

01

EMOTIONAL REGULATION

Emotional Regulation just means handling your feelings

Sometimes feelings can get really big, confusing or hard to handle.

This chapter will help you notice what you are feeling and think about why. We'll explore ways to stay calm and in control.

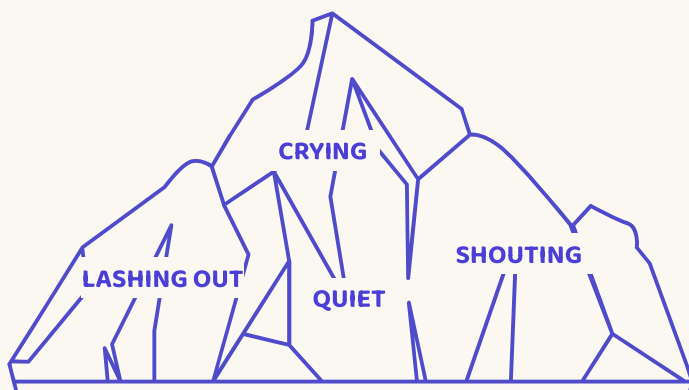
Look under the surface

Your Emotional Iceberg

Emotions like anger and sadness can show on the outside. But underneath it, there's usually other feelings hiding. It can help to name them.

Write the feelings sitting below the surface.

Use the word bank if you need a starting point.



YOUR TURN

Work bank

frustrated
disappointed
worried
sad
jealous
embarrassed
scared
rejected
ashamed
overwhelmed
nervous
lonely
hurt
let down
tired
annoyed
invisible
stuck

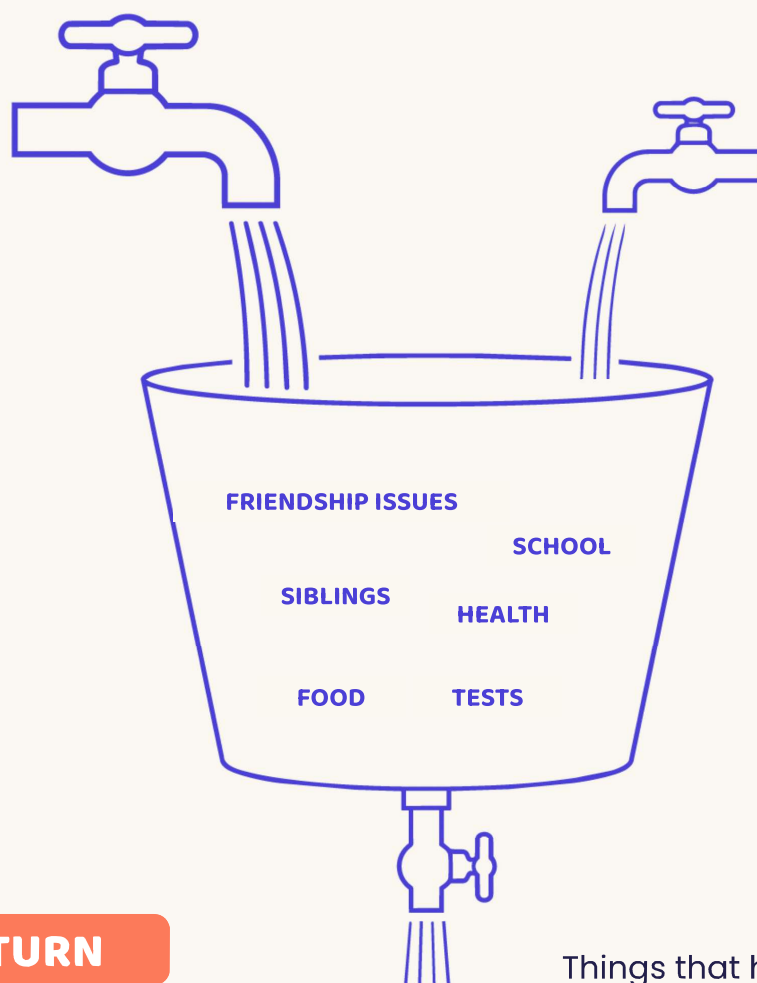
YOUR TURN

What feeling or word surprised you?

Your Stress Bucket

Imagine your stress like water filling a bucket. When the bucket overflows, you might feel angry, tired, or like you're going to cry over nothing.

The tap on the side shows the things that let stress drain back out. The more you turn that tap on, the more relaxed you feel.



