

BUILD YOUR RESILIENCE TOOLKIT

with your **DOSE** Mood Boosters



BIG FEELINGS



WORRY SADNESS ANGER LONELINESS EMBARRASSMENT JEALOUSY



BIG FEELINGS

Sometimes we feel happy, and sometimes we don't and that is okay. We all have lots of different feelings inside us. Feelings are the way our hearts and minds tell us what's going on. Some feelings can feel really big, like a storm or a wave and we sometimes need a little help managing them.



It is super helpful to create your very own set of tools to help you understand and take care of big feelings when they come up.

Once you have the tools, it is a good idea to keep them in a toolkit so you know where to find them when you need them.

BUILD YOUR RESILIENCE TOOLKIT

Resilience is when you keep going, even when things are tough, it's your ability to bounce back.

This is your resilience toolbox. First, we need to give your toolbox a name

HELLO
MY NAME IS



EXAMPLES

- Tilly the toolbox
- Buddy Box
- Rusty the resilience toolbox



BUILD YOUR RESILIENCE TOOLKIT





WHAT IS WORRY?

Worry is when our minds start thinking about things that make us feel unsure or scared, or when we start thinking about things that might go wrong. Sometimes worry tries to protect us, but it can make our tummies feel twisty or our hearts beat fast.

Worry can feel different for everyone but might be...

A tight, twisty or upset tummy

Really fast beating heart

Hard to breathe than normal





MAKE A WORRY WAND

To make your Worry Wand, thread beads onto a pipe cleaner, leaving enough room at each end of the pipe cleaner to twist onto a lollipop stick. Bend the pipe cleaner into a circle and wrap the pipe cleaner around the lollipop stick to make your worry wand.

Pour the bubble mixture into a bowl and dip your Worry Wand into the mixture.



You will need

- Lollipop stick
- Pipe cleaner
- Beads
- Bubble Mixture





Everyone has worries, but the more we ignore them, the bigger they get. It is good to talk about our worries and explore what they mean.

Use your Worry Wand to blow your worries away. Dip your Worry Wand into your bowl of worries. Think about something you might be worried about. Take a deep breath, keep your worry in your mind and blow your worry away through your Worry Wand.

Watch the bubble float up into the sky. Imagine your worry is the bubble, let it float away and pop. Feel the relief that is in your body as your bubble of worry pops and goes away.



A Worry Wand triggers all of the happy hormones, giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness





WHAT IS SADNESS?

Sadness is a feeling we get when something hurts our hearts. It could be caused by losing something special, missing someone we love, or when things don't go the way we hoped. Sadness helps us understand what's important to us. The good news is, sad feelings don't stay forever; they can get smaller when we talk about them or do things that make us feel comforted and cared for.



When we feel sad we might

Feel like we want to cry

Feel like we want to be quiet and not talk to others

Feel like you need a big cuddle



SADNESS

SADNESS SOCK PUPPET

Make a **Sadness Sock Puppet** by taking an old sock and bringing it to life with googly eyes, a felt tongue and crazy hair.

Stick two googly eyes to the top of the sock puppet and add hair with pom poms, pipe cleaners and wool. Add a button for a nose and decorate with sequins.

Put your hand into the sock and create a mouth between your thumb and fingers. Cut a tongue out of red felt and stick it inside the mouth.



You will need

An old sock, googly eyes, sequins, pom poms, pipe cleaners, buttons, red felt, glue & wool





SADNESS

SADNESS SOCK PUPPET

Any time you feel sad, write down the things that are making you feel that way on pieces of paper.

Crumple the paper up and feed it to your sock puppet.

Your sock puppet friend will eat up all the things that are making you feel sad. He cares about you and doesn't want you to feel sad.

When the sadness sock eats the things that make you feel sad, it takes away your sadness, makes you feel relieved and cared for, which boosts the happy chemical, Oxytocin in your body.



I feel sad when
my friends
don't want to
play with me.

I feel sad
because my
grandma is
in hospital

I feel sad
when my
Mam has to
work and can't
put me to bed





WHAT IS ANGER?

