

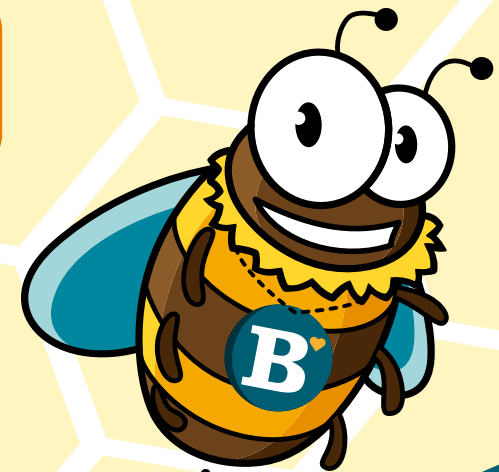
Feelings Activity Book

Belonging to:

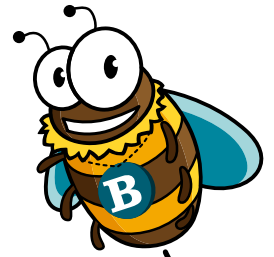
**Welcome to your Feelings
Activity Book from your
local hospice, St Barnabas House.**

This workbook has been produced to help you to learn about yourself and your emotions through some fun activities. There are also some tips on what might help you to cope during difficult times.

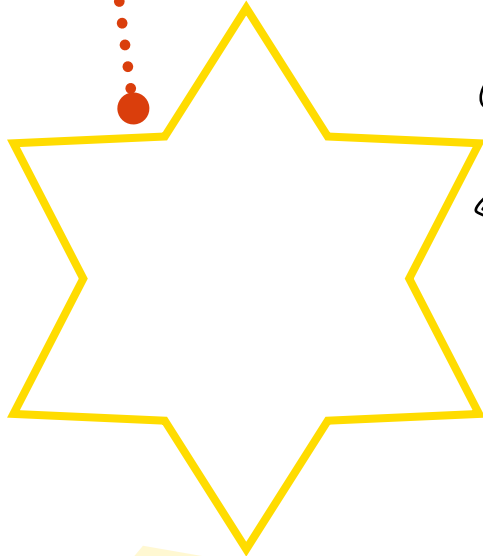
All the activities can be done independently or with others, at school or at home. You may need help or support from parents or teachers, that's OK, don't be afraid to ask.



What makes me, me?

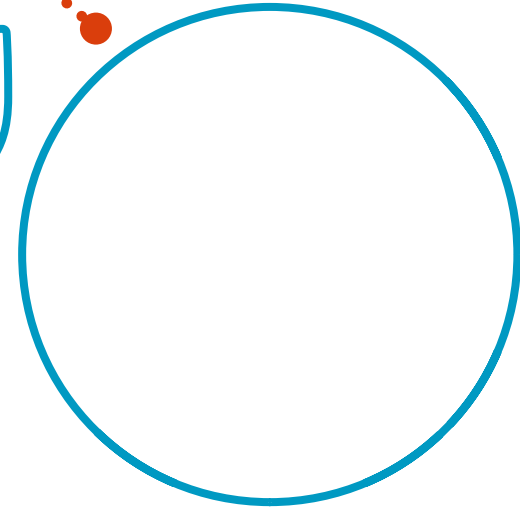


My favourite colour



Colour in

My favourite foods



My favourite books



You are special, there is
no one else in the world
like you, no one who
laughs like you and no
one who cries like you.
There is only one you

