



Take notice and be mindful for mental wellbeing

Being aware of your surroundings, emotions and feelings is important. Taking notice can help you to be able to take control of how you act in the different situations you will face.

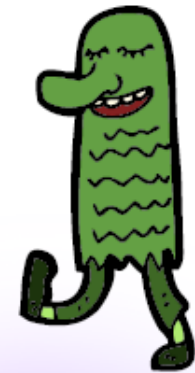
Here we look at our own emotions and see if we can recognise how we feel during different situations. We can have emotional feelings and physical feelings and these are often connected to one another, for example if we are feeling angry, we might start to shake or become red faced. By recognising our emotions, we can then start thinking about how our behaviour is affected and how we react. Recognising how we feel allows us to manage our emotional reactions, making it easier to take control and make better choices.

Here we can think about worry, read the story below and you could start to use the Green Man Plan for feeling better.

Then we will look at 'what makes us happy' and 'respect'.

WORRY TIME

The Green Man Plan.



What is worry time?

Worry time is a set time to spend going through your worries.

The Green Man Story

Imagine a little green man knocking at your door to tell you every time something went wrong and every time he feels anxious or worried. This could be every 10 minutes!

Every time he knocks, you have to stop what you're doing, such as playing with your toys, watching television or playing with your friends, and answer the door. You then have to listen to what he has to say. This takes up a lot of your time!

This is just like when we worry. Thinking about worries can take up a lot of our time. Next time he knocks at the door tell him to write down all of his worries and everything he wants to tell you and then he can come back and tell you at the end of the day.

This way you aren't ignoring him, but he won't interrupt you playing or doing fun things!



The Green Man plan!



Step 1: When you feel yourself worrying. Write down your worry and how you feel.

Step 2: Put your worry in a safe place such as a jar, under your pillow or even in your pocket.

Step 3: Now your worry is out of your head, find something to do such as drawing a picture or tidying your room.

Step 4: At the end of the day collect all of your worries that you wrote down earlier.

Step 5: Grab a trusted grown up and talk about these worries together. (Or read these back to yourself in private if you prefer).

Step 6: After reading back over your worries, are there any that you can throw away?

Step 7: Now, go do something you enjoy as you have completed worry time!

Sometimes the longer we spend on a worry, the bigger it gets. Giving yourself a break can help you realise we didn't need to worry at all!

FEELING ANGRY?

There are lots of warning signs to show you are angry. Things such as a red face, clenched fists, or a racing heart. What are yours? When you're feeling angry and notice your warning signs, fill in the bubbles below.

I'm so angry I could ...

I'm so annoyed I could ...

I'm so frustrated I could ...

I'm so mad I could ...

I'm so furious I could ...

When you notice these thoughts entering your mind take a deep breath and count to 10.

Star Breaths



Place your finger at the top of the star. Follow the outline of the star while slowly breathing in and out.

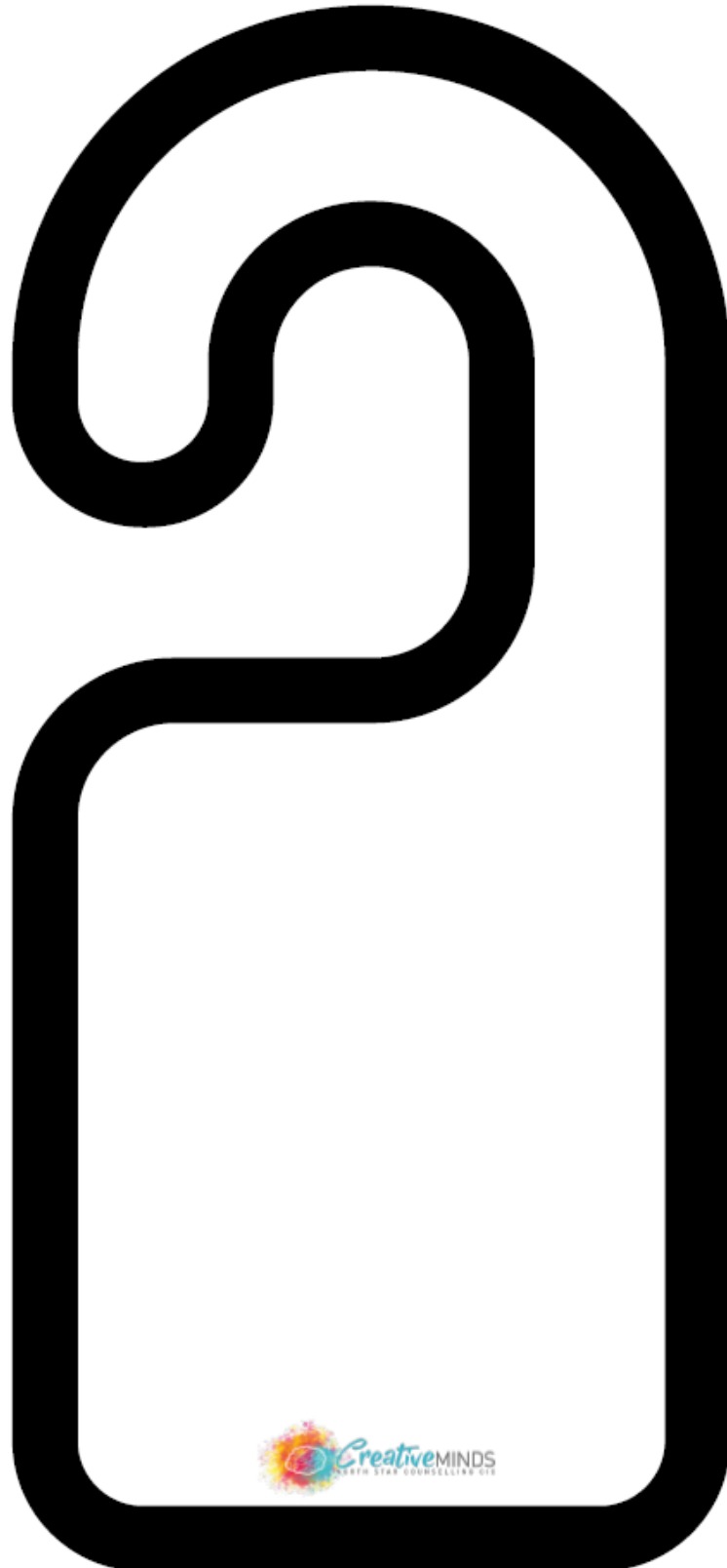
Fill This Sun With Things that
Make You Happy!



Think Happy Thoughts.

Respect!

Let people know what they can do to help respect your space. Write a list of your rules, decorate the sign and hang it on your bedroom door.



How are you feeling now?



THINK ABOUT HOW YOU ARE FEELING RIGHT NOW. IS IT DIFFERENT
TO WHEN YOU FIRST STARTED THIS WORKBOOK?



Right now I feel:

Extremely happy

Happy

Okay

Not so good

Unhappy

Extremely unhappy

Circle your answer.