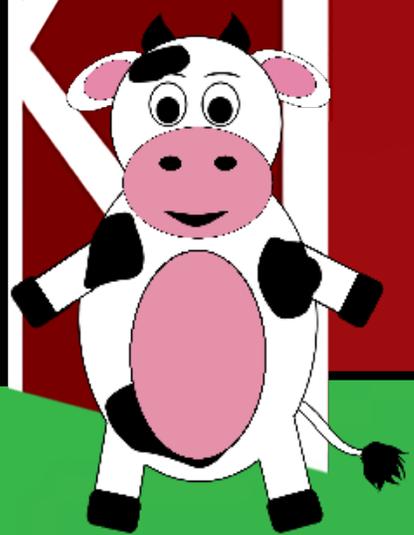


My
Feelings
Workbook



NAME:

HELLO!



My name is Billie and I am here to talk to you about your feelings, especially anxiety, worry and being nervous. Our feelings come from a special place in our brain. Our brain is amazing and it does so many things like tells us to move, dance, sing, talk, read, remember our favorite things, make decisions and the list can go on and on. So this special place in our brain where our feelings live is called the Amygdala (funny sounding word). It is about the size of an almond--inside your big brain!

But when it comes to feelings of anxiety, worry, stress and being nervous sometimes our Amygdala likes to play tricks on us. Anxiety is feelings we all have including animals. The whole point of anxiety is to tell us when there is danger or something to worry about. So when there is danger, we get to safety and our body reacts. Sometimes our Amygdala tells us something is wrong or something is not right when there is nothing to worry about or everything is OK. We need to be able to stop and think before we react to our Amygdala so it doesn't get away with it's tricks. In this booklet we talk about strengthening our bodies, thoughts, and feelings.

Sometimes anxiety, worry and stress can be too much and it is a good thing to ask for help. We all need help sometimes.

The first step is to come up with a saying to talk to your Amygdala. I like "I can do this!" Some of my friends like to have fun with their saying, so be creative and write it down here:

So have fun with the book and hang out with your feelings for a bit. If you need extra help, my friend Mrs. Diane Lasher-Penti at Youth Services is a good person to ask! Tell a parent or trusted adult to reach out to her at 860-870-3130.

