



Believe in
children



Barnardo's

Emotional Well-being Pack

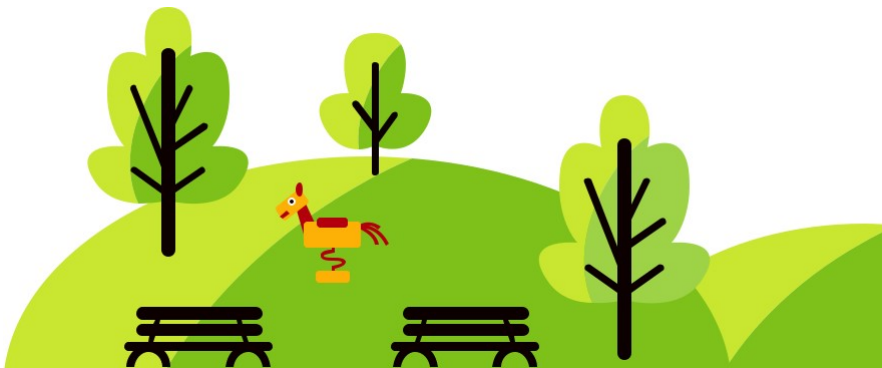
For domestic abuse



Ages 3 - 12

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Welcome!

This booklet is for any young person, from age three to twelve, who would like some help with their emotional well-being.

Emotional well-being is all about keeping your mind and body healthy. There are lots of different things that we can do to keep our mind and body healthy.

This booklet has been designed for you and your parent or carer to read together so they can help you with some of the ways in which you look after your emotional well-being. The booklet explains a little bit about what emotional well-being is, and will give you some ideas on how to look after it.

A trusted adult can help you fill out the exercises on some of the pages in this booklet. Or, if you prefer, you can do these bits on your own. You can do just one of the exercises, or lots of the exercises. It's up to you.

You might find it helpful to take this booklet to your therapy sessions to talk to your therapist about what you have done.

We hope that you find it helpful.



What is emotional well-being?

Emotional well-being is all about having a healthy mind and body. It is about how you are feeling, how you are thinking, and your mood.

If you have good emotional – wellbeing then most of the time you:

- 🌸 Feel confident in your ability
- 🌻 Feel loved and trusted
- 🌸 Feel hopeful and optimistic (looking on the bright side)
- 🌻 Can feel a range of emotions
- 🌸 Can show or tell other people about how you are feeling
- 🌻 Feel interested in doing activities that you like
- 🌸 Feel safe

It is normal to feel sad, angry or worried sometimes, however, when we feel this way for a lot of the time, it might be a sign that something isn't right.



My feelings

Choose three different colour pens or pencils.

One colour for often

One colour for sometimes _____

One colour for never/rarely _____

Colour in the emotions below, to show which feelings you feel often, which you feel just sometimes, and which you feel rarely or never feel.

Confident

Embarrassed

Angry

Upset

Happy

Wanted

Hurt

Sad

Shy

Lonely

Jealous

Relaxed

Depressed

Responsible

Independent

Unwanted

Guilty

Safe

Worried

What to do when I don't feel emotionally well

There are lots of things we can do to help keep us feeling emotionally well.

Things that can really help are:

Eating healthy foods

- ♥ Getting a good amount of exercise
- ♥ Having time to play, both inside and outdoors
- ♥ Getting plenty of sleep
- ♥ Taking part in activities that you enjoy
- ♥ Talking about your feelings with an adult that you trust
- ♥ Taking time to relax

There is information about some of these things on the next pages.




Eating healthily


It is really important to eat healthy foods and drink lots of water, as this is what your body uses to keep it going.


There is some evidence to show that eating healthy foods helps people to feel emotionally well.


If you imagine your body like a car, the food and drink that you put inside it would be like filling up at the petrol station. If you put healthy food and water inside, you will feel your best!

It is important to eat:

 Plenty of fruits and vegetables


 Some protein- found in things like fish, chicken, eggs, nuts and seeds. This helps to keep your muscles strong!