YOUR TURN

Your Zones

Your feelings move around all day. At different times you may be calm, sad, angry or worried. You can think of these as zones.

How to use it

1

Notice your zone.

Right now, where are you? Which colour fits how you feel?

2

Build your kit.

On the next page, write or draw activities that might help you in each zone.

3

Use it.

Try using these activities next time you want a bit more control over your zone

Zone labels



RED — Angry, frustrated, overwhelmed



ORANGE — Worried, anxious, hyped up, fidgety, on-edge



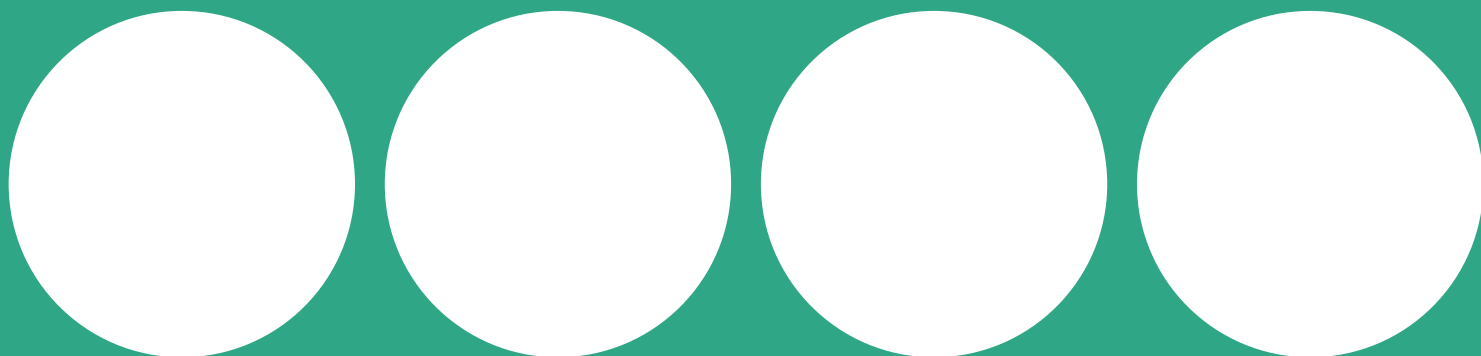
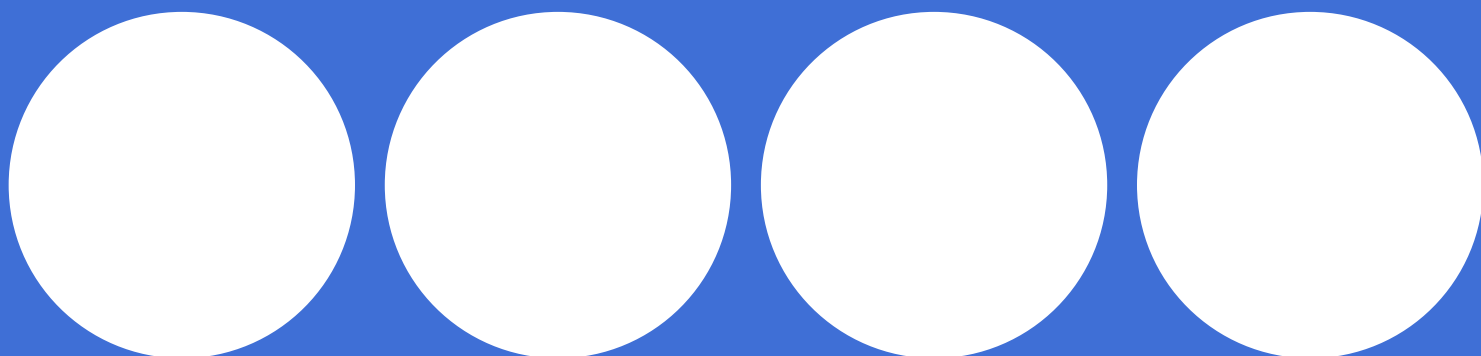
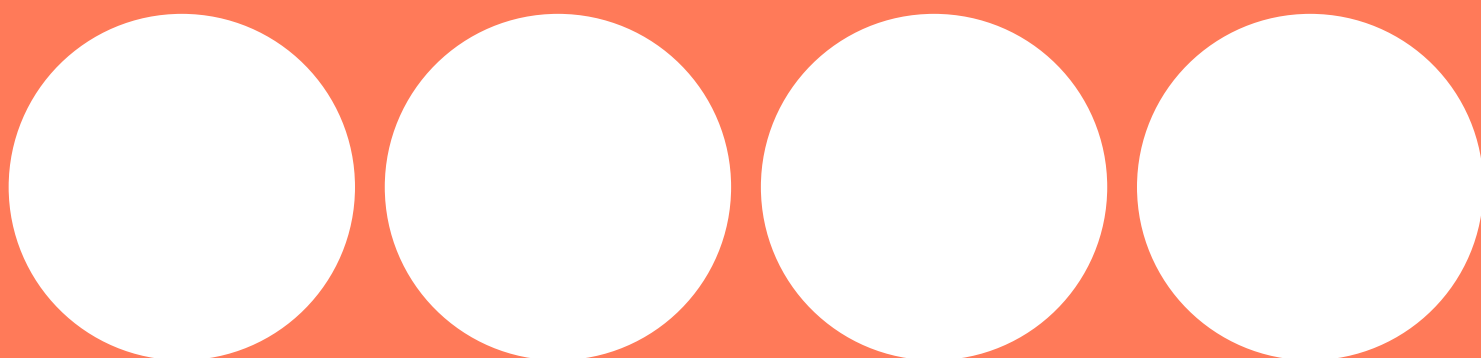
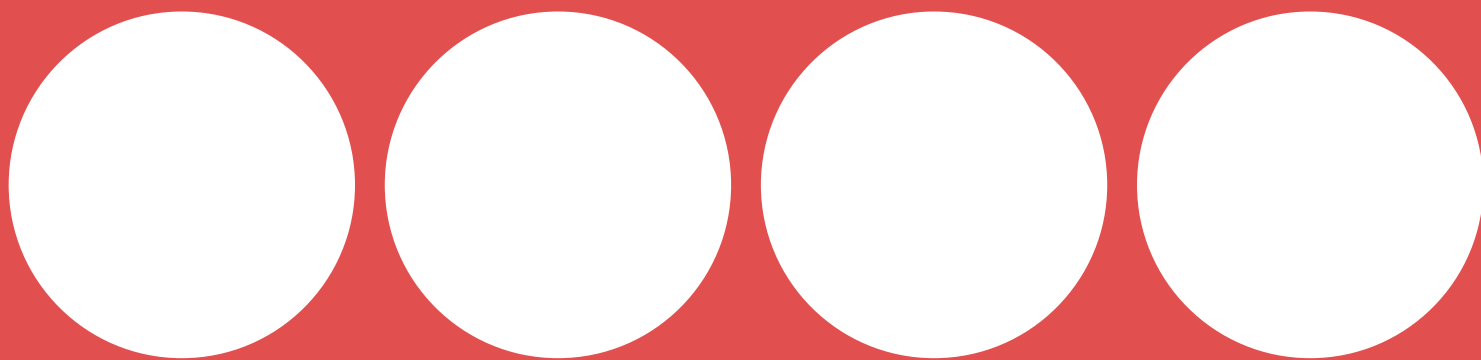
BLUE — Sad, lonely, low, withdrawn, tired



