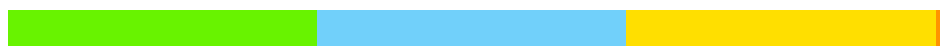


HEADS2MINDS EMOTION MANAGEMENT RESOURCE BOOKLET





CHANGE THEIR MOOD WITH A
QUICK DISTRACTION
A MIND RESET



When a child is in an emotional outburst simply get an ice cube and ask them to hold it.

Suddenly break into song! It will instantly shock them into stopping the outburst and may even make them smile.



Pass them an item or toy that you know will soothe them and comfort them.



CHANGE YOUR MOOD WITH

ANCHORING

A MIND RESET



Step 1: Bring your finger to your thumb and close your eyes

Step 2: Once your eyes are close think of a memory. A memory that brings back happiness and a feeling of calm.

This memory can be in a special place, with a person or animal.

Step 3: Now really focus on this memory. What emotions were you feeling? What could you feel, see, smell and touch in that memory?

Step 4: Now focus on where in your body you can feel those emotions. Is it in your stomach, chest or somewhere else?

Step 5: Now open your eyes and shake it out!

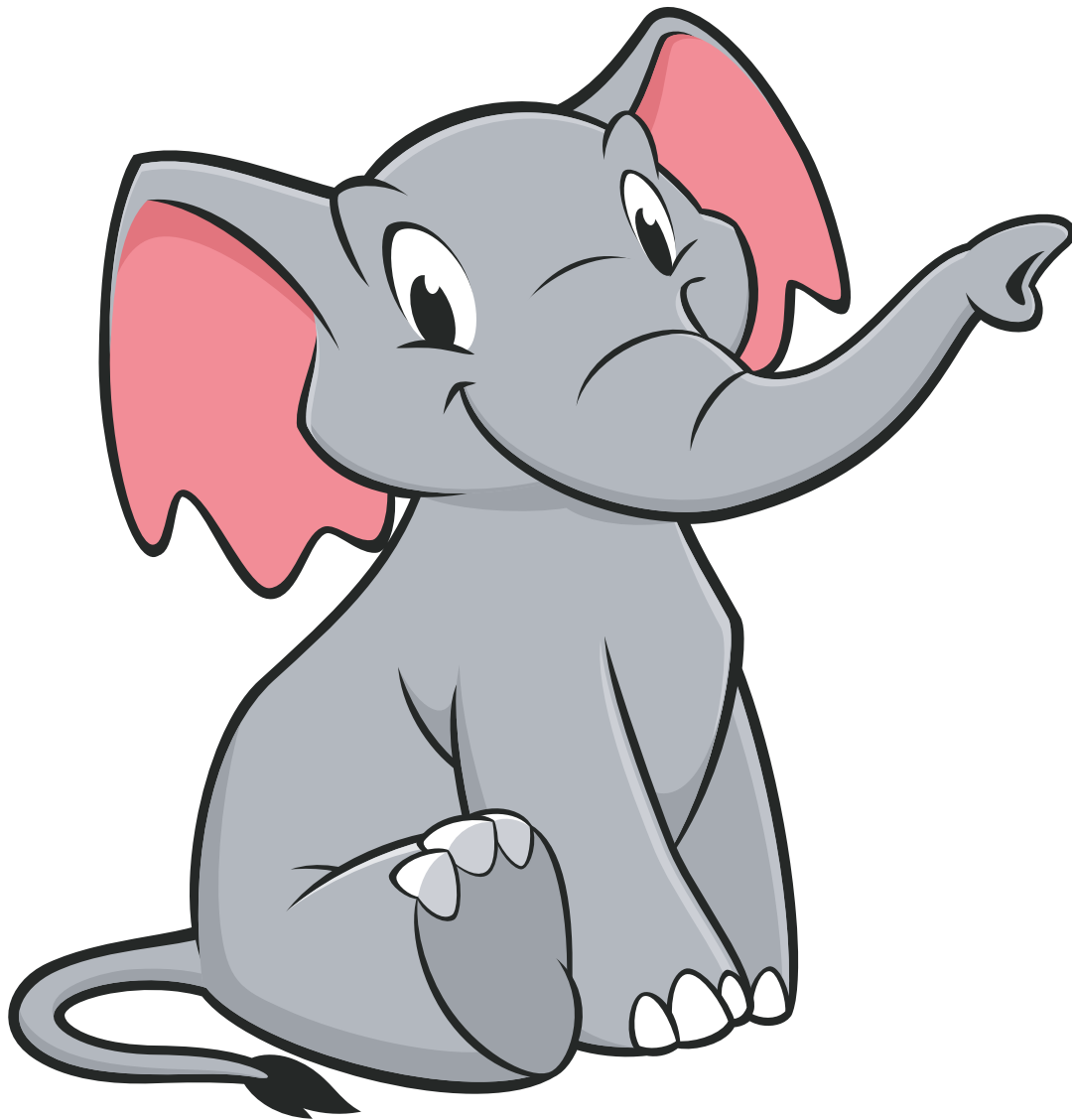
Step 6: Quickly bring your fingers together again and close your eyes. Did that same memory come back?