 Whole-grain cereals, such as whole wheat bread, oats, brown rice. These give you fibre, to keep your tummy healthy

 Healthy fats, found in foods like nuts, avocado and olive oil

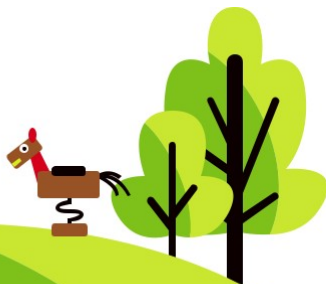
It's important to not eat or drink too much:

 Sugar

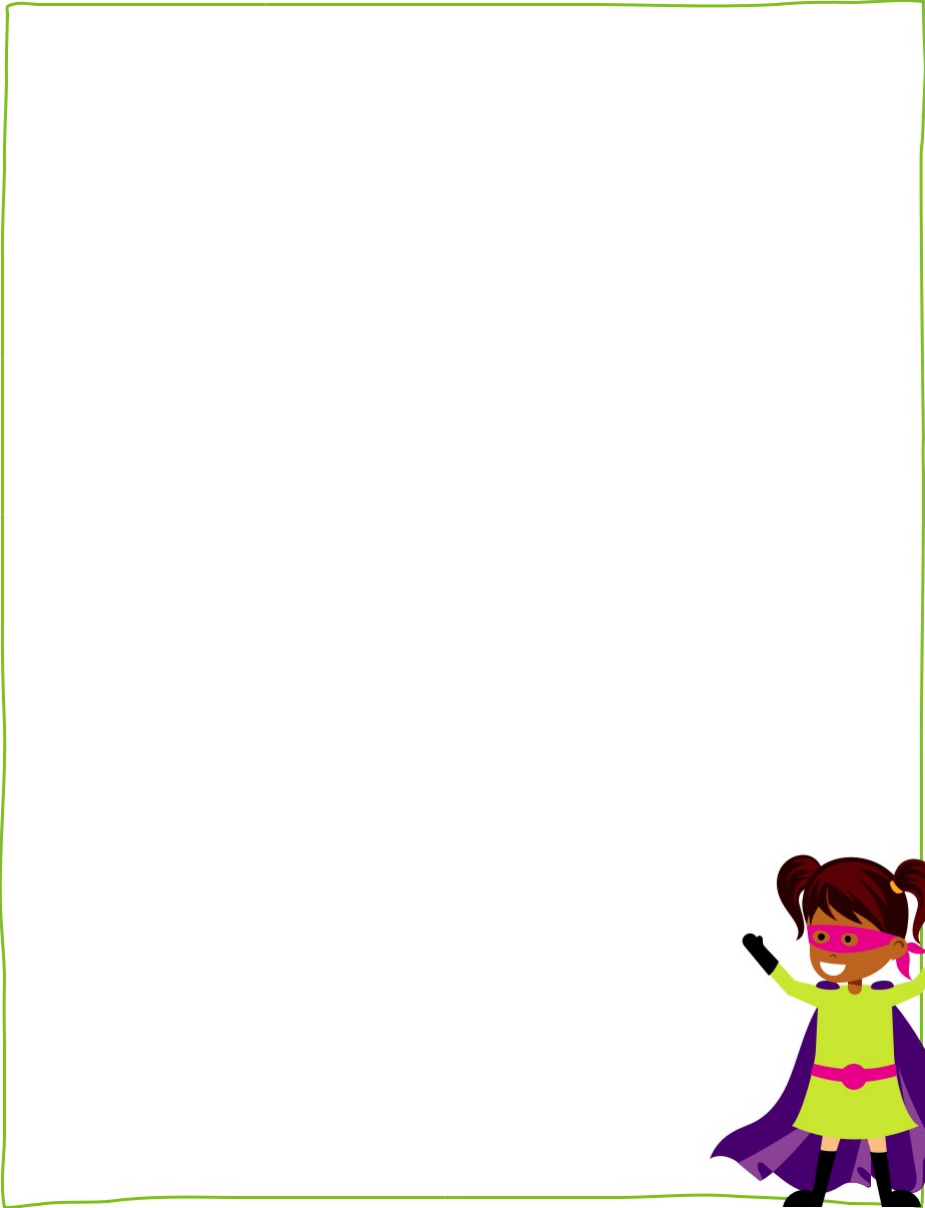
 Fizzy drinks

 Fatty foods

These can all affect our health, and could affect our feelings of wellness; however, it's also important to have a treat occasionally!