Your friend,



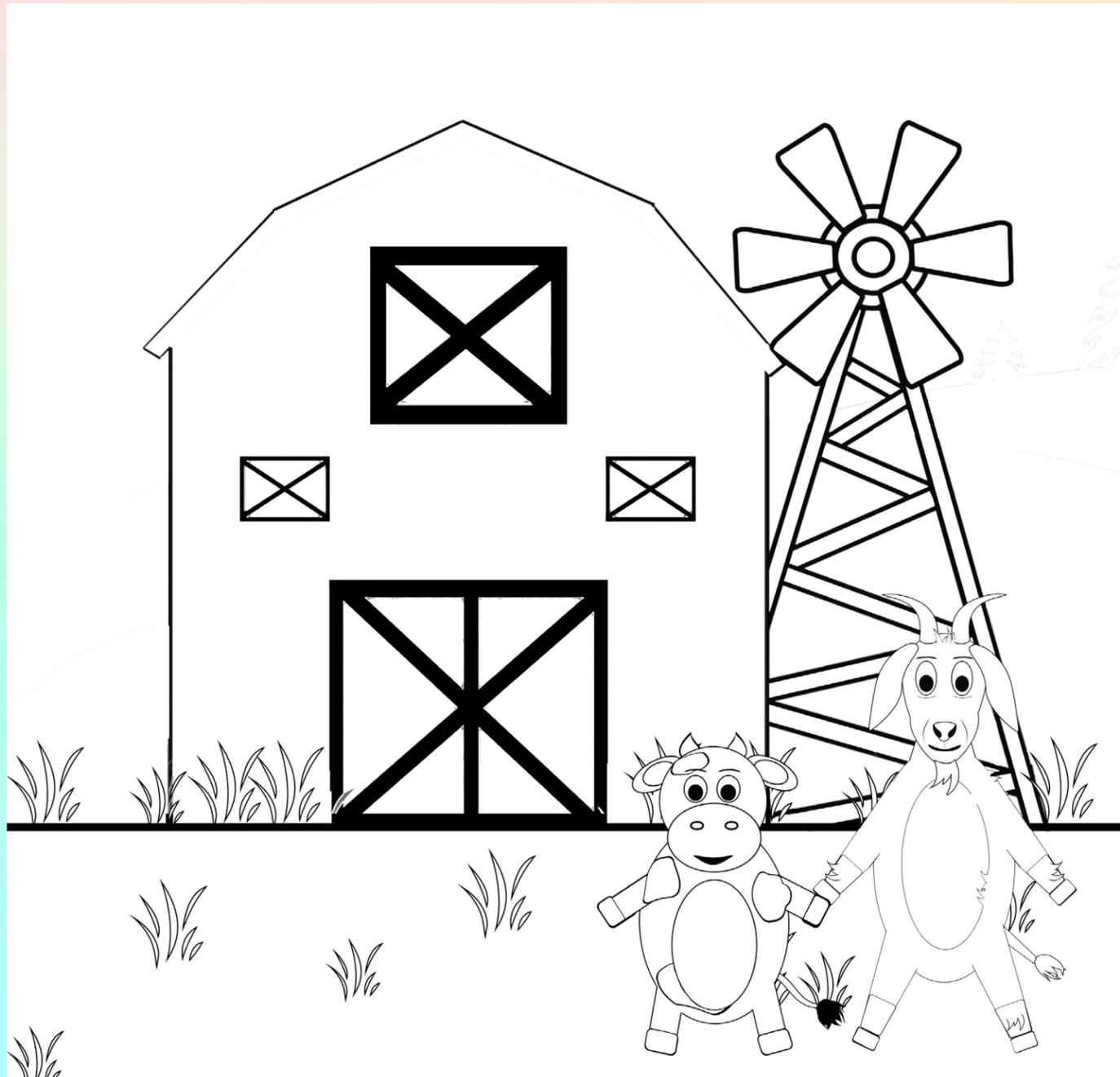
Billie the Goat

Watch Kind Farm Intro Video

QR Code



Link: https://youtu.be/U_n9xj6MO_s



WE HAVE TO MAKE OURSELVES STRONG!



