

MY WELLNESS TOOLS

FOR KIDS, TWEENS AND TEENS TO USE

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My calm place: MEDITATE TO DO WELL

Before a test or event, meditate; find your calm.

Clear your mind by focusing on your breath.

Shift your weight in your seat to find the bones you sit on.

Breathe and visualise the outcome as successful.

Tip: try rehearsing this days before the event, whilst your body is still calm.

Self compassion and mindfulness: NATURE IS YOUR TEACHER

Nature teaches us how to be open and mindful.

Look outside and notice as many examples of nature as you can.

Write down everything from dirt to ants and branches.

Then talk about the impact nature has on you.

Even better, create the way you want your relationship to be with nature.

Letting go of any anger: WRITE IT TO SEND IT AWAY

Find a place to go with a pen and paper.

Write about what is upsetting you. You can also draw.

By expressing your thoughts that are aggravating you, you can release them from being stuck in your mind (and body) and let them go.

Anxiety solution: REMOTE CONTROL

Imagine you have a remote control for your brain and body. If you have time you can even draw one and keep it for future use. Turn up your comfort level using your personal remote control: you can press your imaginary button for laughing, smiling, imagining and relaxing. You can also press an imaginary button to be calm and to be happy.

You also can use your buttons to remind yourself to eat, drink water, go out in the sunshine, and to sleep.

Turn it into a healthy remote control.

Strengths: USE THE FOLLOWING REMINDERS

I am proud of myself I am full of energy

I do things by myself I am brave

I am easy to get along with I celebrate

I like to learn I am careful I am calm

I don't give up I care about others

I care about the environment I share with others

I join in I bounce back I am organised

...plus what other strengths do you have?

New emotions to look out for: IMAGINE THE FOLLOWING

Embarrassed lonely exhausted overwhelmed ashamed

Shy confident hopeful guilty frustrated hysterical

ecstatic surprised enraged disgusted cautious confused jealous suspicious...

Can you add some more? Learning about emotions helps you to be more empathetic, and also promotes self awareness.

Become emotion wise!

Mindfulness skills: REACH FOR THE SKY

Place your arms by your sides.

Breathe in through your nose as you count to 4 and raise your arms up over your head - reach for the sky.

Breathe out through your mouth as you count to 8 - lower your arms.

Repeat 4 times. Be creative and change it around.

Melting my worries and relaxing: BRIEF VACATION

Close your eyes and visualise yourself in a very relaxing place - somewhere you may have been, or use your imagination to create your place. Include all of your senses while imagining it.

Growing mindful: C.A.L.M FEELINGS

Notice sensations (or even emotions) right now in your...

Chest... Arms...

Legs... Mind...? What else are you aware of?

Acceptance: RIGHT NOW ITS JUST LIKE THIS

Sometimes we can get stuck in painful patterns of reacting. Sometimes we shut down, and ‘feel’ down.

Notice what is happening right now:

Your thoughts, feelings, sights, sounds...

And say to yourself, “right now, its like this”

And describe your experience right now.

Find a pathway to accept it (instead of resisting it)

I sure you hope you enjoyed these wellness tools.

Be creative and add to them; personalise them to suit you.

Good Luck,

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