

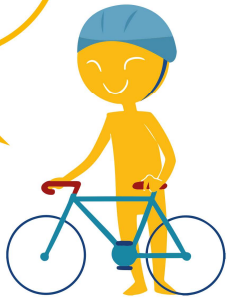


Lesson 10

Be Calm



Be
Active



Connect



Give



Learn



Take
notice



How R U?



NOT OK



OK



Remember these....?





Points to Remember

- Everyone feels lots of different emotions.
- Sometimes we have positive emotions, like happy. Sometimes we have difficult emotions, like sad or worried.
- Although some emotions may not feel very nice, it is ok to have them. It is normal to sometimes feel sad, worried, or angry.



Points to Remember

- Different situations trigger different emotions.
- Sometimes the way one situation makes us feel might be different to the way that same situation makes our friends feel. Everyone is different, and that's ok.



Points to Remember

- Emotions come and go. They do not last forever. We can notice how we are feeling and watch the emotion pass.
- Noticing emotions is important because these tell us about our emotional wellbeing, and whether we are “ok” or “not ok”.





Learning Intentions

To learn how to use strategies to keep calm when you are feeling worried, sad or angry.

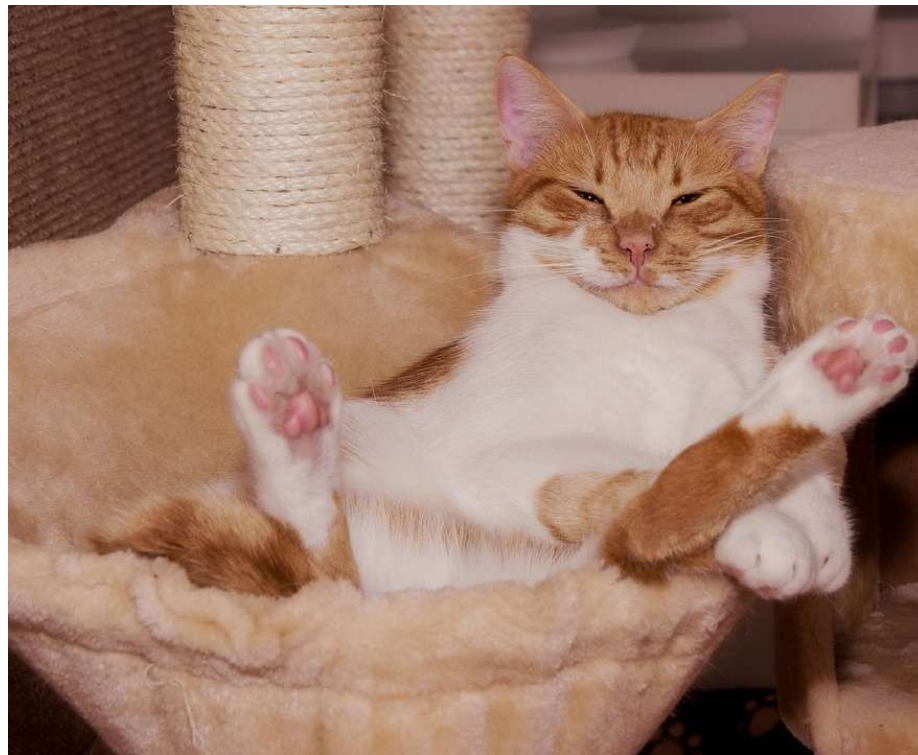
To learn about relaxing activities that can keep you calm.

To learn about calm breathing exercises that can keep you calm.

What should I do?



What do you do to relax?

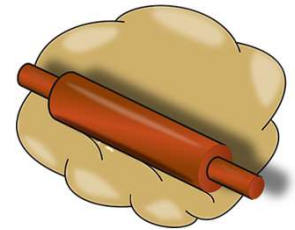


My Favourite Relaxing Activities

Note down your own favourite activities...



What do you do to relax?



How tense are you?

Very Relaxed

0

Very Tense

10





Calm Breathing

Follow this link and practise your calm breathing...

<http://www.viewpure.com/4So2AU1FRil?start=0&end=0>



Now, how tense are you?

Very Relaxed

0

Very Tense

10



Take 5 Calm Breathing





Remember...

- Learning a new skill takes practice.
- Practise Calm Breathing when you are feeling calm before you try to use it when you are feeling worried or stressed.

Calm Breathing

My Plan

I will practise calm breathing every day for a week.

When?

Where?

Who will help you?

My Diary

Day	How tense were you before? (0 – 10)	How tense were you after? (0 -10)
1		
2		
3		
4		
5		
6		
7		