



Mental Health &  
well-being support  
pack



# All about me...

We are all special in our own way. This page is to find out about your personality, opinions and all about you!

My favourite things are:



I am good at:



Things I find difficult are:

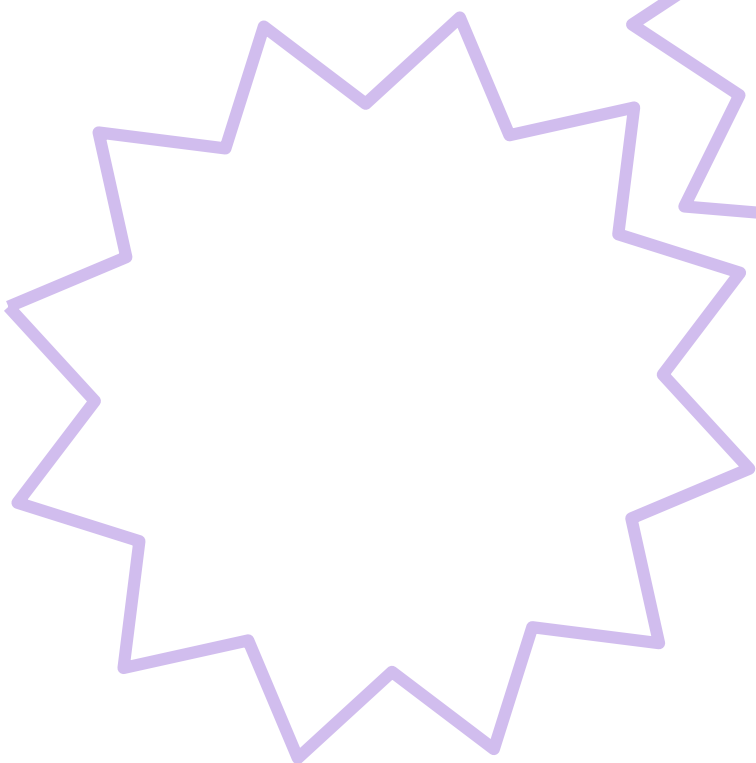
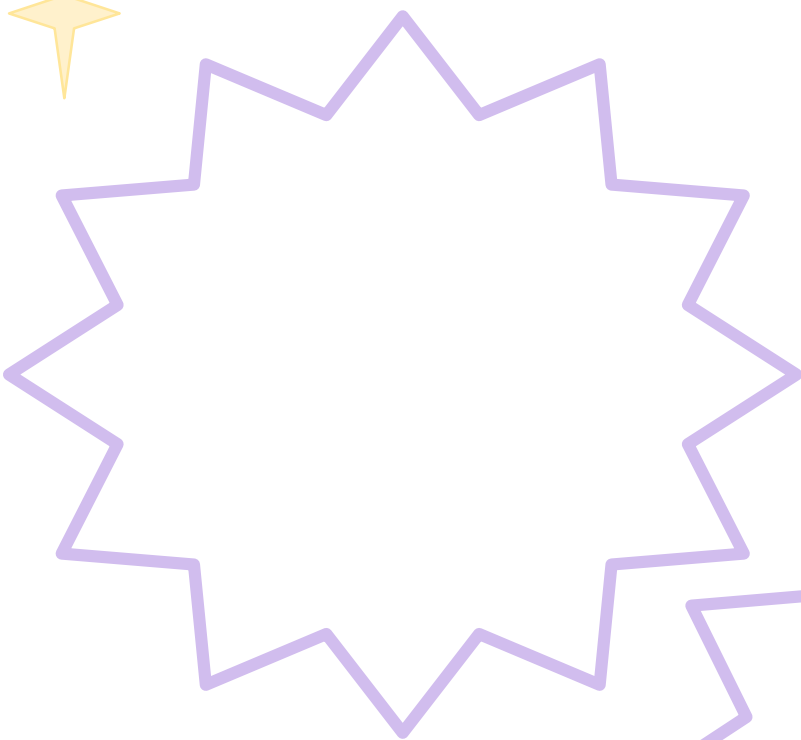


Words that describe me:



# What I'm looking forward to this year...

Write down three things that you are looking forward to. This could be learning a new skill or seeing your family etc.