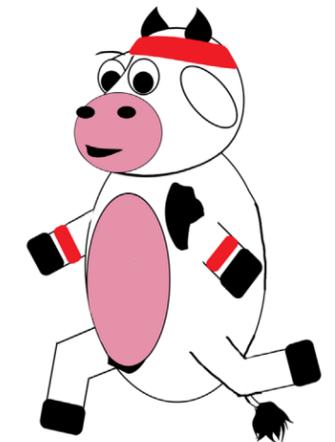
Sleep



Eating Healthy



Knowing your
emotions



Exercise



Expressing your emotions in healthy ways

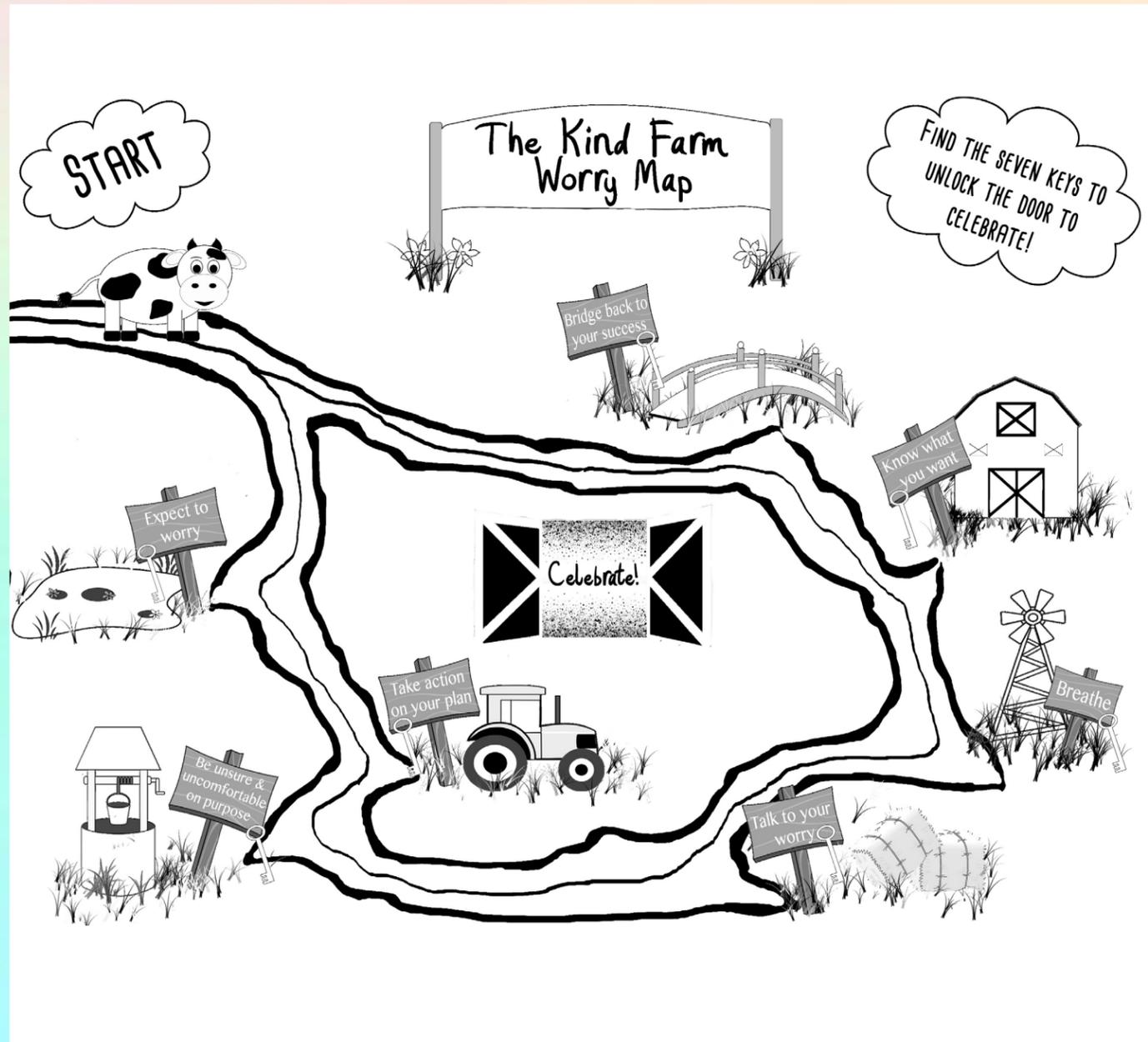


Watch Episode 6: Worry Map

QR Code



Link: https://youtu.be/q2qIzAd_xS0



It is normal to feel fear, and it is normal to have worried thoughts. We need to manage them. To handle them differently. Make a list of when to expect the worry "Oh Hello, Worry, You Again?"



What is your goal?
What skills do you need to reach your goal?
What do you already know how to do that might help you reach this goal?
What do you want to say to yourself when you start to worry?
What can you do to practice your skills?



You are willing to keep going, even when you are not sure how things will turn out. You can handle any discomfort and feelings you might feel. Your brain will come up with creative ways to get through the task. Time will seem to go by faster.



Imagine your worried voice- give it a name, what does it look like? When the worry comes, talk to it? You can expect it, take care of it or boss it around. You pick what works for you. For example "Worry is part of learning something new. I am supposed to feel this way"



Take a deep breath in, letting your belly expand and then your chest. Pause to 2 counts and then slowly exhale letting all the air out. Allow your muscles to relax and then repeat.



Really wanting something gives us courage. Define your goals and give yourself rewards.



You are an amazing person who has done many amazing things. Remember all the great accomplishments. Write them down.

Watch Episode 1: Afraid of the Dark

QR Code



Link: <https://youtu.be/ppXryjcF4c4>

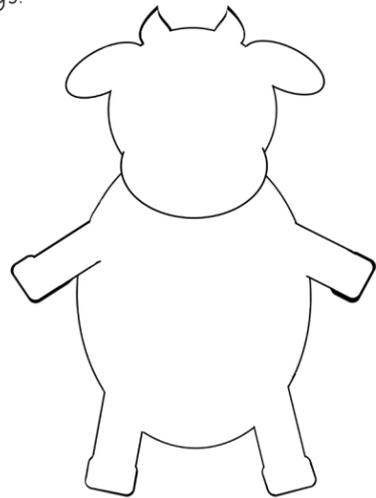
My Fears

What is Mel afraid of in the episode? _____

What is something YOU are afraid of? _____

Why are you afraid? _____

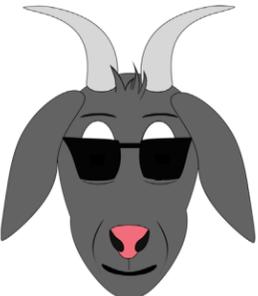
How does your body feel when you are nervous or scared? Color the areas where you can sense these feelings.



Mel played with blocks to distract him from his fear, what do you do to make yourself feel better? Circle which ones that would work best for you.



I'M FEELING...