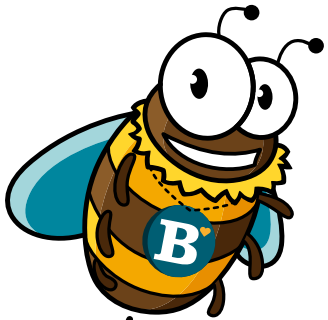
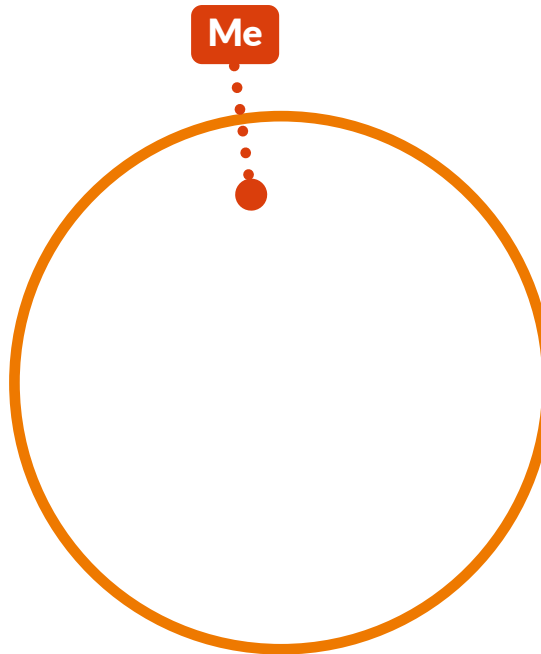
My favourite films



Who are you connected to?

Draw a picture of yourself or write a description in the circle.

Around the outside write or draw the people you are close to. Draw a line between you and each person.
Think about how they support you and how you help each other.



Helping hands

On this page, choose your favourite colour pencil or pen and draw around your hand.

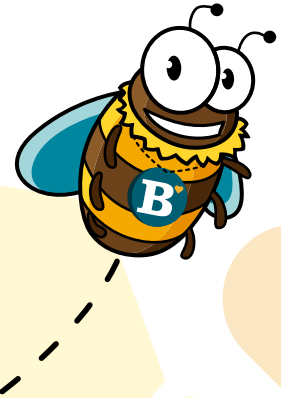
On each finger and thumb write the name of somebody who you can talk to.
You could add some other favourite people, pets, or things, in the palm.

You could look at this hand
now and again to see if there is
anyone you would like to add
or take away.

Sometimes you will like to
talk to different people about
different things.



Do you have family or friends you have not been able to see?



Write their name and draw or stick a picture of them in the hearts below. Write a list of how you might stay connected with them and what you would like to do when you get together again.



How I will keep in touch.

How I will keep in touch.

How I will keep in touch.

How I will keep in touch.

What we will do when we get together.

What we will do when we get together.

What we will do when we get together.

What we will do when we get together.

Feelings and emotions

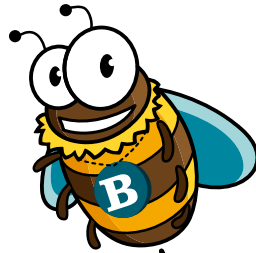
We all have feelings and emotions.

Sometimes we feel **happy**,

or we may feel **sad** or **angry**.

Sometimes we might feel **scared** or **lonely**.

Whatever you feel is what you feel, **there are no wrong feelings**.



Feelings are the way our body can tell us things, which is why it's important not to ignore them or be ashamed of them. If a wild tiger was running towards you, it's good to be scared and run away!

Life is full of ups and downs

It all depends what's happening at the time.

Sometimes when you feel angry you might want to lash out or do something hurtful.

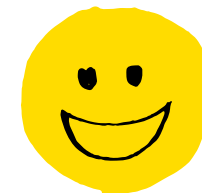
It is normal and OK to feel angry but it is important that you express it in a way that is safe for yourself and others.

If you are finding some of your emotions difficult to deal with, think about talking to someone you trust, maybe you wrote them down on pages two and three?

Talking about your feelings or worries makes them feel smaller or can help them go away altogether.



Feelings diary



We all need to practice to identify and understand our feelings. A feelings diary can help us work out how we react to them; for example, when you feel on top of the world or when you feel stressed.

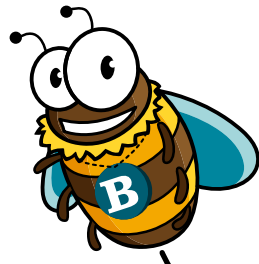
Try to write down or draw a few feelings that you notice each day, then talk it through with one of your trusted adults. Others in the family might want to join in and then you can all help each other to understand feelings.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Things to think about: When did you feel really good or when did you feel not so good? What was happening? Did it affect your behaviour? Does your behaviour affect other people? Don't forget that talking to others really helps.