Draw your favourite healthy foods



Did you know...?

Some kinds of foods can help with certain feelings.

For example, foods that you can suck on can help you to feel calm and safe. Crunchy foods, like carrot sticks or cucumber, can help us to feel alert. Foods that are chewy, or that we can really get our teeth into, can help us to calm down when we are feeling cross or angry.

Also, sweet, salty and spicy foods are comforting and help us to feel calm. Foods with citrus, such as lemons, limes and oranges, help us to feel awake and alert. Mint can also do this.

How do the foods that you like make you feel?

Foods I like:

How it makes me feel:

Exercise

Exercise is an important part of staying emotionally healthy. People sometimes think that the health of the brain and the health of the body are two separate issues; however, there is lots of evidence to say that what you do with your body can have a big effect on your mind.

There is evidence to say that exercise has a positive effect on your emotional health. It is thought that this is because physical activity releases chemicals in the brain that help us to feel good.

Exercise can also help us to feel more confident in our ability, by improving self-control, and by giving us a sense of achievement.

It is recommended that children between three and 18 get at least 60 minutes of exercise, three times per week. This should be a combination of gentle and more difficult activity. Activity should also help us to keep our muscles strong.

Gentle activity might include walking to school, walking the dog, cycling, scooting, jogging, or roller-blading. More difficult activity might include sprinting, team sports such as football or rugby, tennis or swimming.

It's also important that some exercise helps to strengthen your muscles. Activities might include rock climbing, exercises that use pushing and pulling or gymnastics. Other sports, like tennis or football, also help us keep our muscles strong.

Exercise should be fun. If you choose exercises that you enjoy then you are more likely to stick with it.

What exercises do you enjoy?

