

Mental Health Awareness Workbook.

Sometimes we notice our feelings more than usual or maybe we may feel more tired. We may not want to do the things we normally like to do because we are worrying or are upset about something.

It's hard to know at times what the best thing is to do to help us feel better. Sometimes doing something else can help, so here's a list of things you may want to try.

- Read your favourite book.
- Do a puzzle.
- Draw a picture of how you feel.
- Breathe in and out making the out breath a bit longer if you can.
- Imagine blowing out candles on a birthday cake.
- Imagine your favourite place.
- Listen to relaxing music or sing your favourite song.
- Do some exercise.
- Go outside in the fresh air.
- Think of a word for every letter of the alphabet.
- Share how you feel with someone you trust.
- Write in your journal or diary.
- Do a fun activity.

Listed below are some different activities that you can try now.

Activity one: Here's a wordsearch of different films. Maybe do it with a group of people to make it easier!

A C I R E M A N I A T P A C A K T M
F T H E L I O N K I N G C I K S R O
A I C I N D E R E L L A M Y A P E A
S L N P Y H X E C Q B A J E S A H N
K H A D B O V L W A M V B S N N T A
D U R D I Q J F E M Z E I V R F N P
I M A E D N Q W A Z H K I K Q W A A
N A S N K I G M J T Z S H Y U X P D
M B P V G L N N D S R A C U Y G K H
Y T K W C T H N E V U G I G R L C B
E D R K H K A F C M O W G X O E A I
F H E H C Y E T X J O F F D T Z L H
F R H A T S P I D E R M A N S N B W
M L O U D I V O R O H T P K Y U V J
B C A Z Y P C V J G J C N F O P G G
U E Q U E O O R N P Q I N E T A R E
B H Y G C N B O Z X K R E Q N R S D
N O I T A C A V L Q A Q G C Q E T O

ALADDIN
BEAUTYANDTHEBEAST
BLACKPANTHER
CAPTAINAMERICA
CARS
CINDERELLA
COCO
DEADPOOL
ELF
FINDINGNEMO
FROZEN
MAMMAMIA
MOANA
RAPUNZEL
SHREK
SPIDERMAN
THELIONKING
THOR
TOYSTORY
VACATION

Activity number two: draw your favourite animal or flower below.



Activity number three: Dance to your favourite song.



You may want to share this with a friend to see if it will help them too ...

At time we may be unable to recognise the way we are feeling. If this is the case, sometimes it's best to stop and understand our feelings. By recognising the way we feel we can take another step to feeling better.

Activity number four: Identify the different moods below.





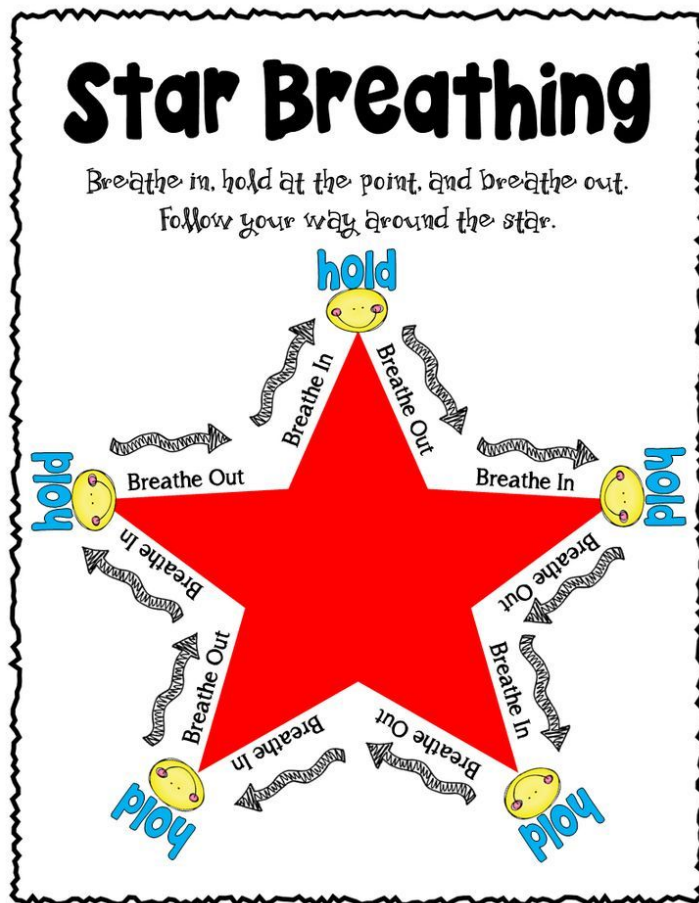






Activity number five: Breath in and out.

Taking deep breaths in and out is a good way to feel better. Follow the star breathing as an example.



Sometimes, when you or a friend is upset it may be a bit more serious. It is likely that an adult may need to be involved. I'd recommend, going to an adult whatever the situation. This could be a teacher or a family member.

Or if you need more help and support here are some helpful contacts

Childline: 08001111

Bullying helpline: 08462255787.

Nationalbullyinghelpline.co.uk

Young minds.org.uk (children and young people's mental health charity)