Helping you to cope



Life is not all positive, we all have to cope with challenging situations.
Feelings can be confusing and uncomfortable. Learning how to cope and managing challenges can make us more 'resilient'.

Think of times when you coped well.
Write or draw in the circle what helped.

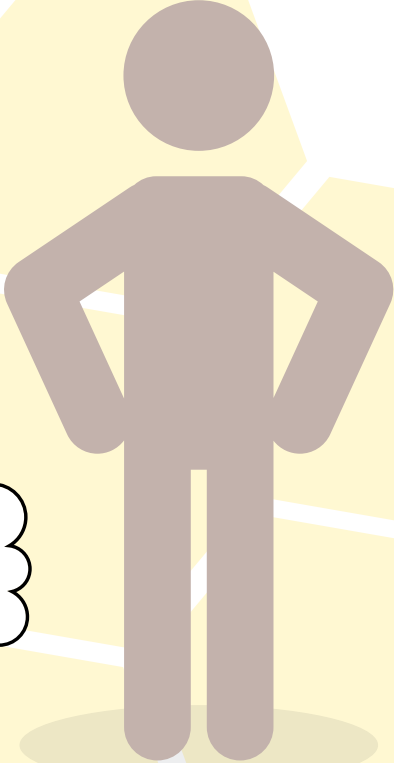
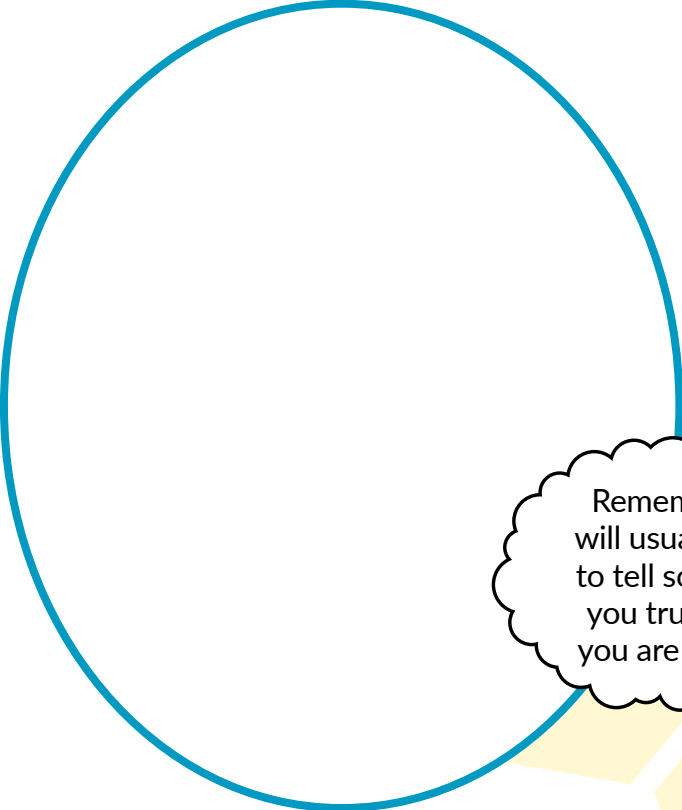
Some examples might be – walked away,
talked to someone, distracted myself by
doing something nice.

Can you remember when you last felt
stressed?

Where did you feel it on your body?
Put a mark on the body to describe where
and how it felt.

Do you know anyone who appears to
cope well?

Could you ask them for some tips or
maybe share yours with them?
Make a list of good tips or ideas below.



Remember, it
will usually help
to tell someone
you trust how
you are feeling.

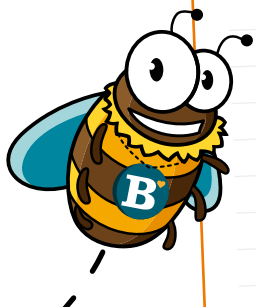
A couple of ideas

1.

Have some fun being kind to someone!

Write or draw some ideas of how to be kind to someone and how to be kind to yourself.