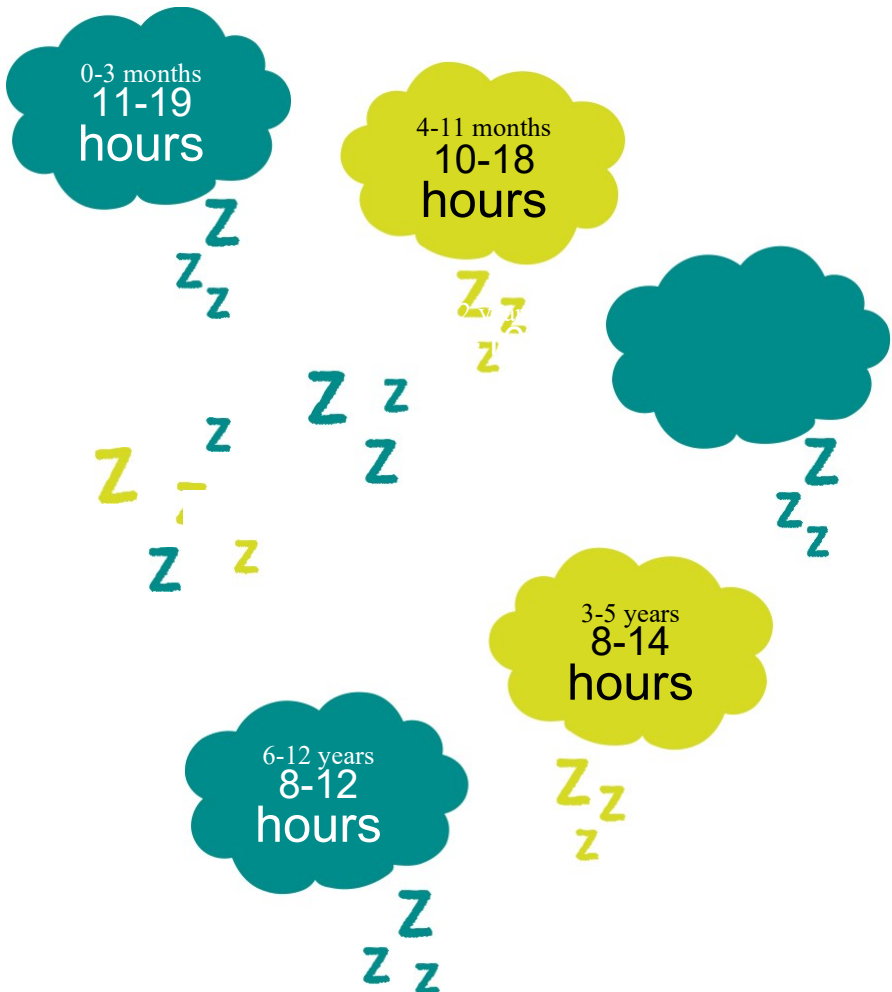


Sleep

Are you getting enough sleep?

















When we feel tired, our physical health, and our minds can be affected. This is why we can feel more grumpy or hungry when we are tired.

The picture below shows how much sleep you should be getting for your age.



Struggle to sleep?

There are lots of things that you can do to help yourself to sleep better. This might include:

-  . Checking the temperature (or get an adult to do this for you)
Your bedroom should be about 18 degrees Celsius (65 F)
-  . Have a milky drink before bed
-  . Have a warm bath before bed
-  . Make sure you haven't been watching TV or looking at a screen for 1-2 hours before bed
-  . Write down any worries that you are having before you go to sleep.
It can help you to put the worries aside so that you can sleep
-  . Don't drink caffeine. Do you really like tea, or fizzy drinks like coca cola? It's not a good idea to drink these too late in the day, as they contain caffeine that can keep you awake
-  . Spend some time relaxing, or deep breathing before bed
-  . Eat a banana! Bananas are naturally full of minerals that can help you to sleep



Feeling confident

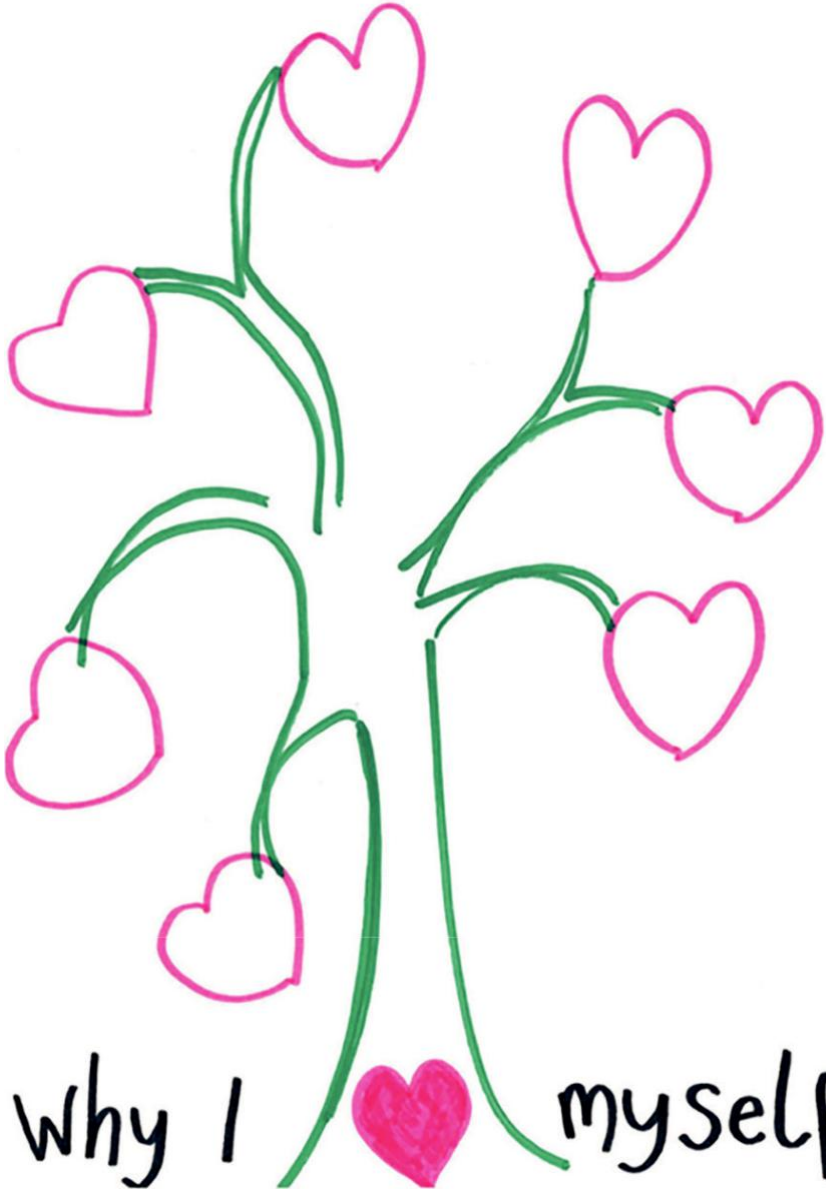
It's important to feel confident. This means that you feel sure of yourself. You might know that you are good at some things, and you may be able to talk to people without feeling nervous. Feeling confident isn't about being a show off- it's about knowing that you are ok.