Anger is one of our big feelings. Anger is a normal emotion we all feel from time to time. Being angry makes you feel like you want to growl like a tiger, letting everyone around you know to back off. We might be angry because something feels unfair, when we're hurt, or when things don't go the way we want. Everyone feels angry sometimes, and that's okay. What matters is learning safe ways to let the anger out.



When we feel angry we might

Feel snappy and cross

Be nasty, hateful and selfish

Get a hot face and feel like our body is full of energy



USE AN ANGER STOPWATCH

When you feel angry, your body feels like it fills up with lots of energy, like shaking up a bottle of fizzy drink.

You need to take the lid off and let all of that energy out. Set 1 minute on a stopwatch or on a mobile phone. Or if you don't have either of these, you can watch a full minute on a clock or just count to 60 in your head.



As fast as you can do;

- 10 Star Jumps
- Run on the spot for 10 seconds
- Punch up to the sky 5 times with each arm
- Jump like a kangaroo 10 times with your feet together
- Crouch down and jump up like a big frog 5 times
- Skip for 10 seconds (with or without skipping ropes)





EXERCISE BOOSTS YOUR HAPPY HORMONE SEROTONIN

Exercise is one of the best ways to release Serotonin in your body. This is a happy chemical that reduces your angry feelings, like water putting out a fire.

Moving your body releases the built-up energy and starts to make you feel calmer and happier.

When you feel calmer, you can think clearly, which makes you feel more in control.





LONELINESS

WHAT IS LONELINESS?

Loneliness is when we feel all by ourselves, even if there are other people around. It's a feeling that can make our hearts feel a little empty or our tummies feel heavy. We all feel lonely sometimes, it just means we need some care, friendship or connection.

We can stop the feelings of loneliness by spending time with our friends,

You might feel lonely when

Your friends are playing together and don't ask you to join in

You miss someone special, like a grandparent or friend who lives far away

You're at home and everyone's busy, so you have no one to play with





LONELINESS

You will need

Plain paper, scissors, colouring pencils, split pin (optional, photos & glue)

FRIENDSHIP FAN

Create your own friendship fan by taking your plain paper and cutting it into long, thin pieces, all the same size.

On the first piece of paper, draw yourself looking happy with the words Friendship Fan. Then on each of the remaining pieces of paper, draw one of your friends' faces and name in a box at the top of the paper, or if you have photos, stick the photo in the box.

Give each piece of paper to the friend who you have drawn on the top and ask them to write what they like about you under their picture.



Split pin



Pierce the split pin through the bottom of each piece of paper to join them together. Close the split pin and you have made your fan.



LONELINESS

FRIENDSHIP FAN



If you find yourself feeling lonely, get your Friendship Fan out of your Resilience Toolkit and open it up. Read all of the reasons your friends think you are great. This will boost your happy hormone Oxytocin, which will start to make you feel happier and reduce the feeling of loneliness.

Asking your family for a cuddle or giving a teacher a high five can also give you an extra boost of Oxytocin.



EMBARRASSMENT

WHAT IS EMBARRASSMENT?

Embarrassment is a feeling you get when something happens that makes you feel a bit silly, awkward, or like you've done something wrong, even if you haven't.

Your face might get hot, you might blush or look down at the ground, and you just want to run away, hide, or laugh nervously.

Sometimes you might think about it later, and you feel embarrassed all over again. This is completely normal.



You might feel embarrassed if

You fall over in front of your friends

Someone laughs at you

You get an answer wrong in class



FIVE FINGERS TO FEEL BETTER

When you feel embarrassed, you often feel like it will never go away, but it will. You need to take your mind off it and think about something else. Once you are past the initial embarrassment, you will realise it wasn't that bad and you might even laugh about it in the future.

A simple tool to have in your toolkit is the **Five Fingers to Feel Better** technique, and all you need is your hands.

Look at the palm of your left hand and spread out your fingers. Take your right hand and place your index finger at the bottom of your thumb, trace up your thumb to the count of three, breathing a deep breath in, at the top of your thumb pause to the count of three and hold your breath, then trace down the inside of your thumb, breathing out to the count of four.