# My Worry Buster!

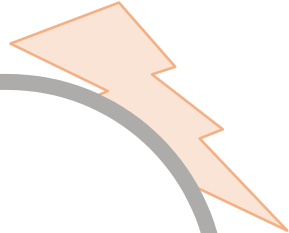
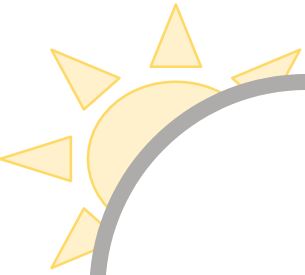
Write down some of the worries you have. Next to each worry, think about you can cope with the worry, or a create a solution to the problem.



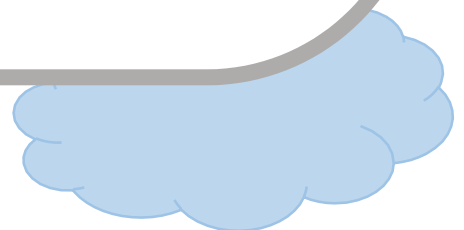
# How am I feeling?

In this box, you can draw how you are feeling.  
You can draw your emotions through the  
weather.

e.g. if you are happy but nervous, it might be sunny  
and cloudy. If you are worried and sad, it could be  
raining and stormy.

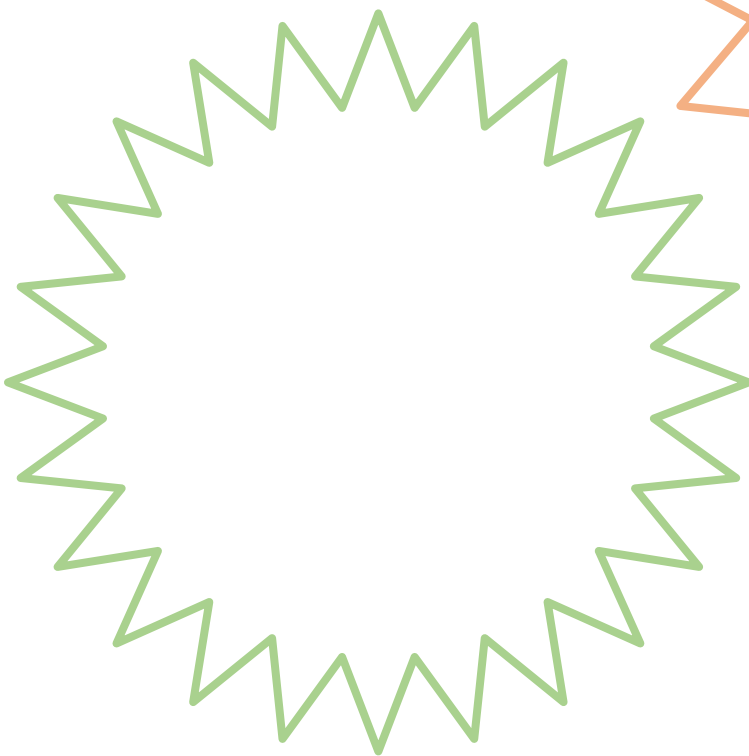
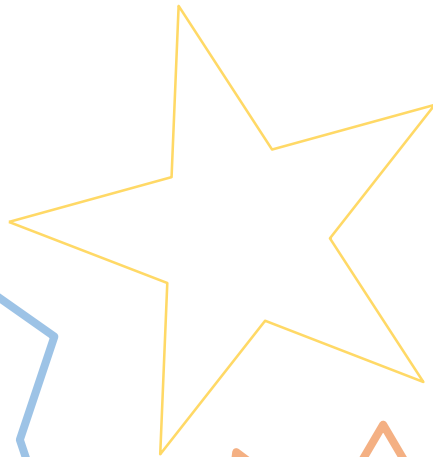
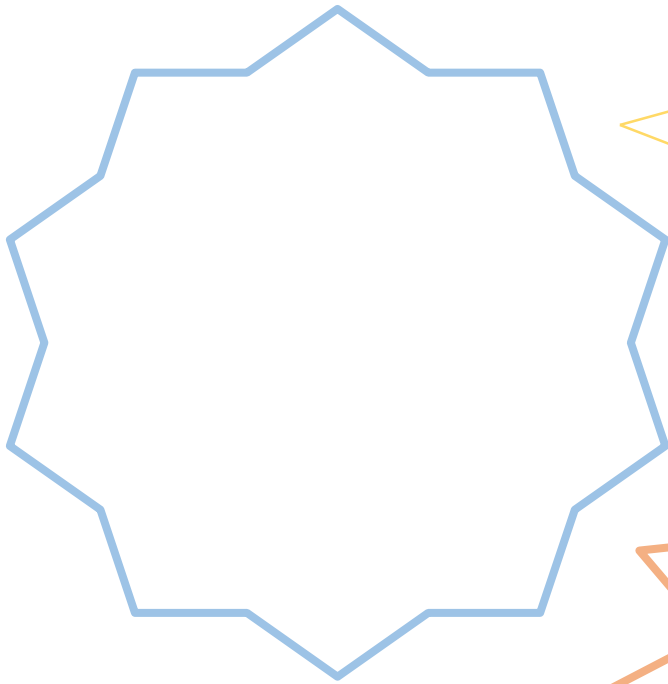
A large, empty, rounded rectangular box with a thick grey border, intended for drawing weather-related emotions.