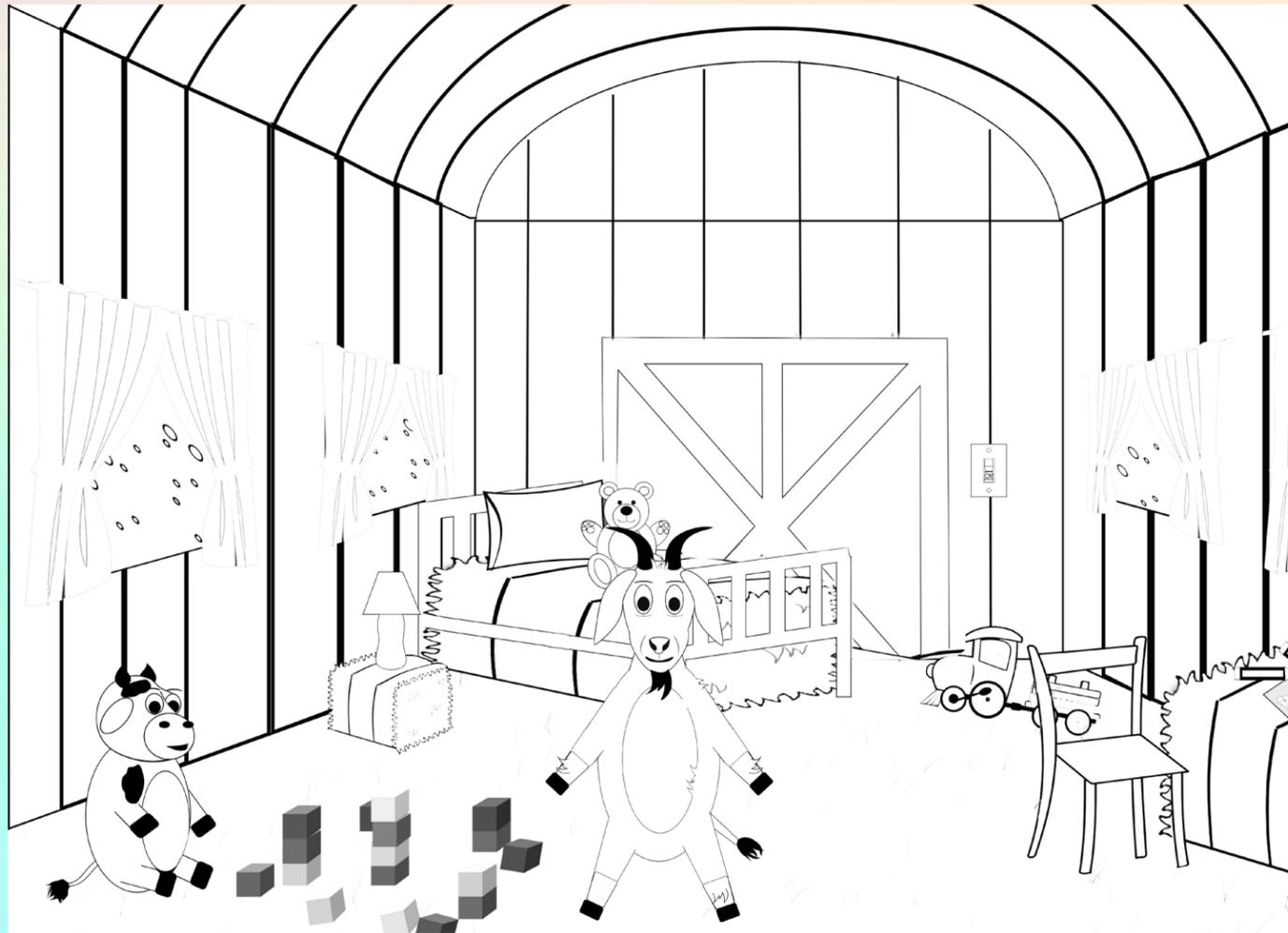
 Calm	 Surprised	 Happy	 Confused
 Hot	 Silly	 Hurt	 Nervous
 Relaxed	 Hungry	 Shy	 Sick
 Sleepy	 Annoyed	 Angry	 Sad

Watch Episode 2: Thunderstorm!

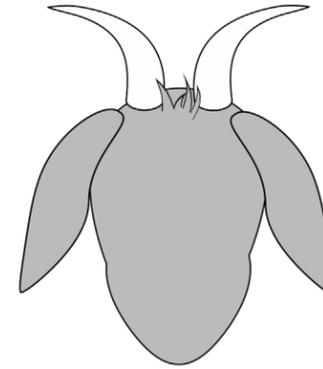
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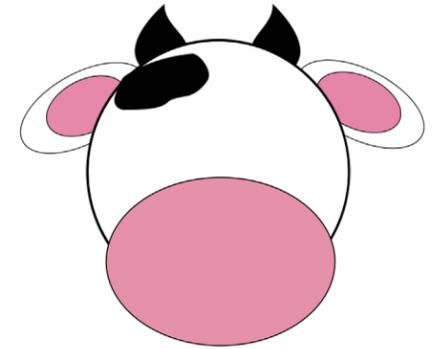
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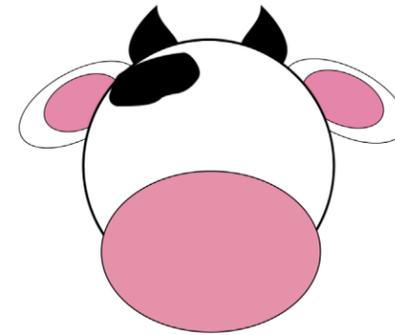
DRAW THE FACES



