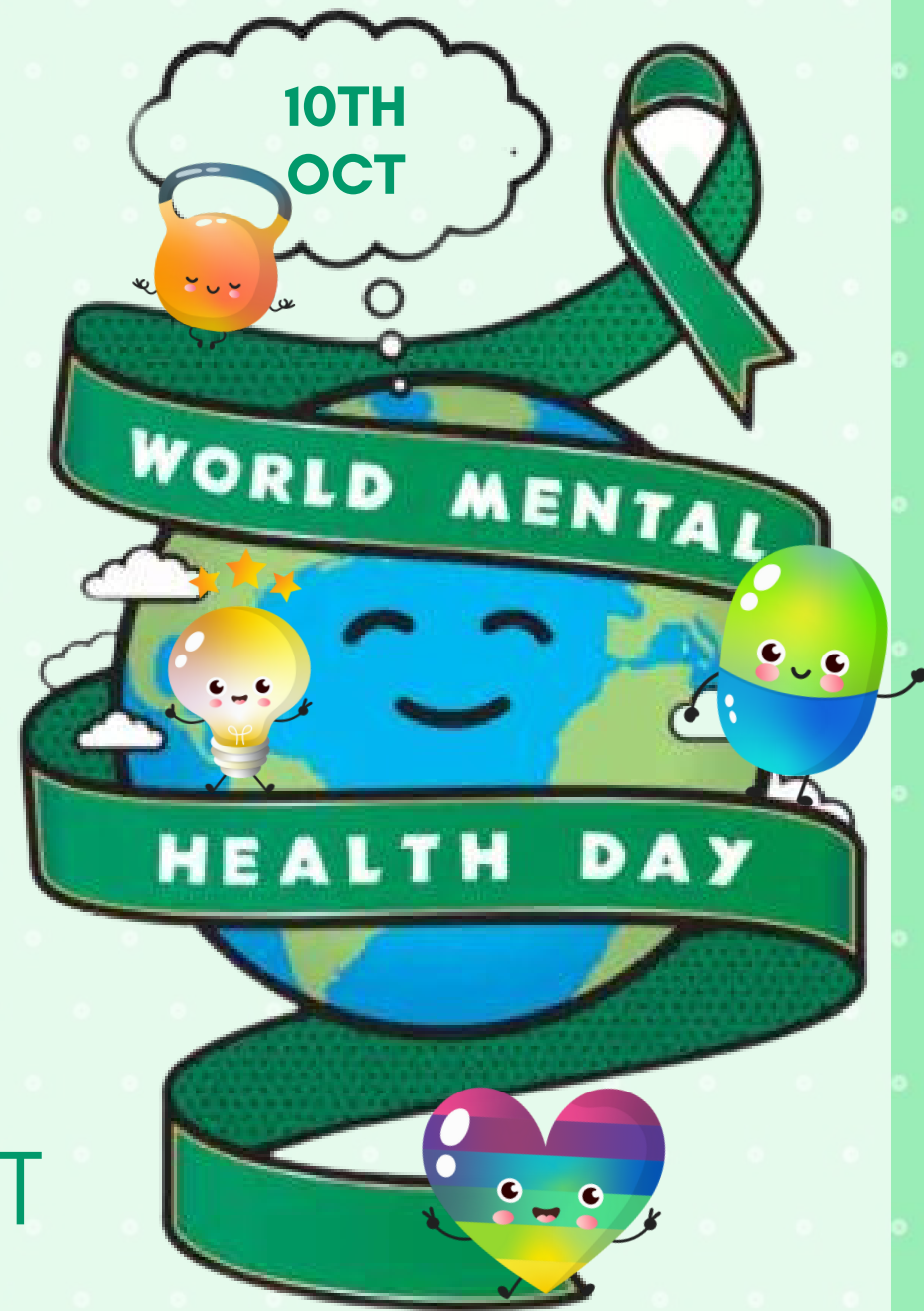




MENTAL HEALTH IS A
UNIVERSAL HUMAN RIGHT



HOW ARE YOU FEELING TODAY?