If your weather is bad, think about  
ways you can bring out the sun!



# What kind of friend am I?

Remembering all the ways you are a brilliant friend will boost your **self-esteem**. In each of the stars below, write one way you are a great friend. e.g. 'I help my friends when they are sad'.



# Paper me...

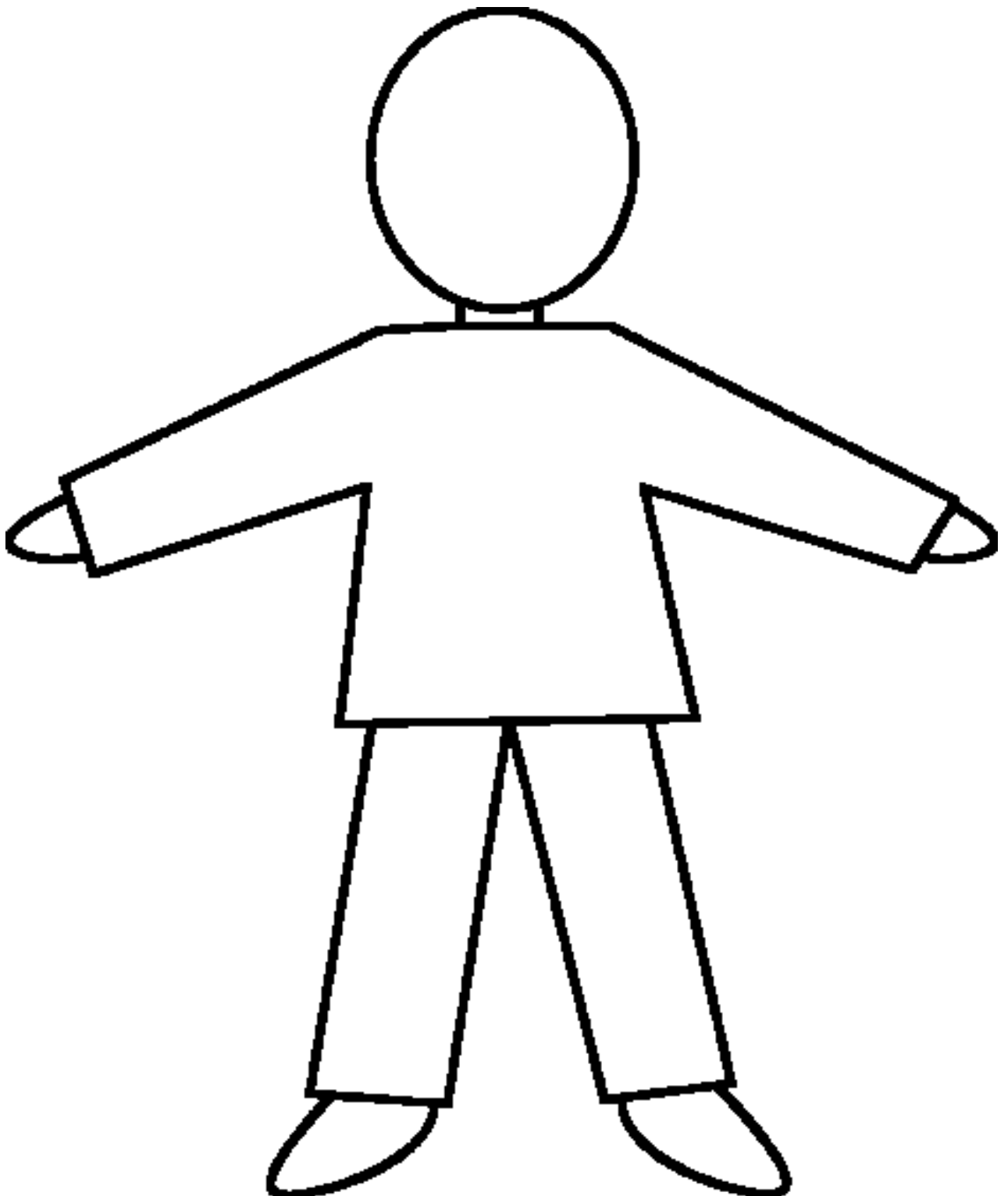
Write down as many great **qualities** about yourself as you can, inside the outline. You can use