GREEN — In control, calm, focused, ready

YOUR TURN

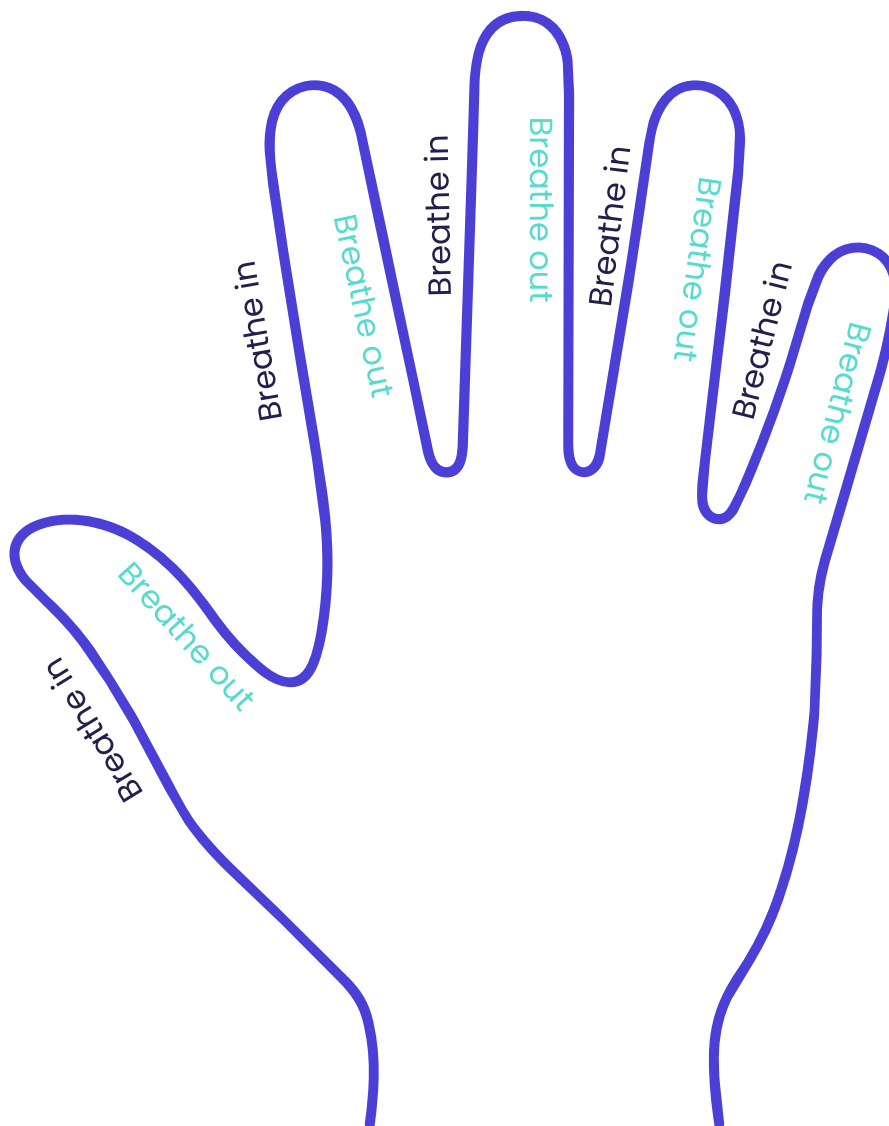
Write or draw things that might work for you



Grounding & Breathing

Grounding means getting your emotions back down to earth when it feels like they are flying around. These simple exercises can help you feel calm.

5-Finger Breathing



Steps:

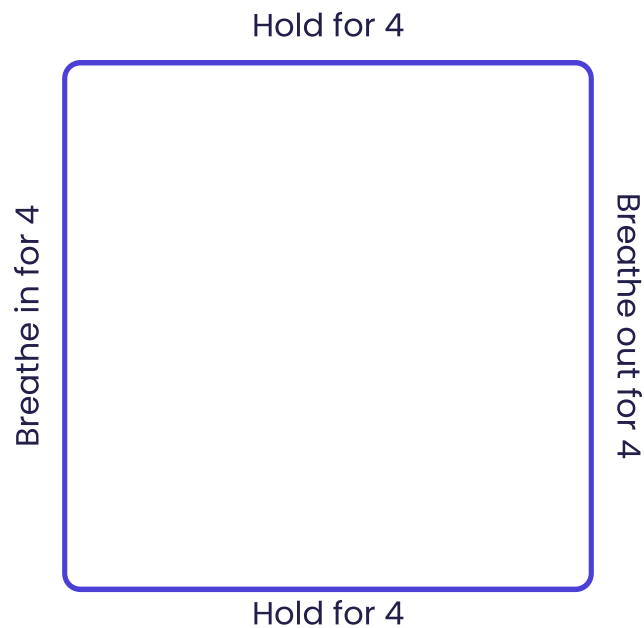
1. Hold up one hand, fingers spread out.
2. Trace the outside of each finger with your other index finger.
3. Breathe in as you trace up. Breathe out as you trace down.
4. Five fingers = five slow breaths.

Square Breathing

Trace a square with your finger or just your eyes:

