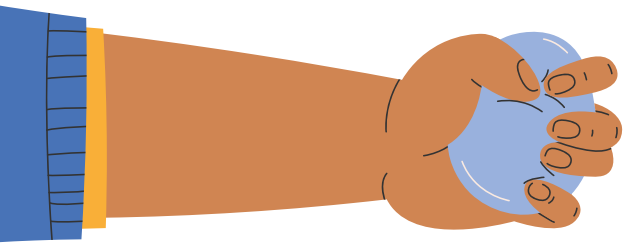
Responding To Anger



Stress ball

Squeezing a stress ball allows you to release your anger in a safe way that doesn't hurt you or anyone else.



Glitter Jar / Timer

Shaking a glitter jar or a timer is a fun and safe way to physically engage with your anger. Then, you can watch the glitter or timer settle and visualise your anger calming down too.



Pinwheel

To get the pinwheel to spin properly, you have to be mindful of slowing down your breathing. Imagining you're blowing out a candle is a great way to do it. Slowing down your breathing helps to calm down your body and mind.



Movement

We can't practice this in the workshop but it's worth talking about. Movement changes emotion. If you go for a walk around the playground, you are likely to notice that your anger has either gone away or feels different by the time you get back to where you started. You could also dance or jump or run - whatever is safe and comfortable for you.

Funded by Hitchin Youth Trust

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Responding To Anger

Breathing Techniques

These are simple methods to help you focus on and control your breathing. Slowing your breathing down will help you to manage difficult emotions and breathlessness. It will also help to slow down your heart rate and send a message to your body that you're okay.

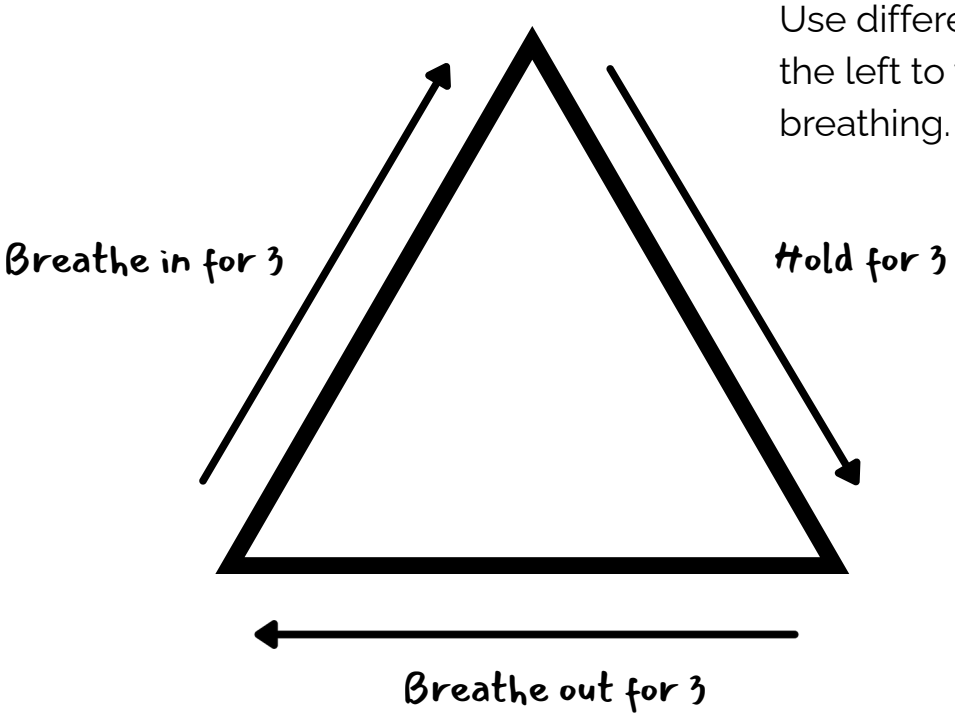


Hand Breathing

Trace up and down your fingers slowly. As you trace up, breathe in. As you trace down, breathe out.

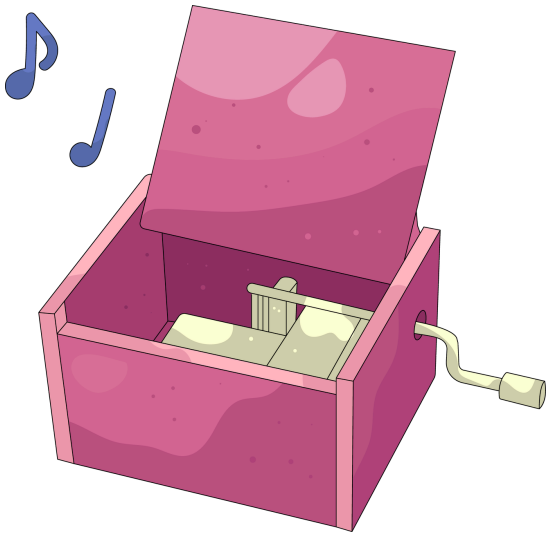
Shape Breathing

Use different shapes like the triangle on the left to visualise and control your breathing.



