

Hello Happy! Mindful Kids



Children can colour and doodle their way to happiness, calm and confidence.

- *Mindful Kids* is an activity book series designed and written for children about emotions and feelings.
- Includes an introduction to the book, and notes for grown-ups by consultant Dr Sharie Coombes, Child & Family Psychotherapist.
- Use creativity to combat negative feelings, work out worries and put anger back in its place with the writing and doodling activities.
- Combined, the *Mindful Kids* series has sold 1 millions copies worldwide (as of July 2022)

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I'M FEELING KINDA...

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

Circle a face and draw the expression to fit the emotion or add the emotion to fit the expression.

I'M FEELING Happy

I'M FEELING Sad

I'M FEELING

I'M FEELING

I'M FEELING

I'M FEELING

embarrassed
shocked
frustrated
angry shy
scared
lonely tired
anxious

BRAIN BREAK!

To calm your emotions and feelings you need to spend your time. To do this you need to give your brain a break by switching off from the every day things which have caused difficulty on your head.

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

- Turn off the TV
- Turn off any video games
- Turn off any radio or stereo
- Put smart technology, phones, tablets etc away
- Close windows to the outside world so you can't hear car engines and sirens
- Take yourself away from people talking

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 recognise any underlying feelings of anger, sadness, worry or anxiety 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's OK."

Repeat the sentence 5 times.

FEELING FEELINGS

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

Write where and how you feel when you're sad 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.

ANGER

frustrated

lonely

worried

SCARED

ALONE

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