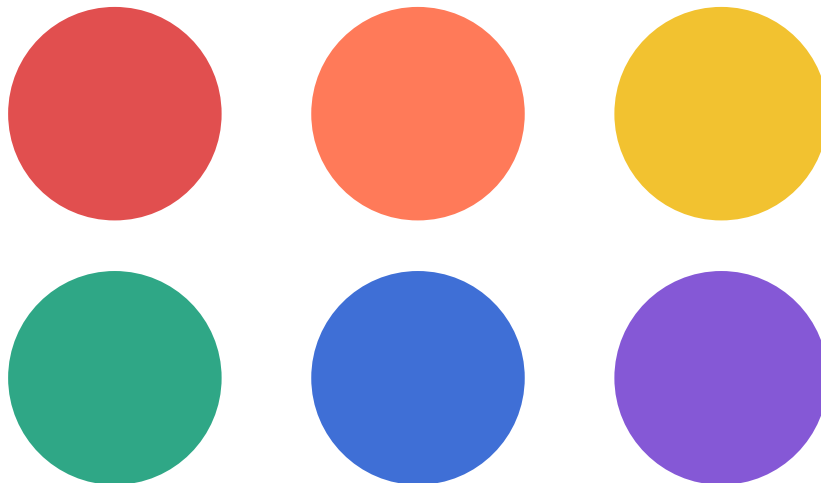
- Breathe in for 4 (up the side)
- Hold for 4 (across the top)
- Breathe out for 4 (down the side)
- Hold for 4 (across the bottom)

Repeat 3–4 times.



Rainbow Grounding

Look around. Find one item in the room for each colour of the rainbow, in order.



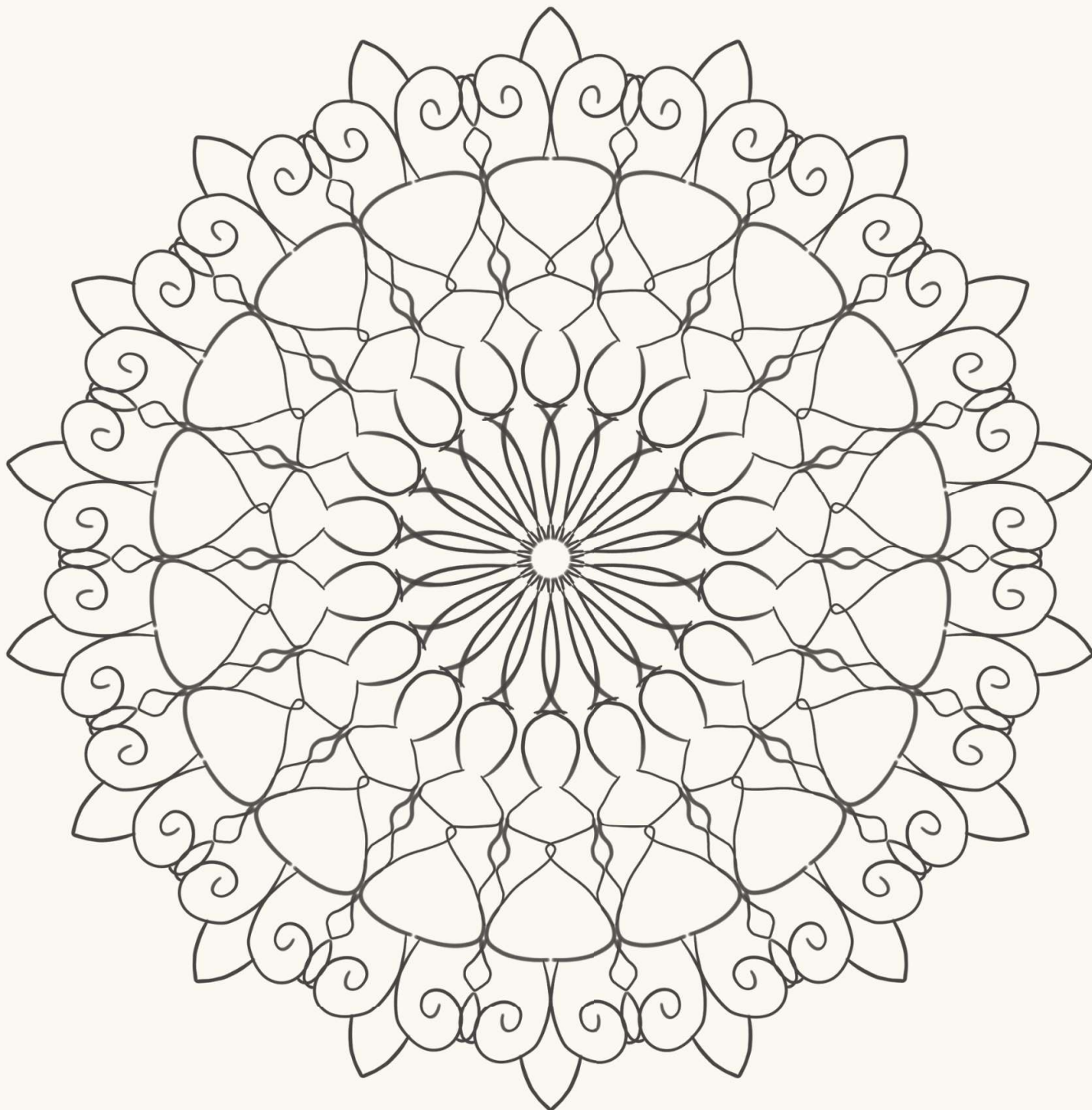
Some more activities for you to take away

Slow down with a dot-to-do

When your mind is busy, sometimes it helps to focus on just one thing. Connect the dots in number order. Don't rush.