different colours to create clothes.



e.g. Kind, caring, funny, interesting.



# Your friends...

We all love our friends, and classmates. Think about one of your friends – what do you have in common with them? What is different?

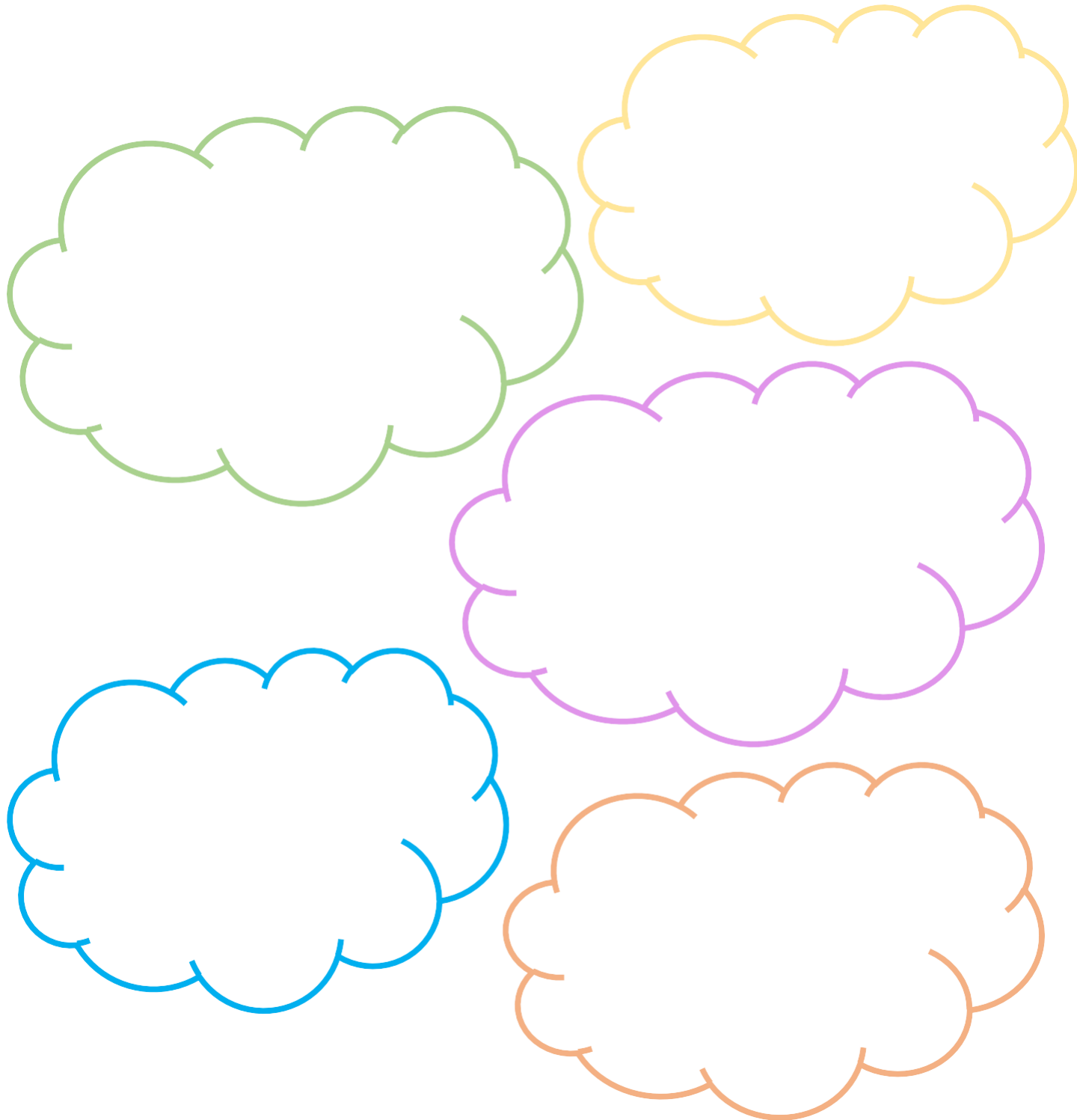
Draw or write about you and your friend here, e.g. your favourite food, subject, colour.