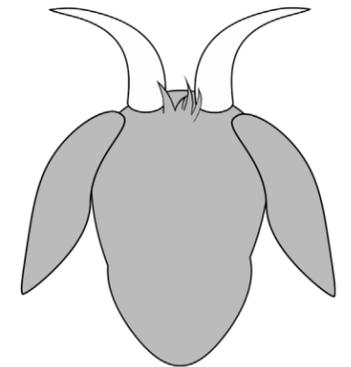
I'm happy



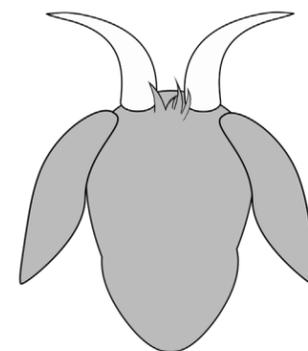
I'm sad



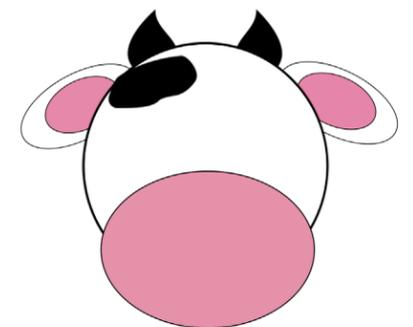
I'm sleepy



I'm afraid



I'm angry



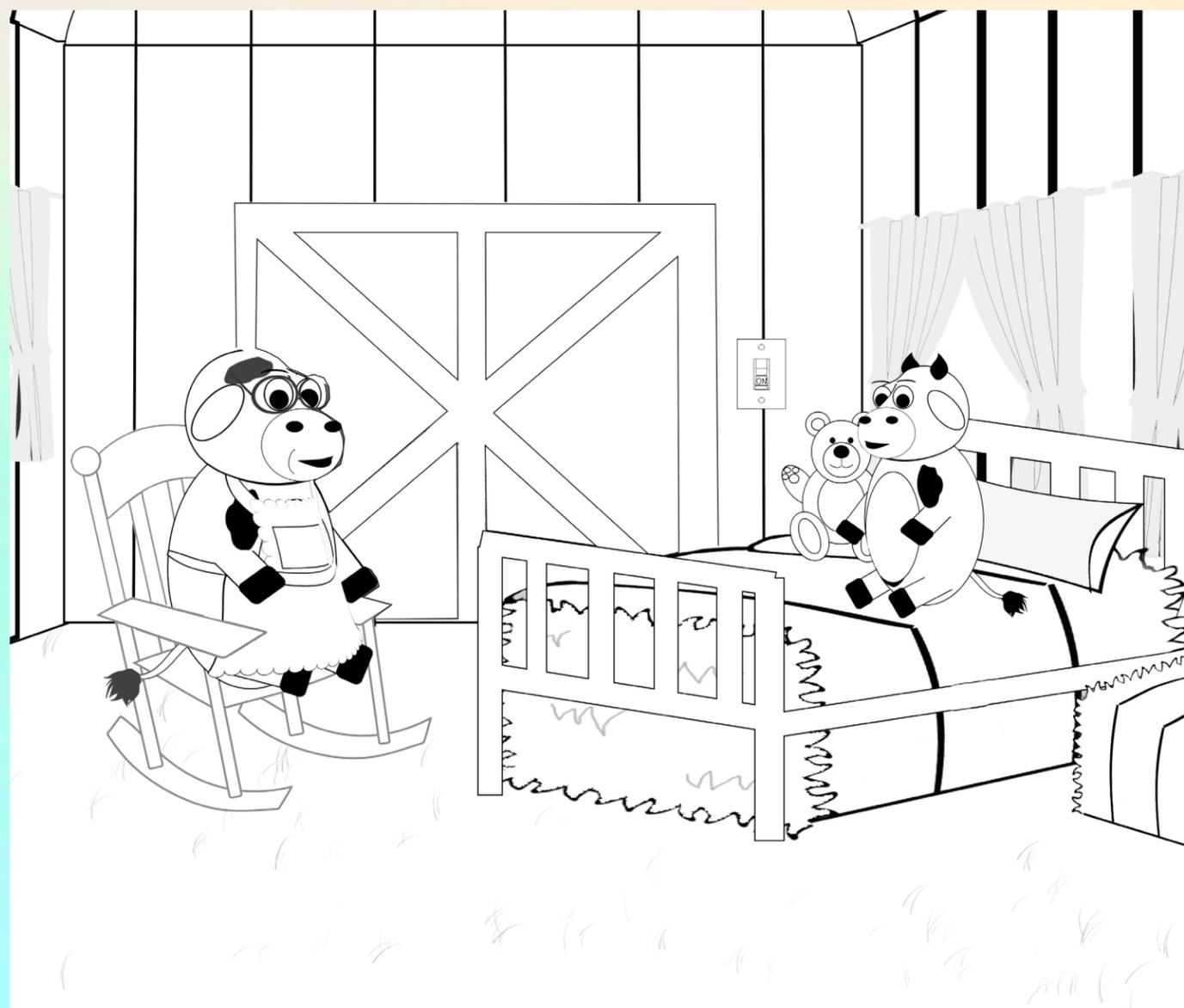
I'm hot

Watch Episode 3- Sleep Over at Grandmas

QR Code



Link: https://youtu.be/y_myfwWc2So



STOPP

Use the STOPP acronym when you feel those upset feelings!

- S** - Stop and pause for a moment
- T** - Take a breath
- O** - Observe: What is happening with your thoughts and feelings?
- P** - Pull back: Look at the big picture, change your perspective.
- P** - Practice: Do something even if it is nothing.

Watch Episode 4: Playground Worry

QR Code



Link: <https://youtu.be/2ZC4B0iyspY>

Making Friends

Draw yourself

Whats your name?
How old are you?
What do you like to do for fun?