Mindful Colouring

Colouring is a great way to reset your emotions.



Be kind to your mind

02

MINDSET

The way you think about yourself shapes how you feel, how you act, and how you handle challenges.

This chapter is about building confidence, spotting unhelpful thinking, and recognising the strengths you already have.

Talk to yourself like you would a friend

Positive Affirmations

Affirmations are short, positive statements you say to yourself. When you talk to yourself kindly, it makes you feel better.

I can do this.

I am enough.

I forgive myself for my mistakes.

I deserve to be supported and accepted.

I have done hard things before, and I can do them again.

My feelings are valid, and they deserve to be heard

Read these in the morning. Or whenever you're doubting yourself.

YOUR TURN

Add your own here:

Helping you stay strong

Your Resilience Tree

Resilience means keeping strong when things are tough. You can think of resilience a bit like a tree, with different parts helping in different ways.

YOUR TURN

Write your strengths onto your tree

Leaves (the things others see)

Activities that help: music? Walking? Talking?

Branches (the pointing bits)

Where you're heading – your hopes and goals.

Trunk (the core strength)

Your strengths and values. Kind? Funny? Honest?

Roots (beneath the surface)

The people who support you. Family, friends

Turning “I can’t” into “I can” Growth Mindset

The way you talk to yourself about yourself shapes who you become.

A **fixed** mindset says “I am what I am”.

A **growth** mindset says “I keep getting better”.

FIXED MINDSET

I’m just bad at this

I’ll never be good enough

I am what I am

Mistakes are embarrassing

I can’t talk about my
feelings

I’m not the type of person
who does that

I always mess things up

I’m stuck like this

GROWTH MINDSET

I’m still learning this

I’m working on getting better

I’m still figuring myself out

Mistakes are how I learn

I can work on saying how I
feel

I haven’t tried that yet

I’m doing my best

I can change with time

YOUR TURN

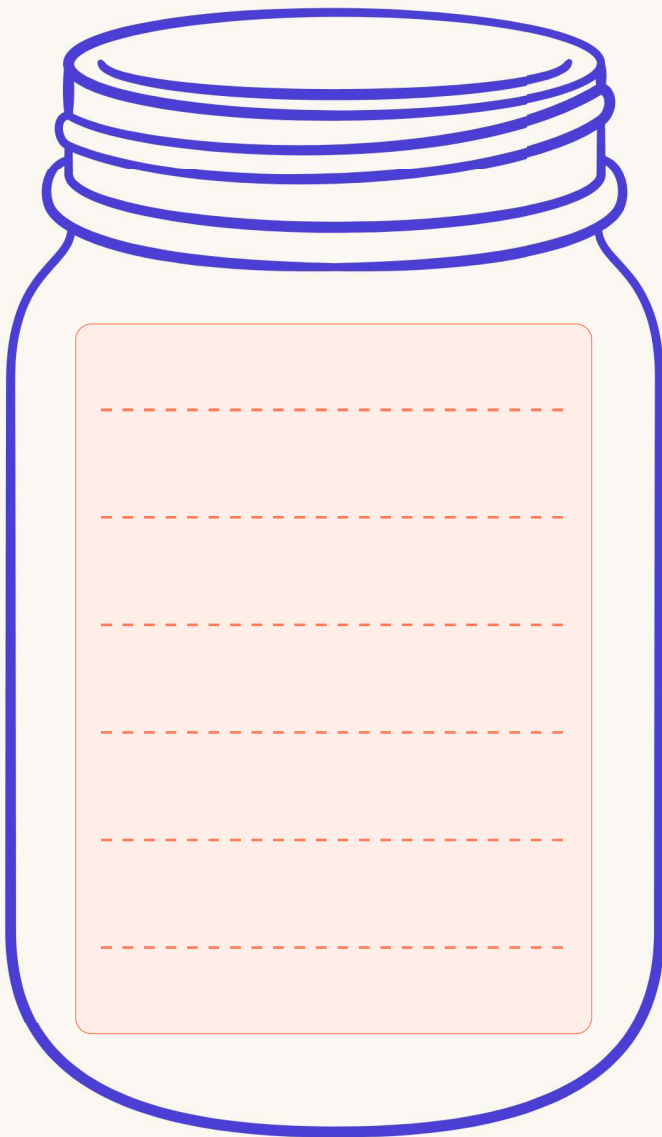
Name three things that you’ve got better at in the last year:

Be your own best friend

Compliments Jar

Self-esteem is how you feel about yourself.