We are all different, and that is great!

# Proud Cloud!

Sometimes, we all forget how far we've come and what we've got to be proud of. In each cloud, write something you are proud of. e.g. improving in a subject, learning a new skill or being a good friend.



# My Treasure Box!



In this box, you can include all the things that are **special to you**. Think about what you would put in a treasure box. This doesn't have to be only objects, it can be people, pets or things you enjoy.  
e.g. I might draw a picture of my favourite book my dog and my friends.

A large, empty rounded rectangular box with a thick grey border, intended for drawing or writing. It occupies most of the lower half of the page.



# I am amazing...



You're amazing! Let's remind ourselves why.  
Can you finish these sentences?

I feel proud when I...

I have fun when I...

This week, I have done well at...

Next week, I will try...

# What makes you feel good?

Write down, or draw, different things that make you feel good and give you **high self-esteem**.

e.g. you might draw playing with your friends, or doing a hobby.

A large, empty rounded rectangular box with a thick grey border, intended for the user to write or draw their answers.

Could you do one of these things each day?

# What makes you feel bad?

What makes you feel bad about yourself, or gives you **low self-esteem**?

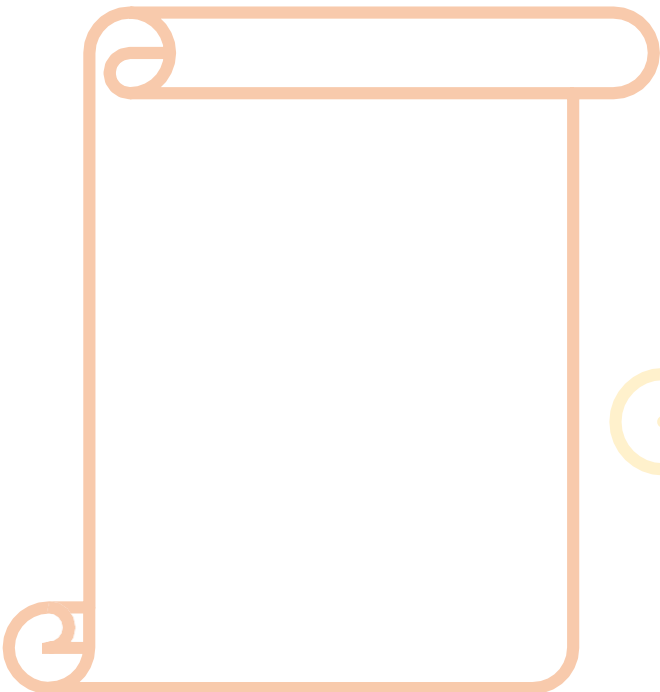
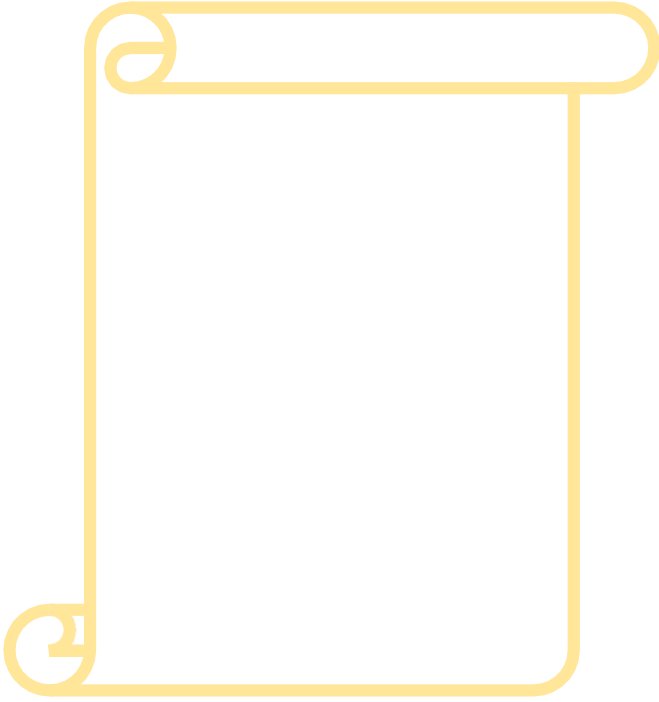
e.g. feeling left out or struggling with your school work.

