My Home Book of Feelings and Thoughts.
This booklet has been made for you to help you to talk about and share how you are feeling.

Change can make us feel worried and being at home instead of school is a big change!
This is how I feel...
To feel better
I choose...

I FEEL...
- lonely
- disappointed
- sad
- silly
- excited
- hyper
- frustrated
- annoyed
- angry
- tired
- sick
- hungry
- worried
- anxious
- scared
- happy
- calm
- focused
- shy
- confused
- embarrassed
- brave
- proud
- hopeful

I CAN...
- take deep breaths
- treat myself & others with kindness
- create art or build something
- use positive self-talk
- ask for help
- exercise
- focus on the good
- stretch or do yoga
- brainstorm solutions & try again
- get a drink of water
- take a break
- talk or write about it
Rainbow Breathing

Breathing exercises are BRILLIANT for helping us to feel calm and settled.

Put your finger on the red colour. Take a long, slow breath through your nose and slowly trace the colour to the top of the rainbow.

As your finger moves down breathe out slowly through your mouth.

Repeat for the other colours.
Decorate this **worry monster** and cut it out.

When you have feelings, worries, good news or bad news to share.

Whisper them and imagine what advise they would give you?
My Circle of Support

You might feel lonely being off school.

Think about who is in your circle – friends, family and other people that care about you.
Clap for the Carers

You might have clapped on your step to thank the NHS for helping everyone.

Who else can you think of that is caring, kind and helpful?
Write down all of the things that you have been thinking about. 

Circle the ones that make you feel happy.
Draw the Emotions!
Can you draw a happy, sad, angry and scared face?
Create a colourful rainbow of your fingerprints!
Dump your worries!

Fill the bin with the thoughts you’d like to get rid of. When they are all out – rip it up, scrumple it, stamp on it and throw them away!
The people that I miss!

It's hard to be separated from our friends and family. Decorate and name the people you wish you could see.
Colour By Numbers Rainbow

1 - white 5 - green
2 - red 6 - blue
3 - orange 7 - indigo
4 - yellow 8 - violet
Gratitude Jar

Every day write down something you are grateful for.
Fill it up!
These things make my heart happy
Draw or write all of the people and things that you love or that make you feel loved.
The People In My Home
What I love about being at home.

What I miss about being at school.
Things I want to tell my teachers when I go back to school.

Use this page for all of the things you will share with your teacher when you are back in school.
Places I want to go when I can go out again!

Write down all of the things you are looking forward to doing again!
Resources on YouTube

Search “Peace Out” for stories to relax and help you to sleep.

Search “Cosmic Kids” for yoga and stretching activities.

Search “Go Noodle” for breathing, dancing and singing fun.