This exercise
takes practice to
perfect!



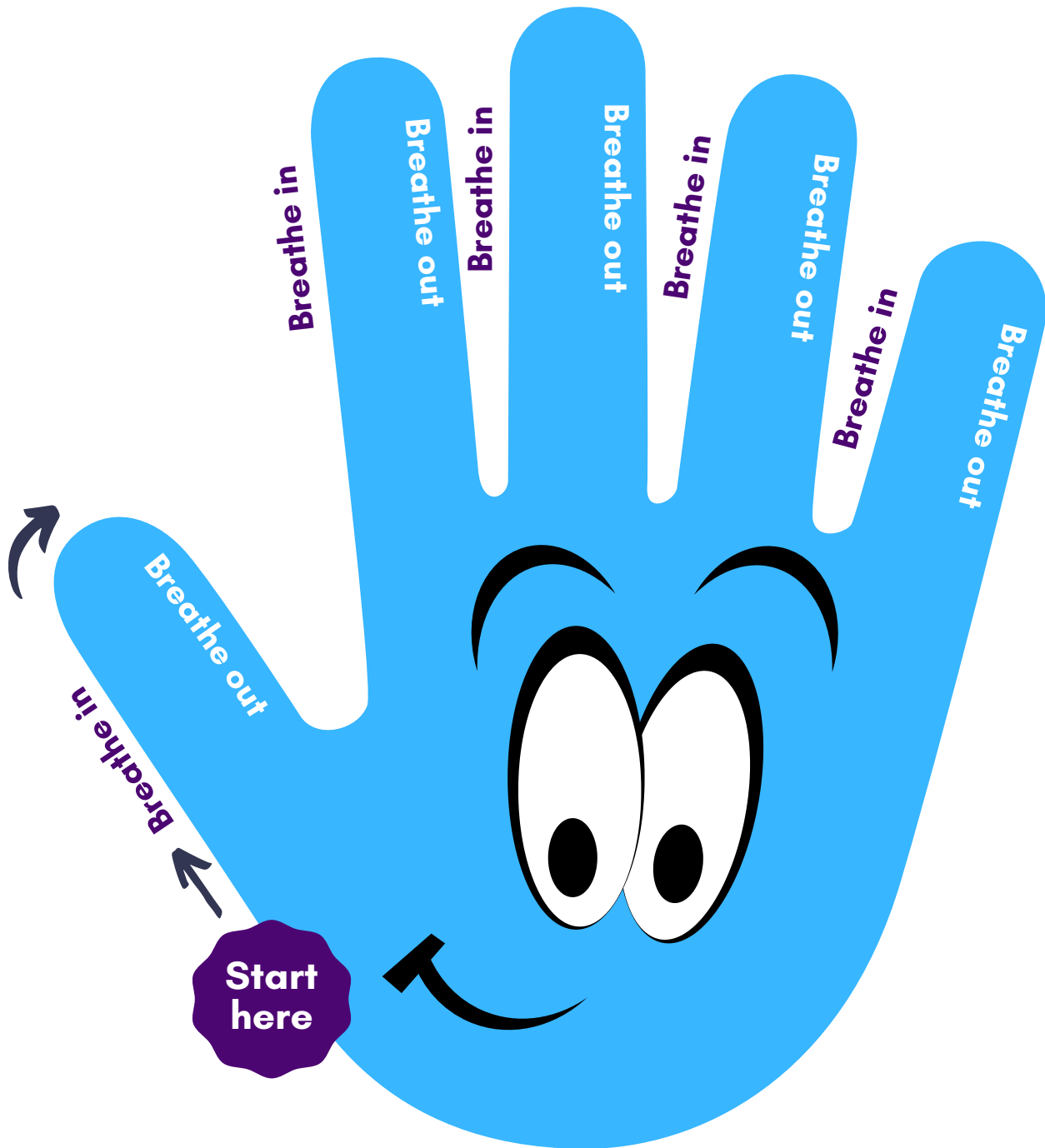
CALM YOURSELF WITH A
ELEPHANT BREATHING
BRAIN & BODY RESET



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



CALM YOURSELF WITH A STARFISH BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.



CALM YOURSELF WITH A
SQUARE BREATHING
BRAIN BREAK

Hold for 4

Breathe in for 4

Breathe out for 4

**Start
here**

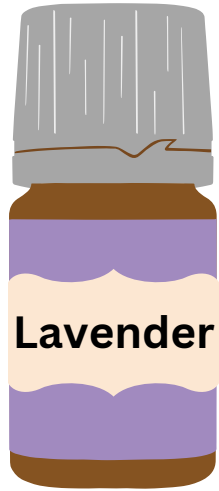
Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.