A large, empty rounded rectangular box with a thick grey border, intended for the user to write their answer to the question above.

It's normal for us to feel bad sometimes. What makes you feel bad, might also make a lot of your friends feel the same. Think of ways to help each other feel less low self-esteem.

# I'm an expert!


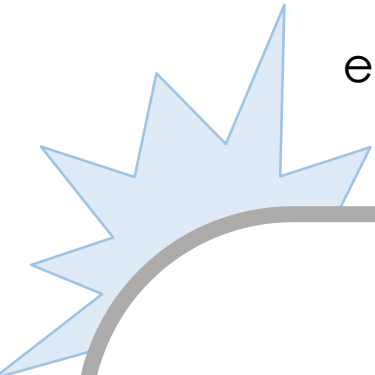
We all have different skills and talents. Write in each certificate a subject that you know all about.  
e.g. I know my football team, I can speak another language or I know all about the Romans.



# I am brave!

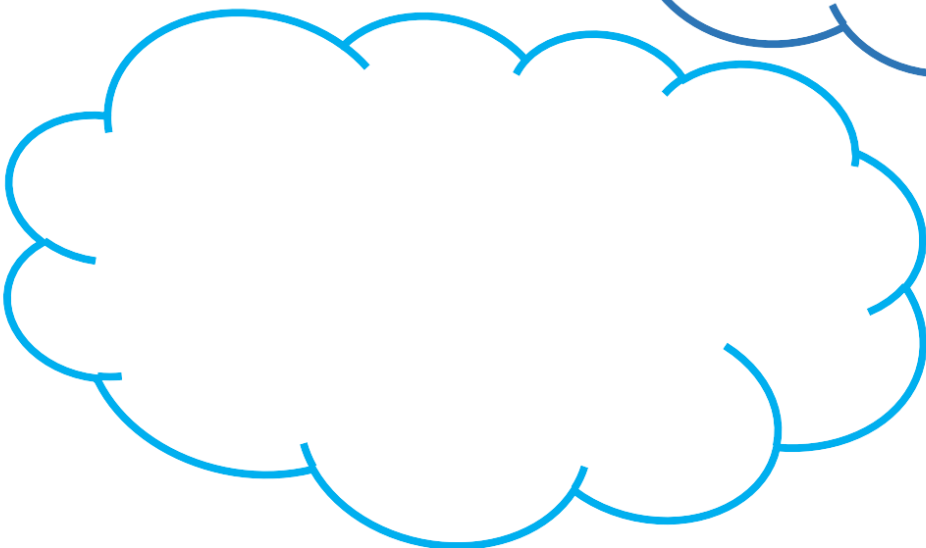
Remembering how brave we can be will boost our **self-esteem**. Think of the time when you have been really brave. Draw or write about it below.

e.g. I could write about how I faced my fears and went to the dentist.