In the space below, write or draw three things that you are good at.



It's important to love yourself - you are an incredible human being!

Write the reasons that you love yourself in the pink hearts.



Play

Play is really important for children and young people to feel emotionally healthy.

There is some evidence to show that children who play more are more emotionally healthy, and more resilient.

Free-play is the most important kind. This means games that use your own imagination, rather than things like board games, with structure.

What are your favourite games to play with your friends or family?

Feeling worried?

We can all feel worried sometimes. This feels different for different people. Some people get pain in their chest, or have a funny feeling in their tummy. Other people have thoughts that keep going round and round in their head.

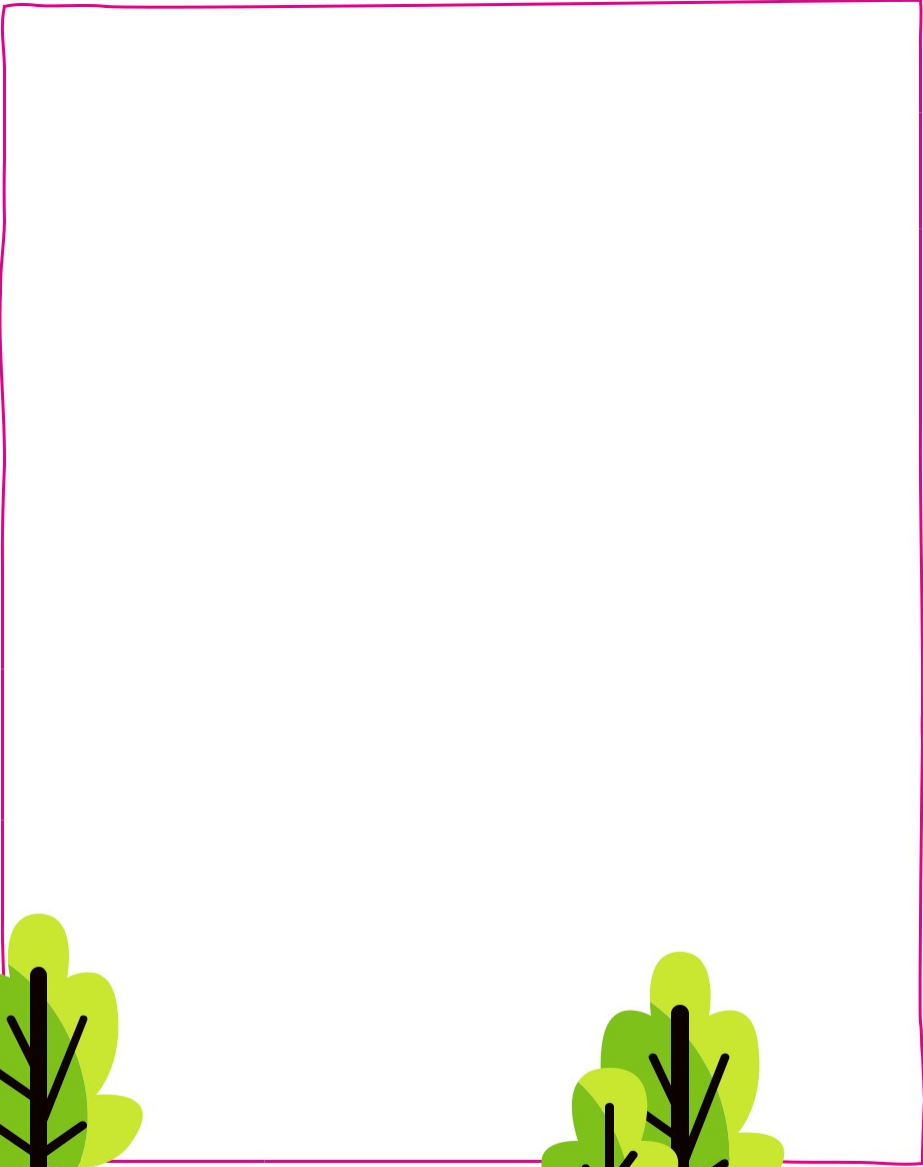
Talking to someone can really help to take those worries away. Talk to a trusted adult, who will take your worries seriously.

