



HELLO HAPPY!

AN ACTIVITY BOOK FOR YOUNG PEOPLE
WHO SOMETIMES FEEL SAD OR ANGRY

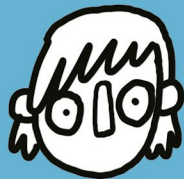
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I'M FEELING KINDA...

How are you feeling? Whether you're angry, sad or full of joy, it's okay. All emotions are okay - which is a good thing as we have loads of them!

Grab a pen and draw the expression to fit the emotion or add the emotion to fit the expression.

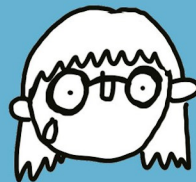


I'M FEELING
Happy

I'M FEELING



I'M FEELING



I'M FEELING
Sad

I'M FEELING



I'M FEELING

I'M FEELING

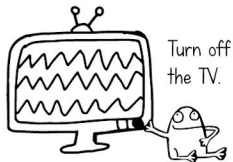


embarrassed
shocked
frustrated
angry shy
scared
lonely tired
anxious

BRAIN BREAK!

To listen to your emotions and feelings you need to quiet your mind. To do this you need to give your brain a break by switching off from the every day things which buzz around cluttering up your head.

The first thing to do is to get rid of the noise around you and learn to like silence. It may feel uncomfortable at first, but here's what you need to do:



Turn off any video games.

Turn off any radios or stereos.

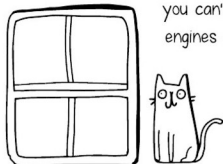


Put smart technology, phones, tablets etc away.



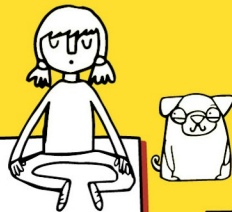
Take yourself away from people talking.

Close windows to the outside world so you can't hear car engines and sirens.



Once you've done this...

Sit still in a comfortable position, close your eyes and concentrate on breathing in and out, in and out.



Now, in this quiet, calm state ask yourself how you are feeling.

Give yourself the chance to recognize any underlying feelings of anger, sadness, worry or unease, and give yourself permission to feel that feeling.

For example say,

"I am feeling SAD.
I feel SAD because I had a bad day at school.
I will not always feel SAD, but right now I feel SAD and that is OK."

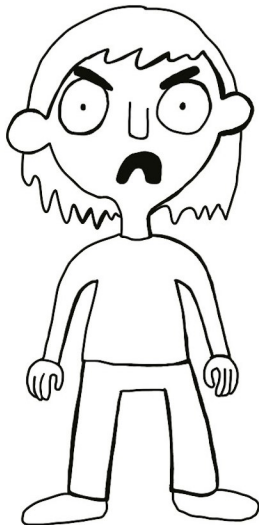


Repeat this several times.

FEELING FEELINGS

Sometimes your feelings
don't want to stay inside.
Sometimes they want to
JUMP AND BURST OUT.

Write where and
how you feel
when you're sad
on this dummy.



Write where and how
you feel when
you're angry on
this dummy.



MY BEATING HEART

Take some time to get to know your heart rate. Take your pulse by holding the two fingers nearest your thumb to your neck or to the underside of your wrist.

Like all emotions, anger releases chemicals in your brain, which then cause changes in your body that you can feel. One of these changes is an increased heart rate.

TRY TAKING YOUR PULSE WHEN YOU HAVE...

JUST WOKEN UP

RUN ON THE SPOT FOR 3 MINUTES

HAD A ROW WITH SOMEONE

EATEN A BIG MEAL

JUST BEGUN A PIECE OF HOMEWORK

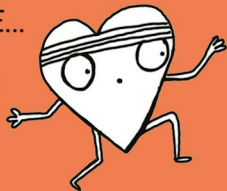
READ A CHAPTER OF A BOOK

BEEN FOR A WALK

Write down the beats per minute for each of these.



REMEMBER! Anger can be positive. Many people have made good changes in the world because they felt so angry about something they used the anger to spur them on to positive action. What makes you angry in the world? How could you make a difference?



DID YOU KNOW?

Your heart rate will also increase when you are stressed or afraid.

THE ANGER ICEBERG

Anger never exists on its own - there are always underlying emotions causing it.

Add more emotions to the underwater part of the iceberg to show the other emotions which might lead to you feeling angry.