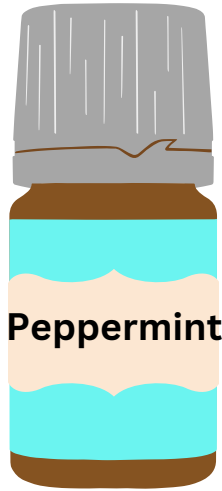
CALM YOURSELF WITH ESSENTIAL OILS

GOOD FOR THE MIND & BODY



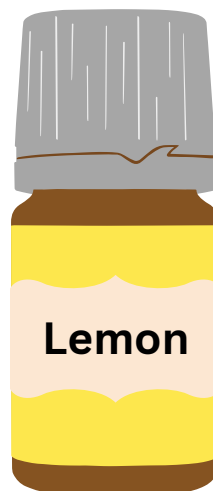
Lavender

Better
Sleep



Peppermint

Boost
Alertness



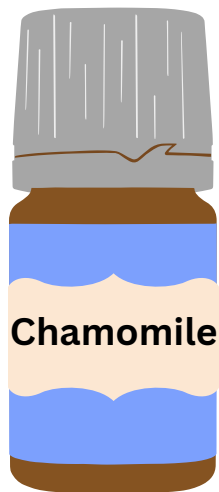
Lemon

Improve
Concentration



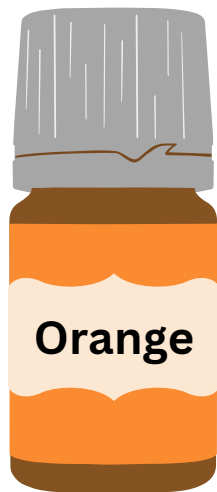
Ginger

Reduce
Nausea



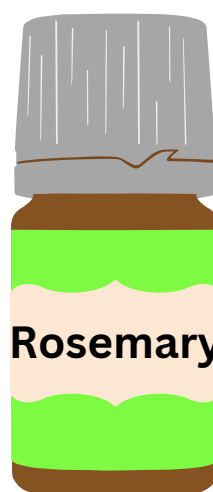
Chamomile

Reduce
Stress



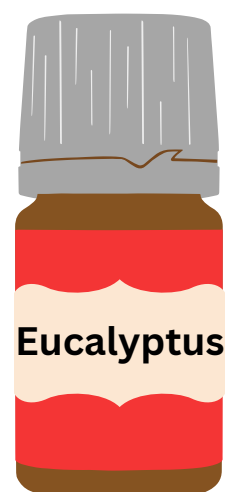
Orange

Reduce
Anxiety



Rosemary

Improve
Focus



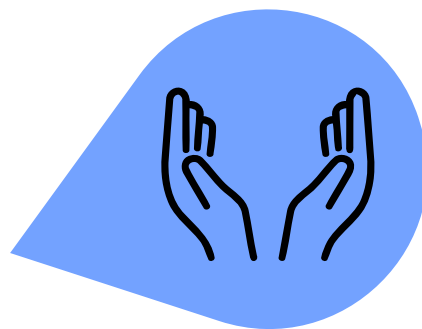
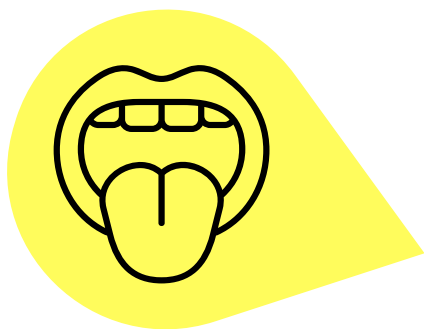
Eucalyptus

Clears Blocked
Sinus

- Add a few drops to a spray bottle filled with water and spritz on your pillow and sheets
- Put a few drops in your bath tub
- Rub oil on your pulse points
- Take a quick whiff from the bottle whenever needed
- Use an oil diffuser or vaporizer
- Wear jewelry specifically designed to diffuse essential oils



CALM YOURSELF WITH A **GROUNDING EXERCISE** FOR PANIC ATTACKS



- Find 5 things you can see
- Find 4 things you can touch
- Find 3 things you can hear
- Find 2 things you can smell
- Find 1 thing you can taste



CALM YOURSELF WITH A
GROUNDING EXERCISE
FOR EMOTIONAL OUTBURST



- **Choose an item to hold that is special to you**
- **Close your eyes**
- **Next, continue to hold the item**
- **Now, open your eyes and look at the item**
- **Think of a memory that you may have with that item, how does that memory make you feel?**
- **Finally, bring your attention back to the physical sensation of the item, how does it feel?**



QUESTIONS TO ASK CHILDREN TO HELP EXPRESS EMOTIONS

1. What were the best and worst parts of your day?

2. I've noticed you don't seem yourself, what happened today?

3. If you could change one thing about your day today, what would it be?

4. Who made you laugh/ happy today?

5. What challenges did you face today, and how did you overcome them?

6. Is there anything on your mind I can help you with?

7. I know you're upset/worried/angry, How can I help support you with this?

8. How are you getting on at school?





THE DO'S AND DON'TS OF LISTENING TO A CHILD

DO



Show kindness, compassion and empathy

Listen intently, even if they're upset/ angry with you

Ask questions to clarify, even if you believe they may not be telling the truth

Remain calm and confident

DON'T



Always wait for them to come to you to talk

Shut down the conversation no matter the way they're expressing their feelings

Blame them by saying phrases like 'I told you so'

