

THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Wow! This is Week 16 of my weekly newsletters. I do hope you have been enjoying them. This week I would like to concentrate on feelings and worries, both of which are normal to have- the main thing is to be able to talk to someone about your worries. Once shared-your worry is already halved!



WHEN I FEEL WORRIED...

I can speak to:

I can try this breathing activity:

I can tell myself:

- ☐ This is tough but so am I.
- ☐ I can always ask for help.
- ☐ I can focus on things I can control.

It's **SAFE** to feel my **FEELINGS**

I can go outside and:

I can try these things to feel better:

- Give someone a hug
- Write in a journal
- Hum or sing a song

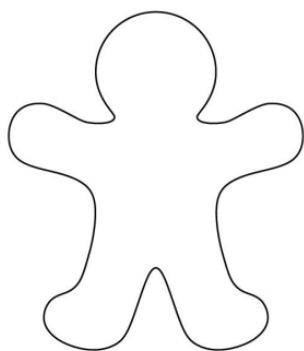
I can move my body by:

I can listen to:

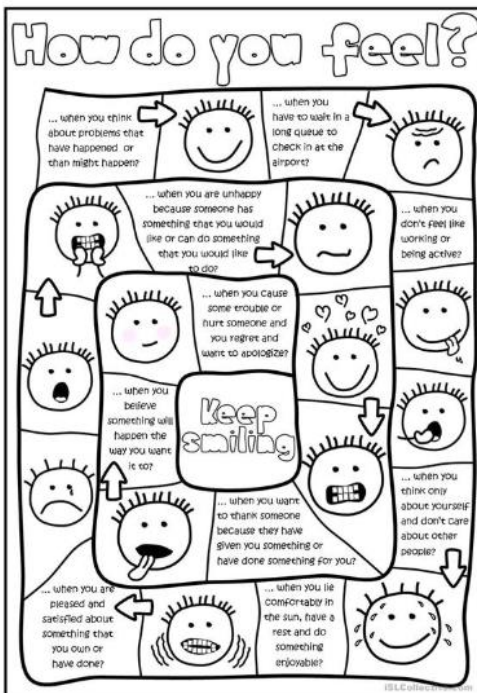
FEELINGS COME
FEELINGS GO

Draw Your Emotions

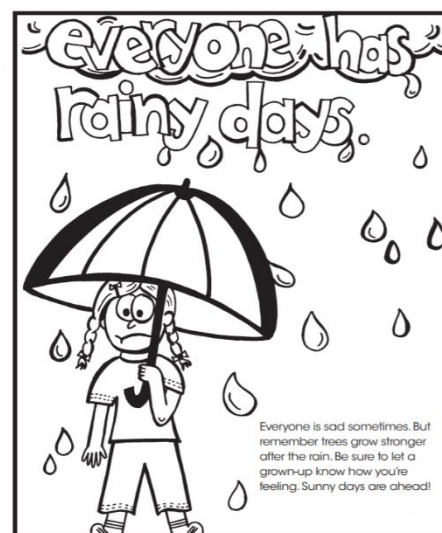
EXCITED



Use the template above to draw how your body feels when you are experiencing this emotion. What part of your body do you feel the emotion in? What does it feel like? What color is it? Where else do you feel this emotion?



How do you feel?



Self-Care & Mental Health for Kids



Remember to email me if you need me!
Have a great, fun weekend.
Let's hope the sun shines!

Mrs Ashworth
XX