Fill the jar with compliments about you. Things you're proud of. Things you're good at. Kind things other people have said about you.



YOUR TURN

Other Things to try:

Ask someone who knows you well for your three biggest strengths.

Next time you think "I can't do this" — add "yet."

Think of someone you admire. Write down one quality you think you share with them.

Write down one thing you succeeded at this week that was hard.

03

INTERACTING WITH OTHERS

The people around us can affect how we feel everyday.

In this chapter we'll learn how to say what we mean, handle arguments kindly and choose healthy relationships.

Turning "I can't" into "I can"

I Need Statements

Use this tool to communicate when someone else has hurt or upset you.

1 **I feel...** "I" name what you are feeling

2 **when...** say what the other person did to make you feel that way.

3 **because...** why has it made you feel like this?

4 **I need...** why has it made you feel like this?

Example:

"I feel annoyed when you keep checking if I've done my homework, because it tells me you don't trust me. I need to be able to prove I can do it on my own."

YOUR TURN

Your friends are talking behind your back

I FEEL

WHEN

BECAUSE

I NEED

A teacher keeps assuming you are the one doing something wrong

I FEEL

WHEN

BECAUSE

I NEED

Make up your own situation

SITUATION

I FEEL

WHEN

BECAUSE

I NEED

How to Disagree

Disagreements will happen. It's how you solve them that really matters. Try this tool:

1

Stop and think.

Do you actually disagree with what they said or did?

2

Listen first.

Try to understand what they're feeling

3

Stay calm with your voice and body

Speak clearly, not loudly. Be assertive.

Calm assertive body language:

- Make eye contact, but don't stare
- Stand or sit tall chest open, shoulders down
- Hands relaxed at your sides or in front of you
- No pointing, no folded arms, no looking at the floor
- Speak at normal volume, with pauses between sentences

4

Say it.

Try: "Maybe we should ___ instead" or "I see this differently – can I tell you why?"

Why does it matter?

If you shout, people stop listening.

But if you say nothing, you might end up doing things you didn't want to, or feeling resentful.

If you can stay calm and direct you are more likely to find a solution Try this tool:

Your Rights & Responsibilities

A **right** is something everyone should have or be able to do.

A **responsibility** is something you're expected to do to help keep yourself and others safe.

Your responsibilities help protect other people's rights. For example: you have a right to be listened to, but you also need to listen to others.

RIGHT

To feel safe and free from any harm

To learn

To be listened to

To privacy

To express yourself

To make choices

To be respected

RESPONSIBILITY

To not make other people feel unsafe

To take care of your things and schoolwork

To listen to others

To respect other people's privacy

To use your voice responsibly

To take responsibility for your choices

To respect others' rights and feelings

If someone is not respecting your rights, tell a safe adult. That could be a parent, teacher, youth worker, or someone you trust.

You deserve to feel safe, respected, and heard.

Your Personal Network

You are shaped by the people around you. Some make you feel better, and others can make you feel worse.

Fill in the rings with the names of people in your life.

Tier descriptions:



GREEN — Your inner circle. Fully trusted. You can be honest with them about anything.



YELLOW — Your good people. Trusted with most things. They give good advice and you share some feelings with them.



ORANGE — Your fun crew. People you enjoy spending time with. Friendly and fun, but not the ones you'd share things with.



RED — Against you. Around you, but not good for you. Not supportive.



