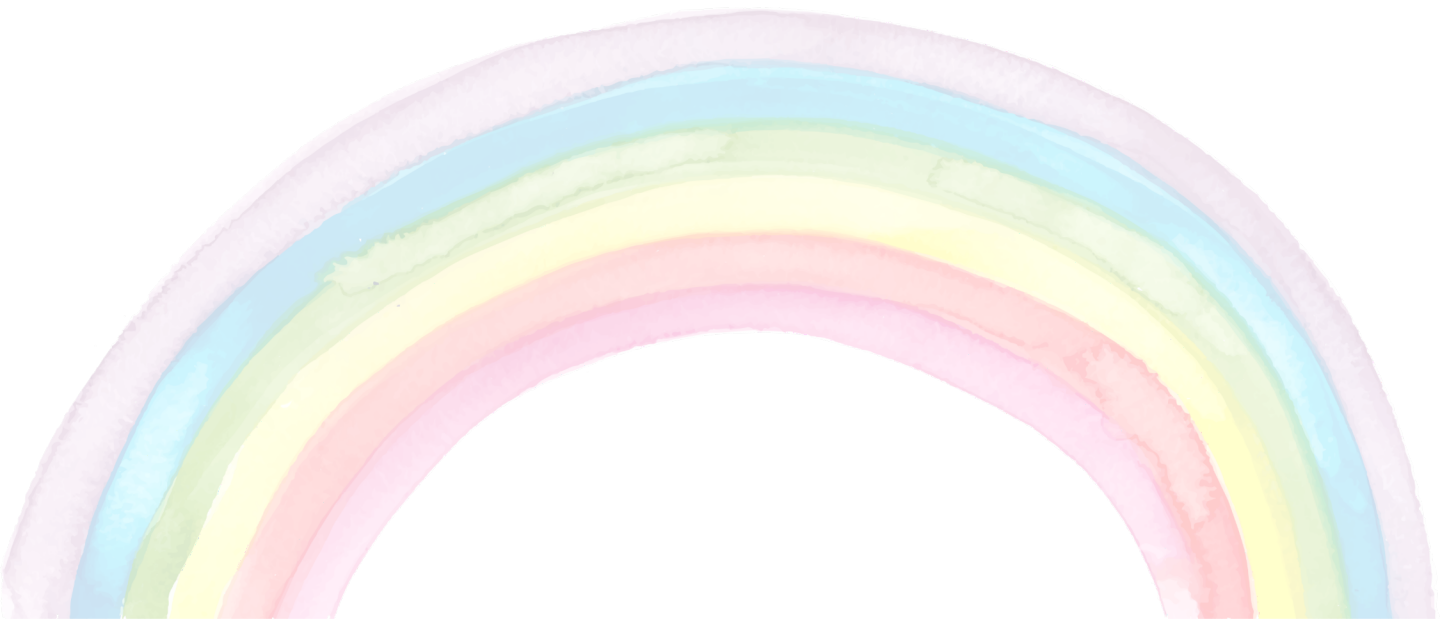


# Things I want to tell my teachers when I go back to school.

Use this page for all of the things you will share with your  
teacher when you are back in school.

# Places I want to go when I can go out again!

Write down all of the things you are looking forward to doing again!





## Resources on YouTube

Search “Peace Out” for stories to relax and help you to sleep.



Search “Cosmic Kids” for yoga and stretching activities.



Search “Go Noodle” for breathing, dancing and singing fun.