Your therapist will ask you if you are feeling worried often. Write down, or draw your worries on the next page, and take this to your first session with your therapist.



My worries

Write or draw your worries here:




Mindfulness

Mindfulness is the practice of noticing what is happening in your body, mind and surroundings in the moment.

This might mean focusing on what you can hear, smell or taste, or focusing on feelings in your body, or the thoughts that are going through your head.

There is evidence to show that people that practice mindfulness have improved emotional well-being.



Try a mindfulness
exercise now:

Sit quietly in a space where you feel safe. Notice your surroundings and practice breathing deep into your belly.

Notice:

5 things that you can see
4 things that you can hear
3 things that you can feel
2 things that you can smell
1 thing that you can taste

When adults fight

Adults can sometimes disagree with one another. They can be unkind and sometimes if they get very angry, there might be loud arguments or a fight. This can feel scary or sad, but it is never your fault. Sometimes it can feel overwhelming and hard to understand what you might be feeling or what is going on.

- What do grown-ups do when they fight?
- How does it make you feel?
- What helps you when this is happening?
- What would you like to say to the adults when they argue or are unkind?
- Who can you talk to about what is going on or how you feel?

My Safety Plan

I am a special person and deserve to be safe.

It is not my fault that the grown-ups in my house fight and argue.

No one should ask me to keep secrets that make me feel bad.

If there is fighting, loud noises, arguing or I don't feel safe at home I will:



Stay out of the way. I will not get in the middle of the fight/arguing.

Go to a safe place.

A safe place in my house is.....

A safe place outside my house is.....



Try to do something that makes me feel better.
(Draw/write what different things this could be.)

If someone is hurt or in danger, I will call the police. (Write the number down below and practice with an adult you trust).

Where and how can I get to the phone?



Sometimes I feel lots of different emotions, like being sad, angry, upset, and scared. If I want to talk to somebody about my feelings or worries, I can talk to

Number for free helplines:

More information

Other things that you can do before your first appointment are:

- ✿ Keep a diary. This can help you to see how you are feeling. You can draw or write in your diary. No one should look in your diary. It should be just for you.
You should write or draw in your diary every day if you remember. If you don't remember, that's ok too. Just pick up where you left off.
You might like to write about what happened during your day or draw a picture of something that happened. You might want to write or draw about how you have been feeling that day, or whether something helped you to feel better.
- ✿ Talk to Kooth. Kooth are an online service, with people who are trained to listen to your worries. You need to use a computer for this. The website can be found at: <https://www.kooth.com/>





Where else can I go for help?

Sometimes we feel unsafe when someone else is hurting us, but sometimes we have thoughts about hurting ourselves. No matter what is making you feel unsafe, you are not alone.

Maybe there is a trusted adult you can speak to? This could be anyone, maybe a parent, teacher, family member, mentor, neighbor, social worker, or nurse?

If you're not ready to tell a trusted adult in your life, there are lots of people who can help too. You can find some of their details below. And remember, you can always call 999 if there is an emergency.

Child Line

<https://www.childline.org.uk/>

0800 1111

Samaritans

<https://www.samaritans.org/>

116 123