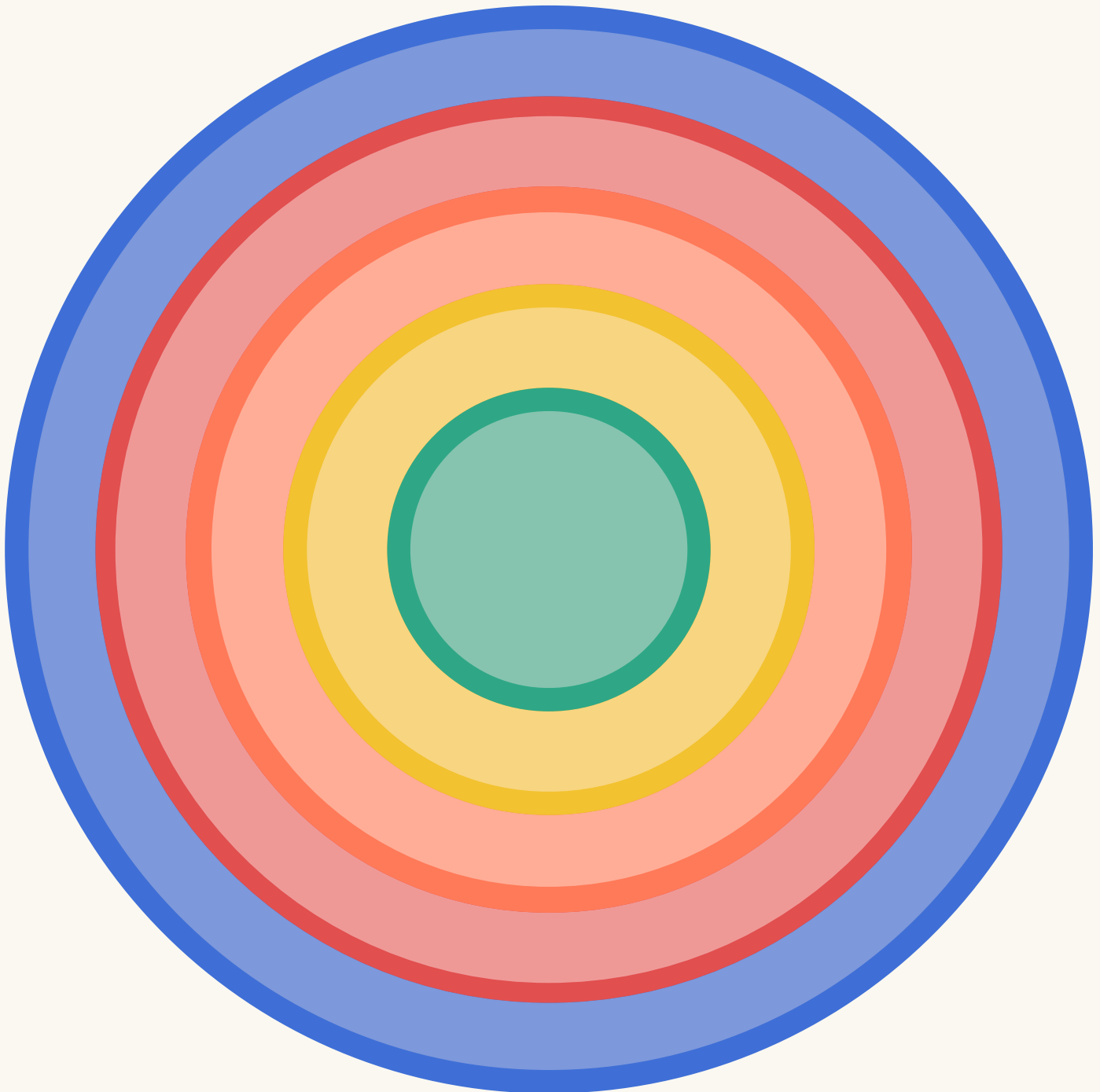
BLUE — Bring you down. People who make you feel sad, small or lonely.

Things to think about as you fill it in

- Who might be **stopping you growing?**
- Who has your **best interests at heart?**
- How would the people closest to you feel if you changed?

YOUR TURN

Write the names of the people in your life for each colour. If you don't want to name them you can use a special code that only you understand.



04

ACTION PLAN

Your next steps

This chapter is about looking back at what you've learned and thinking about what could help you in the future.

Small steps can lead to big changes over time.

What you're taking away
Looking back

Lets look back at what you've learned on this course.

YOUR TURN

Something I learned about myself

A strength I didn't know I had

Something I found hard

One way I've already changed

And now...

Looking forward

Now let's turn what you've learned into a plan.

YOUR TURN

One thing I want to do differently

One step I'm taking this week

Who I'll go to when I need help

Come back to this page in a month or two!

Notes

Yours to fill in.

More Notes

Or doodle, draw, sketch. Whatever