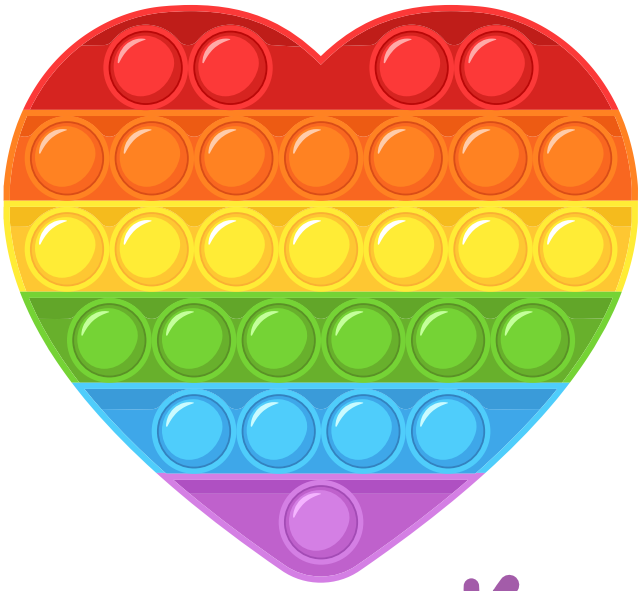
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Responding To Worry



Music Box

Music has a huge impact on our feelings and emotions. How does listening to your favourite song make you feel?



Push Pop Toy

A push pop toy gives you something external to focus on instead of the worries in your head. Popping the circles in an orderly way might help you to gain a sense of control and calm.



Lavender

Smelling something pleasant like lavender helps to ground you in your senses rather than allowing your worries to overwhelm you. There might be some smells we find comforting too. Imagine the smell of something baking in the oven or freshly cut grass.



Colouring

Try colouring something on your worksheet. Calm activities like colouring give us something to focus on and help us to regulate when we're feeling worried. Trying to colour in neatly might help you to imagine neatly ordering your worries and thinking through helpful ways to respond to them.

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Responding To Worry

Grounding Techniques

These are simple things we can do to interrupt our Fight, Flight, Freeze response and bring our attention back to the present moment either by focusing on the feelings in our body or things around us.



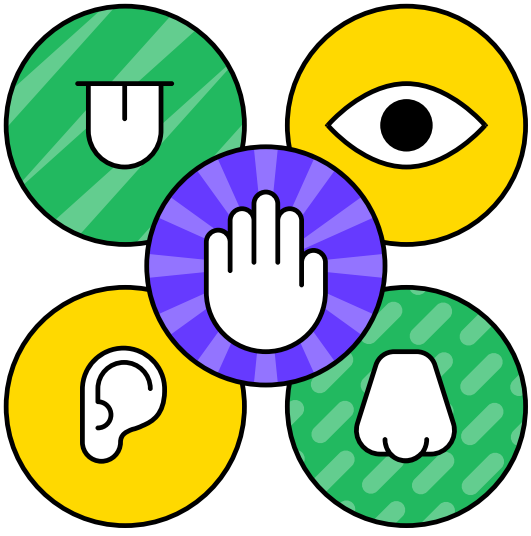
ABC Game

See if you can spot or think of one thing beginning with every letter of the alphabet. Start with A and go all the way to Z.



Colour spotting

Pick a colour and see how many things you can spot or see that are the same colour.



5 senses game

See if you can name:

- **5** things you can **see**
- **4** things you can **touch**
- **3** things you can **hear**
- **2** things you can **smell**
- **1** thing you can **taste**

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Responding To Sadness



Cuddly Toy

Toys are soft and comforting to our senses. If you have a favourite toy, that sense of familiarity might help you feel comforted when you're sad too. They may even remind us that we're not alone.



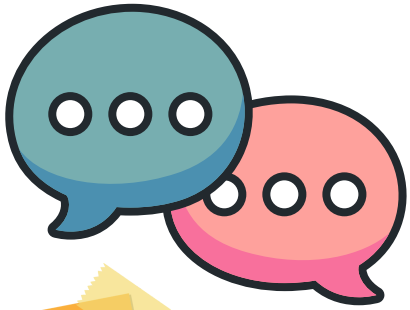
Blanket

Like cuddly toys, blankets provide comforting sensory softness. They also provide warmth to our bodies. This is particularly helpful when sadness makes us feel cold or shaky.



Play-Doh

You could use Play-Doh to express your feelings in a visual and tactile way. If you're feeling sad, you may find joy or comfort in being creative too.



Talking to someone you trust

Talking to people we trust is one of the most important skills to learn to manage our emotions well. Difficult emotions sometimes feel heavy. People we trust can share some of that weight by listening. Remember, emotions are normal, so we all know how it feels to be sad.



Gratitude

Thinking of something or someone you are thankful for can help put our sadness into perspective or give us hope or something to look forward to.

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