Try to do one every day and write it in a diary or on a calendar.



2.

A coping toolbox

Decorate a cardboard box and fill it with things that make you feel better. Examples: a toy, photos, favourite book or DVD.

Relaxing tips list – deep breaths, exercises.

Next time you discover something that helps you can add it to the box.

Some other ideas



Learn to do something new

Ask for help

Do some exercise

Do a drawing

Listen to music or watch a film

Talk to a friend online

Write a poem

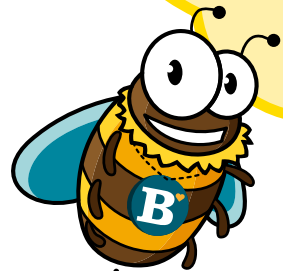
Write your feelings down

Think of a happy time

Coping with the death of a loved one

If a person or a pet we love dies, it can be a very difficult time. You may experience some very painful and confusing feelings, this is called grief. Crying one minute, laughing or feeling angry the next and even feeling nothing at all (numb) is all very normal. Everyone reacts differently and having these mixed up feelings is ok.

There is no time limit on grief so be kind to yourself.



Suggestion:
Use the feelings diary
to keep an eye on
how you are feeling
each day.

You may not always feel like talking and this is OK too.

It is also OK to laugh and have fun or not to think of the person all the time.

Sometimes it may feel like the pain will never go away but over time it will ease.

There is no magic recipe to change things but on the following pages there are some things that other people have found useful to help.

It can be hard to believe that anyone else can understand how you are feeling and it can feel very lonely.

Not everyone will understand, but many will.

It might seem very difficult but talking to someone about your feelings can be the first step to begin to heal.

It may be a friend or a teacher rather than a family member and this is OK.

A memory jar

Write some of your memories on a piece of paper and pop it into the jar.

Ask other members of the family to do the same.

Every now and again, or at a set time, take turns to pull a memory out and talk about it with your family. We will all have different memories.

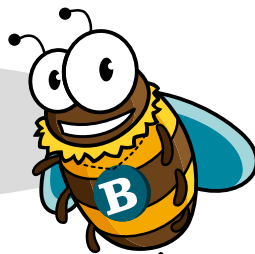
This really helps to keep the memory of the person alive.

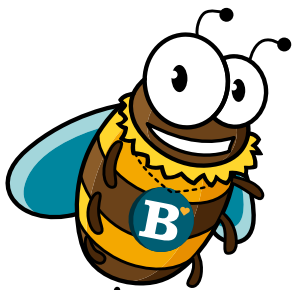


A memory box

Any memories such as photos, letters, tickets, jewellery, songs, smellies, even clothes, could go in this box with a lock on.

Every now and again unlock the box and refresh your memory.





Other strategies to help

Different things will help at different times

Talk to someone

Have a cry

Think of
a happy memory

Visit their special
place

Do something
you enjoy

Watch a film
you used
to watch
together

Plant
something in
their honour

Write
a letter
to the
person

Make a collage with
photos and things
that remind you of
the person

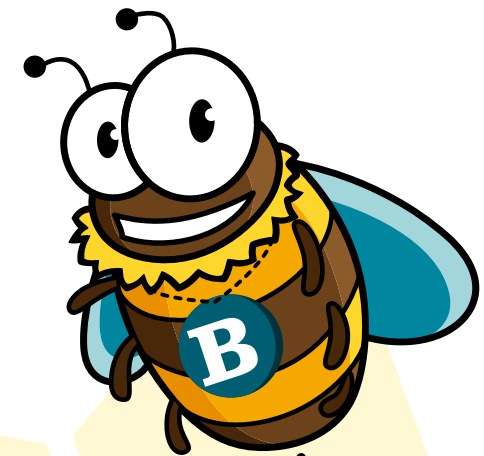
St Barnabas House

Titnore Lane
Worthing
West Sussex
BN12 6NZ

☎ 01903 706300

🌐 www.stbh.org.uk

📱📧📷 search St Barnabas House



Registered charity no 256789

B
St Barnabas
House
{Hospice}
{Care}