Think about how you are
feeling today.

What one word would you use
to describe how you feel.



Draw an arrow from the middle point to
the face which matches the way you
feel today.



CUT THESE REMINDERS OUT AND KEEP THEM IN YOUR POCKET



EMOTION INVADERS

AN EMOTION INVADER IS A TRIGGER THAT COULD BE A THOUGHT OR SITUATION TAKES OVER YOUR FEELINGS.

A cartoon tiger wearing a white astronaut suit with blue stripes, floating in a clear plastic helmet. The tiger has a sad expression with its mouth open as if crying. A blue beam of light from a UFO above it illuminates the scene.

SADNESS

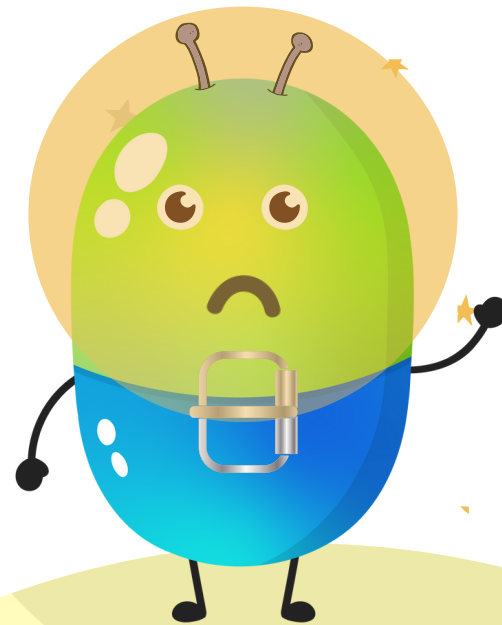
A green, round alien with a sad face, wearing a blue space suit with a silver buckle. It has two antennae and is standing on a yellow, cratered planet. A large, dark, billowing cloud is coming out of its head, and a crescent moon is visible in the background.

WORRY

A heart-shaped character with a rainbow gradient, looking angry with a furrowed brow and a small frown. It is surrounded by a dense, tangled mass of red lines, suggesting anger or frustration. It has two antennae and is standing on a yellow, cratered planet.

ANGER

IDENTIFY YOUR EMOTION INVADERS



WORRY
WHAT MAKES YOU WORRIED?



IDENTIFY YOUR EMOTION INVADERS



SADNESS

WHAT MAKES YOU FEEL SAD?



IDENTIFY YOUR EMOTION INVADERS



ANGER
WHAT MAKES YOU FEEL ANGRY?



CREATE YOUR OWN FEELINGS TOOLKIT

Builders have a toolkit filled with tools which are designed to help with different jobs. Just like a builder, you can create a tool kit filled with tools that you find helpful when dealing with different emotions.



Write a tool in the box below to deal with every emotion

					+

EXAMPLE TOOLS

- Chat to an adult
- Watch something funny
- Do exercise
- Go for a walk
- Play favourite music
- Sit in silence
- Phone a friend



TALKING ABOUT YOUR FEELINGS...

Talking about your feelings, can make you feel better. In the boxes write the names of friends and family you feel comfortable talking to.



FRIENDS



FAMILY

WHAT MAKES YOU FEEL...

Use the wheel on the right to write or draw what it is that makes you feel each emotion.

For example, if you feel happy when you play with your dog, or ride your bike, draw it in the yellow segment of the wheel.



SIT IN YOUR EMOTIONS

It is OK to cry, it is a natural response. Crying releases stress and calms your body.

Don't try and push away your feelings or avoid them. Acknowledge your feelings and think about why you feel that way.

Know your feelings won't last forever, they will pass and be replaced with another feeling.

Feelings are not good or bad, don't give them a label, just feel them.

Learn to check in with yourself to see how you are feeling.





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