Invalidate how they're feeling



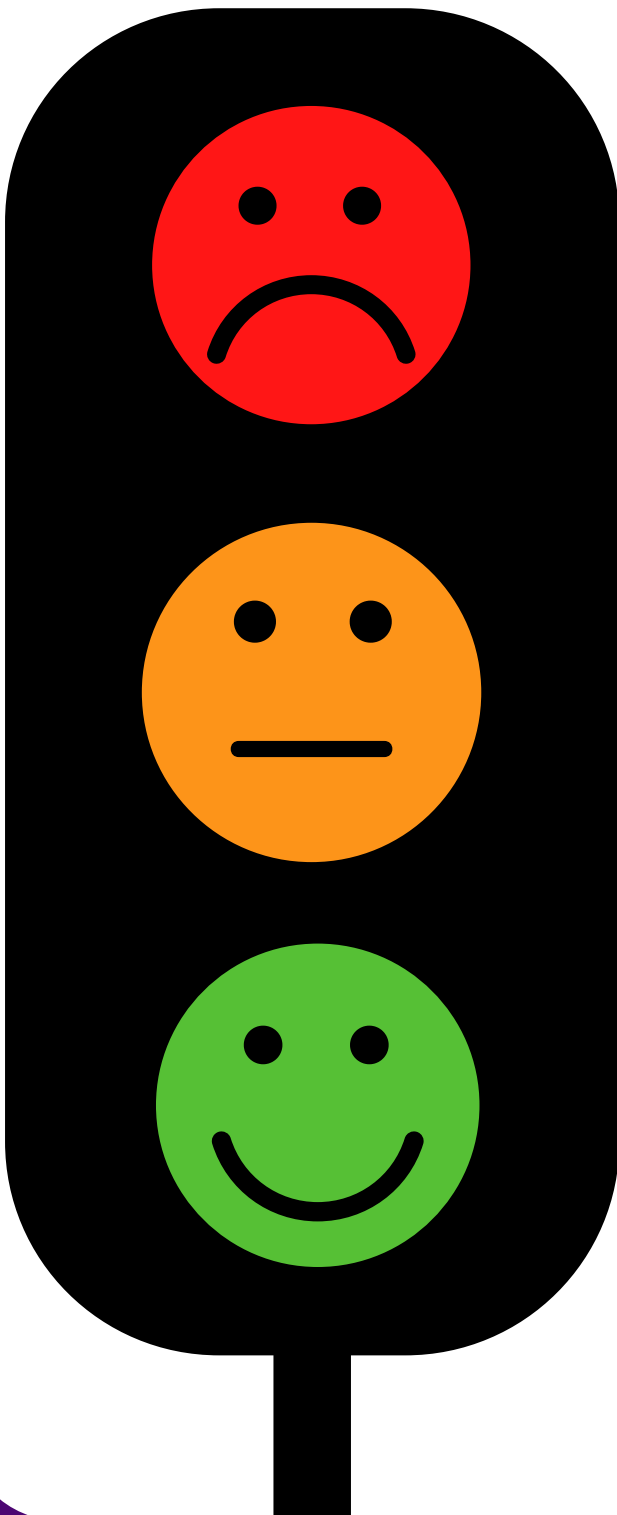


THE



TRAFFIC LIGHTS OF EMOTION

TO HELP THEM UNDERSTAND HOW I
FEEL



**Angry, Scared, Out of
Control, Upset**

**Frustrated, Worried,
Silly, Excited, Losing
Control**

**Happy, Calm,
Focused, Relaxed,
Feeling Okay**



UNDERSTANDING MY EMOTIONS

ANGER

What made me feel angry?

.....
.....

What did I feel?

- | | |
|----------|-------------|
| Sad | Lonely |
| Worried | Embarrassed |
| Stressed | Scared |
| Guilty | Annoyed |

What was my reaction?

- | | |
|--------------------|------------------|
| Screaming | Running away |
| Name-calling | Slamming doors |
| Crying | Threatening |
| Hitting or kicking | Throwing objects |

How can I do better next time ?

.....
.....
.....
.....





UNDERSTANDING MY EMOTIONS

WORRY

What made me feel worried?

What did I feel?

Sad

Stressed

Guilty

Lonely

Embarrassed

Scared

Annoyed

What was my reaction?

Crying

Shouting

Not Sleeping

Not Eating

Feeling Fidgety

Not Wanting to go to School



What can I do to feel better next time?



TIPS FOR WHAT TO DO WHEN I'M ANGRY

Don't talk - collect your thoughts first

Count to 10 before you react

Relax your muscles

Take yourself out of the situation

Listen to music



ANGER

TIPS FOR CONTROLLING YOUR OUTBURSTS

Practice gratitude

talk to a friend

Visualise your happy place



TIPS FOR WHAT TO DO WHEN I'M WORRIED

Write it all down!

Talk to someone you can trust

Practise Breathing

Do something you enjoy to distract yourself

Listen to happy music

WORRY

TIPS FOR MANAGING A WORRIED MIND

Practice gratitude

Try to work out causes the worry

Visualise your happy place





BUILDING RESILIENCE WORKSHEET

CALLING ALL SCHOOLS!



We are now providing
mental health &
wellbeing awareness
training in schools
across Essex!
For children and
parents!



What's included:

- 3 days of workshops for children
- Afternoon workshop for parents
- Award badges and lanyard for each topic the children complete
- Award assembly for certificates at the end!

Topics we cover:

- Anxiety
- Stress
- Anger
- Low Mood
- Confidence
- Neurodiversity

Resources, tips, tools and techniques to make life more positive for all!

Email us at bookings@heads2minds.co.uk
for more information!