My name is quakers.
I am 7 years old.
I like to play soccer!

Quakers

MATCH

What's your name?	I like to play soccer!
How old are you?	My name is Quakers.
What do you like to do for fun?	I am 7 years old.

ANSWER ABOUT YOU

What's your name? My name is _____.

How old are you? I am _____ years old.

What do you like to do for fun? I like to _____.

POSITIVE SAYINGS TO TELL YOURSELF!

I can do hard things.

I believe in me.

I am loved.

I choose to be happy.

I am a good friend.

I am special.

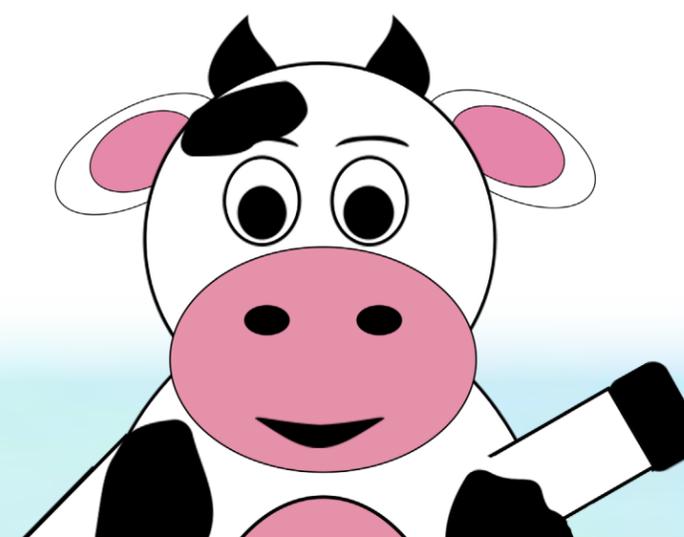
I can do this.

I am strong.

I am kind.

I am awesome.

I am smart.



Watch Episode 5: Kind Farm Summer Camp

QR Code



Link: <https://youtu.be/xCDOxAjLRIA>



12 WAYS TO CONTROL YOUR UNCOMFORTABLE EMOTIONS

1. Take five deep breaths, letting each breath out very slowly

2. Relax your body, starting with your neck and working down to your toes. You can massage each muscle group to help you relax.

3. Close your eyes and pretend that you are in a peaceful place. Use all your senses to experience this place.

4. Listen to quiet, relaxing music or move (dance) to the music that matches the mood you want to be in.

5. Stretch your body out like a cat waking up from a nap.

6. Draw big and small circles that fit inside each other. As you draw each circle, breathe deeply and feel yourself relax a little more.

7. Say "I can do this," to yourself ten times. Each time you say it, feel calmer and more competent.

8. Read an article or a book about someone who inspires you.

9. Talk a walk, preferable in a scenic place. (nature), wiggle your toes in the grass or soft surface.

10. Look at something peaceful, like a cloud for at least five minutes. Notice all details. (draw or write about it)

11. Chew sugarless gum, it produces calming chemicals in your brain. (or an apple, some kind of healthy food.)

12. Think about and be grateful for, all the wonderful things in your life.

Watch Episode 7-Breathing Exercises

QR Code



Link: <https://youtu.be/2zxxow-lmHc>



BREATHING EXERCISES

TEDDY BEAR BREATH: Lay down with a teddy bear on your tummy, watch your breath go in and out, up and down.



CAKE BREATH: breathe in as you imagine a birthday cake in front of you. Breathe out like you are blowing out the candles.



FLOWER BREATH: Breathe in imagining you are smelling your favorite flower, breath out while imaging you are blowing out a dandelion.