# And, relax!

It is important that we all take time to **relax**. This helps us calm down and control our emotions. In each cloud, write a way that you relax and unwind. e.g. reading a book or playing a game.



## Stress Bottle/Jar

This is a very simple stress reliever that you can make at home or in school. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.

### Instructions

- 1) Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it.
- 2) Add you Glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle.
- 3) Add the warm water, but do not fill it right to the top.
- 4) Put the lid on and give the bottle a shake.
- 5) Let the mixture settle for a minute or two.
- 6) Add any craft stars, buttons and gems into the bottle.
- 7) Put the lid back on and give it another shake.
- 8) It is complete, but you can decorate the outside of the bottle if you wish.

### Equipment needed

- An empty bottle with a lid Warm water
- PVA Glue or Glitter Glue Glitter if just using PVA glue
- Craft stars, buttons, gems (optional)



## A Worry Jar

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it.

Once it is locked in the jar it is time to think about the positives and negative of the worry and there can be positives that come from a worry, just think really hard, write these down and use two different colours to write them down, choose your favourite colour for the positives and another colour for the negatives.

If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.



## Mental Health Thermometer

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale

Scale	How I am feeling	Strategies to support me
5	<p>I feel really stressed and anxious</p> <p>I feel really angry and unhappy</p> <p>I feel like I am going to explode</p> <p>I feel like I may hurt someone or break something</p>	
4	<p>I feel slightly stressed and anxious</p> <p>I feel like something is bothering me</p> <p>I feel agitated and want to fidget</p> <p>I feel like the smallest thing might make me angry and even more stressed.</p>	
3	<p>I feel okay, some things are annoying me, but I can deal with them.</p> <p>I feel like I can cope and get on with my day.</p> <p>I feel like I could be in a good place if things carry on this way.</p>	
2	<p>I do not feel stressed or anxious and things are going really well today.</p> <p>I feel happy and I am in my good place</p> <p>People are not annoying me today and I am enjoying their company.</p>	
1	<p>I feel tired today and I cannot be bothered with anything or anyone.</p> <p>I feel down and depressed.</p> <p>I feel agitated by things.</p>	



## Dealing with worries

Worries are a part of everyday life and often things will seem worse when you are alone or at night. This is because during the day and when you are in other people's company your mind is kept busy. You might think about the things that are worrying you, but they come and go. At night your brain has time to think and overthink things that have happened and you are in your own company. You might begin to panic and things happen to your body, such as you start to sweat, your heart begins to beat faster and you may even struggle for a breath. This is normal and we all go through this from time to time, but it is good to have strategies to deal with this when it happens.

Here are some strategies that could help and a worry jar on the next page that you can use straight away.

### 1) A worry book

This is a book that belongs to you and only you, you can write all of your worries in it as they come into your head. Getting them down on paper and looking at them can help as it allows them to leave your body and be something real rather than just in your head. If you want, you can invite someone you trust to read your worries at the end of the day, or whenever you want. This will give you a chance to talk about your worries and then get the advice of another person. You have to invite that person to read your book though as it belongs to you. A good idea would be to set some time aside each day, maybe even the same time to go through your worries.



### 2) A worry monster

A worry monster is a soft toy that is very similar to the book above, the idea is that you write your worries on a piece of paper and then you put it inside the monster and zip up its mouth. This means that the monster has taken your worries from you and it now has them and you can see the monster taking your worries off you. If you cannot buy a monster or to with a zip on its mouth, you could also just write your monster a note or tell it your worries. These are great as they do not judge you and all you are doing is offloading onto the monster. You can use other sealed items such as jars or money boxes and then the worries are locked away.



### 3) A time capsule

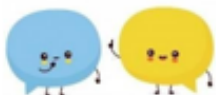
This is very similar to the monster or jar above, but what you do is create a time capsule, this can be a container of any kind that you want. You write down all of your worries and put them inside the container and date them. You then seal the container so that nobody can get access to it, not even you.

When your worries are inside you can either have a hidden in your house, or even better, if you have a garden you can ask permission from your parents/carers to dig a hole and bury it, not too deep as you might want to add more worries when they come up. Then when everything is sorted, you can open it up and read what you were worried about and think about how small that worry actually was.