Repeat this over all your fingers, noticing how your skin feels as you trace your finger over it, and how your body feels as it takes in, holds and releases your breath. By the end of the practice, you should feel more relaxed and less embarrassed. You can repeat on the other hand if you need to.





FIVE FINGERS TO FEEL BETTER

The Five Fingers to Feel Better technique uses all of your senses, which grounds you and distracts you from racing thoughts.

Sight - When you look at your hand and trace each finger slowly, you focus your eyes on something simple and steady.

Hearing - As you breathe in and out, you can listen to the sound of your own breathing, which reminds you that you're in control and helps slow your heartbeat.

Touch - As you trace each finger with the other hand, you feel the movement and texture of your skin. This physical touch is grounding and calming.

Taste - As you breathe out slowly through the mouth, you will notice a taste or the cool feeling of air passing your lips, which reduces anxiety.

Smell - Breathing in slowly lets you notice smells around you, this could be fresh grass, your washing powder or something familiar which makes you feel comforted.



This breathing exercise triggers your happy chemical Endorphins, which are a natural pain killer, like medicine they travel around your body to find where they are needed and fix the problem.





WHAT IS JEALOUSY?

Jealousy is a feeling you get when you really want something that someone else has, or when you're worried someone might take away something or someone you care about.

It sometimes feels a bit like feeling a mix of sadness, anger, and worry all at once. It doesn't make you bad or mean if you feel jealous. It's just a signal that something is important to you. Talking about it with adults and reminding yourself of the things you have, can help the feeling go away.



You might feel jealous if

A friend gets a new toy or trainers that you wish you had

You are left out of a game others are playing

Someone else wins something you wanted to win



GREEN EYED GRATITUDE JOURNAL

You can use a notebook to decorate or make your own notebook by folding sheets of A4 paper in half to create pages of a book and stapling them together in the middle (ask an adult for help). Decorate the book into a green-eyed monster, using a mixture of pens, felt, tissue, gems and feathers. Make him a happy monster, although you are going to use him when you feel jealous, you are going to fill him with things you are grateful for that make you happy.

Once you have finished decorating your monster, write the following sentences on the first page of your journal. **I am happy that other people get nice things. I am happy for other people when they win. I want other people to feel happy.** Add more similar sentences of your own. On the rest of the pages, write and draw the things you are grateful for. This will be your diary, and you will keep adding things you are grateful for as often as you can.

You will need

Paper or notebook googly eyes, glue, green felt or tissue paper, green pens, green feathers, stapler and green gems.



When you find yourself feeling jealous, go into your Resilience Toolkit and take out your **Green Eyed Gratitude Journal** and read through all the things you feel thankful for. You will remember how lucky you are, which will reduce your feelings of jealousy.



GREEN EYED GRATITUDE JOURNAL

Focusing on what you do have rather than what you don't reduces the feelings of jealousy and those horrible feelings in the body. The Green Eyed Jealousy Monster is not mean, he just sometimes forgets how lucky we are already and to be happy for other people. But that's ok, we can remind him. The more you fill your journal with grateful moments, the more resilient you become to jealousy.

Completing your **Green Eyed Gratitude Journal** will trigger all four of your happy chemicals. When you write or draw what you're thankful for, you release dopamine, which makes you feel proud of yourself. The Serotonin you boost will bring you a sense of calm, and the Oxytocin and Serotonin make you feel safe and grows your empathy for others, helping fight against jealousy, which often comes from feeling left out.



TIP: SHARING YOUR GRATITUDE WITH THE PEOPLE YOU LOVE, DOUBLES THE POWER.

SIT IN YOUR EMOTIONS

Feelings are not good or bad, don't give them a label, just feel them.



Don't try and push away your feelings or avoid them. Acknowledge your feelings and think about why you feel that way.

Know your feelings won't last forever; they will pass and be replaced with another feeling.



It is OK to cry, it is a natural response. Crying releases stress and calms your body.

Learn to check in with yourself to see how you are feeling.