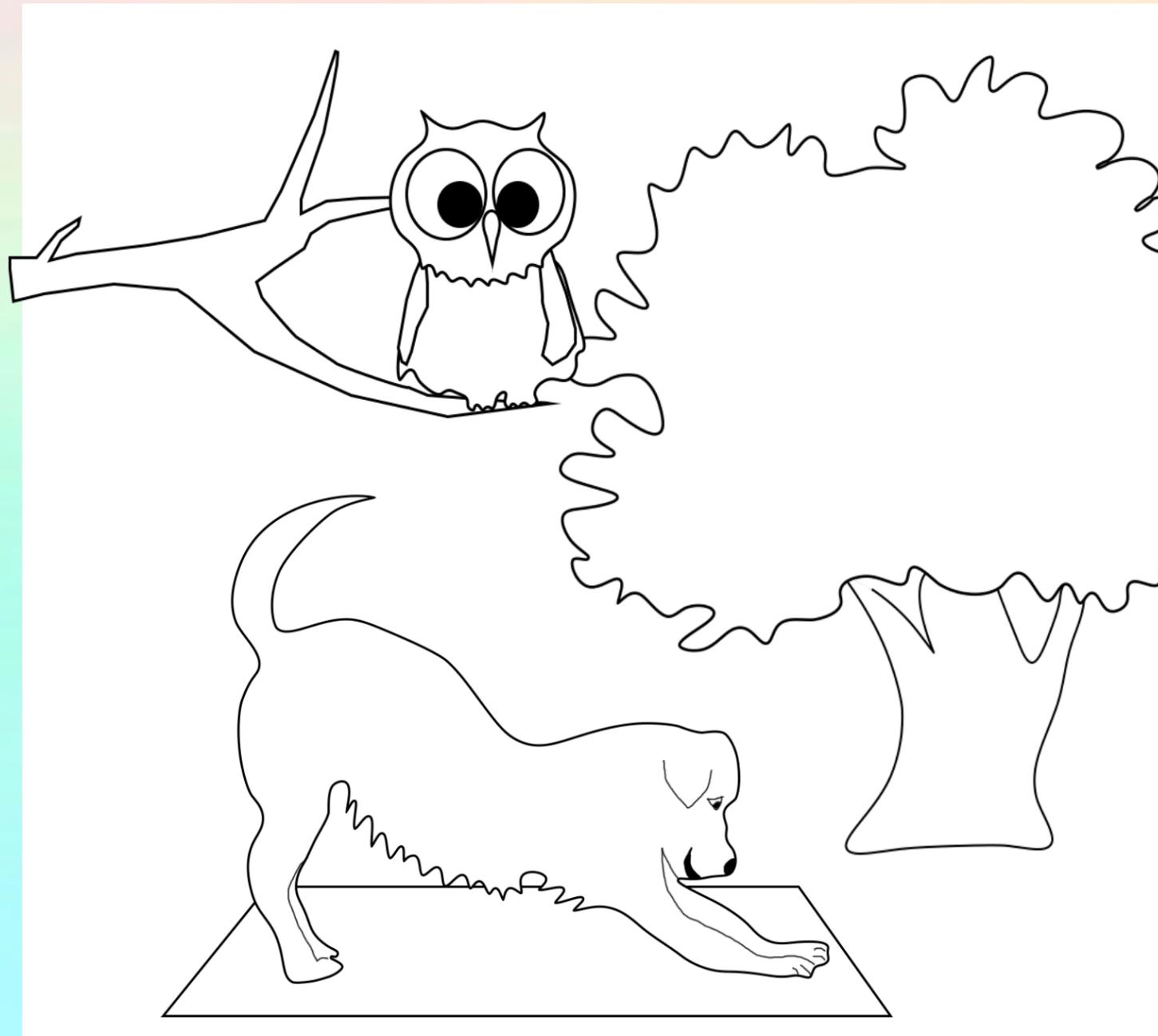


Watch Episode 8-Calm Down Yoga

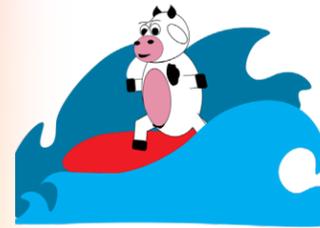
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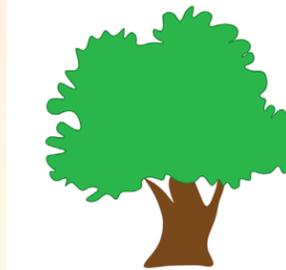
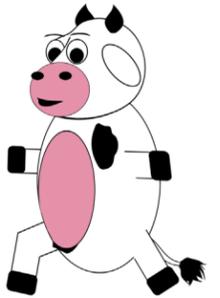
CALM DOWN YOGA



Stand in warrior pose and say...

"I am strong."

While you pretend to use your strength to catch tricky waves.



Stand in tree pose and say...

"I am kind"

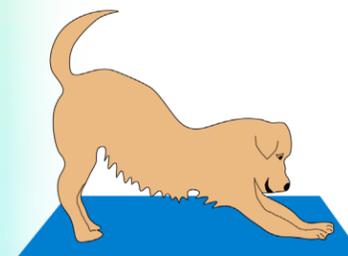
While you stretch high and spread kindness all around.



Stand in chair pose and say...

"I am brave."

Be brave and fearless as you pretend to fly down the ski run.



Stand in downward facing dog pose and say...

"I am friendly."

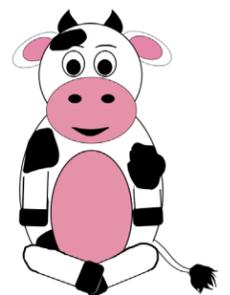
While you stretch like a dog wagging it's tail.



Stand in easy seat pose and say...

"I am wise."

While you pretend to be a wise owl perched on a tree branch.



Watch Episode 9-Rainbow Breath

QR Code



Link: https://youtu.be/NF1fVK_2_Oo

What is Mindfulness?

Mindfulness is friendly attention to the present moment. It is also wanting to understand how and why you react to things (in your body), and know what you're experiencing.

Answer the questions to help you understand more about your feelings and what you are experiencing. Write your answers in the rainbow.

What does your body do you are angry?

When do you feel calm?

When is a time you have felt sad?