### 4) Talk to someone

This is by far the best thing to do, but only if you feel comfortable with it and with someone that you trust. Opening up and speaking to someone allows you to get their views and support on what is happening. They may be able to offer you advice or get you some support from another professional. Bottling up your worries is not a good thing to do as they become overwhelming and can affect your mental and physical health.



1. Look at the clouds



Set a timer for 15 minutes. Lie down on a blanket on the ground and look up at the clouds in the sky. How do the shapes change as they move with the wind? After the 15 minutes have passed try to draw or write down what you saw.

2. Hug a tree



Look for a medium-sized tree in your garden, park or forest near you. Wrap your arms around the trunk and lean your head against it. Try to become one with the tree.

- Is it moving with the wind?
- Is it making any sounds?
- What does it smell like?

If you want to you could try and repeat this activity with a few different trees.

3. Make a nature mandala



Collect some natural materials, for example rocks, sticks, leaves, shells and flowers. Decide where to make your mandala. Choose a centerpiece that you would like to place in the middle of your design. Use the other objects to create rings around the centerpiece. Repeating patterns create a very beautiful effect.

#### 4. Go for a listening walk



Go for a walk in your garden/nearby park or just around your neighborhood. Try to be very quiet and listen carefully to all the sounds around you. After the time is up, think about what you have heard and where the sounds may have come from.

You could also try to do this listening exercise whilst lying down on the ground with your eyes closed.

Click on the link below to download a worksheet you can use to draw and write about what you have heard during your walk.

#### 5. Make a Calm down jar



Making a calm down jar is a good way to help you calm down when you feel angry, stressed or worried. When you have some of these feelings you can grab your jar, give it a shake and watch the glitter swirl and float around. This will give you some time to calm down and to think about your feelings.

Click on the link below for step by step instructions and video on how to make a calm down jar

### 7. Kitchen-roll Art



Mindfulness is all about slowing down and focusing on something calming. Colouring-in the patterns on kitchen-roll, toilet paper or paper towels can be very relaxing as you don't have to worry about what to draw, just making marks on the paper!

### 8. Spidey-Senses



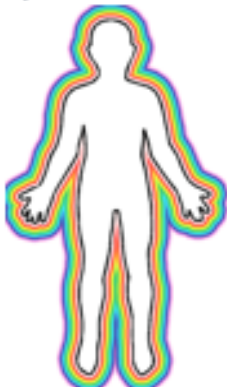
This is a mindfulness exercise you can do anywhere, any time. Take a few minutes to stop and use your "Spidey-Senses."

Think about the following:

- What can you see?
- What can you smell?
- What can you hear?
- What can you touch?
- What can you taste?

You will become really focused when doing this and will notice small details around you. You are being mindful!

### 9. Body Scan



Lay on your back on a comfortable surface and close your eyes.

Squeeze every muscle in your body as tight as you can – squish your toes and feet, squeeze your hands into fists and make your legs and arms as hard as stone. Hold for 5-10 seconds.

Now, release all your muscles and relax for a few minutes. Think about how your body is feeling now – are you more relaxed, calmer?

Repeat several times.

### 10. 3 Minute Music



Mindfully listening to a music track is a quick and effective stress reliever and a great way to practice being completely in the moment. Choose a song to listen to – instead of just paying attention to the words, ask yourself: *What instruments do you hear? Is the song loud or soft, fast or slow? What emotions does the song create in you? Where in your body do you feel them? Can you feel the beat of the music in your body?*

### 11. Mindfulness doodling



Take a piece of A4 paper. Draw some squiggles and lines covering the page. You can use one colour or a variety of colours if you would like. You will notice that you have created smaller shapes where your squiggles and lines overlap. Draw patterns and shapes to fill up the smaller sections on your page. Use your Spidey-senses and think about:

- What you can hear
- What you can smell
- What you can feel

Try not to rub out and let your drawing flow without stopping too much.

### 12. Create your own Zen garden



Make your own Zen garden by pouring some sand into an empty shoe box lid or any other shallow container. Add some natural materials like pebbles, plants and a little bowl for a water feature. Take out your Zen garden when you are in need of a quiet and relaxing activity. You can use a fork to draw some mindfulness doodles in the sand of your garden.