What emotion are you feeling when you are smiling?

Are you kind to yourself?

Emotions have a lot to do with how you behave or act—and it is important to remember emotions aren't bad! Emotions are a very important part of being a human and being you!

EMOTION AND STRATEGY

MATCHING

Match the emotion of the left with the coping strategy that works best for you! There are no right or wrong answers. You can match a strategy to more than one emotion. You can match an emotion to more than one strategy.

SAD



- take 3 deep breaths
- think calm thoughts

ANGRY



- draw/doodle/read
- ignore

ANNOYED



- talk to a teacher or adult
- stretch

CONFUSED



- count backwards
- go do something else

NERVOUS



- go to a quiet place
- positive self talk

Self Care Plan for Kids

1. Find a spot or area that is the following:

- You can be alone here
- It is quiet here
- You feel comfortable here

2. Put the following in that spot or area:

- Your favorite stuffed animal
- Something that makes you feel calm, happy, or relaxed
- An item from the care package

3. Can you draw or write about that spot here?

4. Great job! This will be where you practice self-care! Self-care is taking time to make your mind healthier. Having a healthy mind (mental health) means that you think, feel, and act your best! Much like how having a healthy body (physical health) means eating, exercising, and sleeping your best. Everyone has mental health and physical health that must be taken care of every day. Adults like doctors, dentists, and nurses take care of children's health as their job.

5. What other adults take care of children?

1.
2.
3.

6. What adults take care of you? Who are your trusted adults?

1.
2.
3.

7. You can take care of your mental and physical health when adults can't help you. How do you take care of your physical health (have a healthy body)?

1.
2.
3.

8. The chart on the next page in this packet is full of ideas on how to take care of your mental health. **YOUR JOB IS TO CHOOSE 1 SQUARE TO DO A DAY!** (If there isn't enough room, rewrite the square you want to do on a new piece of paper).

BONUS: After filling out this check list, can you color each box to match what type of mental health it helps improve?

Emotional health: being aware of your emotions and being able to appropriately express your feelings

Physical health: the well-being of your body impacts how you handle mental stress

Social health: the ability to make and maintain relationships

Read a book to someone. I read this book: 	Watch your favorite movie. I watched: 	Write a nice note to: ____ (Hide it for them to find as a surprise!) 	Tell 2 jokes! 1. ____ 2. ____
Do a face-mask. This is what I looked like: 	Make a healthy snack. Here is how I made my snack: 	Draw a picture. I mailed my picture to: ____	Put on your favorite outfit!
Go on a hike with your family. I pretended we were: 	Color a mandala. 	Fill a box with toys you can donate.	FaceTime with a family member. I FaceTimed: ____
Cuddle with your pet 	1. Get a dance partner. 2. Turn the lights off 3. Blast music. 4. DANCE PARTY!	Clean your room. 	Draw you and your friend playing your favorite game. My friend's name is: ____
Write about your favorite memory with your friend. My friend's name is: ____	Discover a guided meditation online.	Write a thank you card. I wrote a card to: ____	Hug yourself! 
Sing along to a happy song. I sang: ____	Draw a story. My story is about: 	Take a bubble bath. 	Write a letter. I mailed my letter to: ____
Paint a picture. I mailed my picture to: ____ 	Practice a new breathing exercise. 	Go on an indoor sensory walk. I see: ____ I smell: ____ I hear: ____ I taste: ____	Go through photographs 
Go for a walk. 	Write positive affirmations to yourself. 1. I am ____ 2. I am ____ 3. I am ____	Find a ball. 1. Bounce it 2. Kick it 3. Throw it.	Fill a box with clothes you can donate. 
Create a bucket list of things you want to do before you turn ____ years old.	Take a nap. 	Call a family member. I called: ____	Go on a sensory walk outside. I see: ____ (smell) ____ I hear: ____ I taste: ____ (feel) ____
Drink some warm tea or hot chocolate. 	Ride your bike. I rode for this long: ____	Create a bucket list of things you want to do this summer.	Tell an adult when you are feeling upset. 

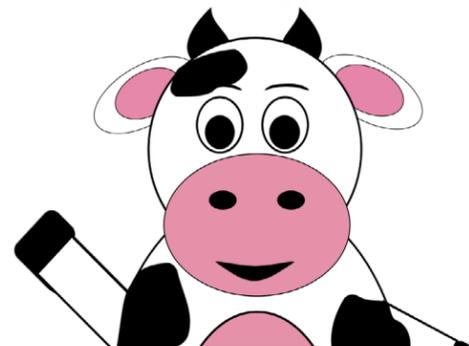
ACKNOWLEDGMENTS

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It was illustrated & designed by Kayla Condon

Some ideas inspired by: Lynn Lyons, LICSW (Anxiety and CBT expert) & Dr. Marsha Linehan (Founder of DBT)



The work does not stop here! Visit our website at youth.ellington-ct.gov to view more episodes & resources to continue to learn with Mell!





**YOU ARE AMAZING!
KEEP USING YOUR TOOLS!**