



## William Murdoch Primary School



### Emotional Wellbeing

For some children regulating their emotions can be a very difficult task and they require additional support with their emotions. In school, they would work with the pastoral team to talk through their worries, find solutions to their problems and build resilience.

This booklet has a range of resources that you can use to support your child's emotional wellbeing. It is important to remember that children need to feel safe to talk and express their feelings. Being sad, angry and having negative emotions is never wrong - how children feel is true for them and as adults we must accept their feelings and help and support them by giving them the necessary strategies to feel happier and calmer. Some children may not need additional emotional support and therefore you may not use the activities in this booklet. However, always allow opportunities to talk about emotions and feelings, as this is an important part of everyday life.

Remember to have patience as expressing emotions and talking about fears and worries can be emotionally distressing and even as adults this is something we would find difficult. It may take you a number of sessions to build the relationship up to the point where your child opens up and expresses.

# How do you feel today?



happy



angry



excited



embarrassed



cold



hot



surprised



tired



astonished



upset



worried



nervous



proud



sad



confused



scared



poorly



calm



stressed



disappointed

5

This makes me  
feel angry.



I can try to...

4

This makes me  
feel upset.



I can try to...

3

This makes me  
feel nervous.



I can try to...

2

This sometimes  
bothers me.



I can try to...

1

This never bothers me.



I can try to...

# Big Problems and Small Problems

Not all problems are the same. Think about the things that are currently troubling you. Can you rank them in terms of how 'big' a problem they are? You do not have to fill every box.

**Big Problems**

What Is the Problem?

What Is the Problem?

**Medium Problems**

What Is the Problem?

What Is the Problem?

**Small Problems**

What Is the Problem?

# My worries

**Date:**

Today, I am worried about...

--

**One month later**

How I think now...

--

Did I have a reason to worry?

--

twinkl.co.uk

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**Date:**

Today, I am worried about...

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# How to Make Your Own Worry Doll

A worry doll is a great way of helping you to think about and manage your worries. If you are worried about something like a test at school, moving house or a friendship difficulty, a worry doll can help.

By sharing the worry with the worry doll, you can give yourself time to think about what is worrying you. Sharing these thoughts with the worry doll can help you to feel better and may even help you to solve the worry yourself.

The idea is that you share one worry with one worry doll. You tell the worry doll your worry at night time and then put the worry doll under your pillow. Hopefully, when you wake up, your worries will have reduced and you will feel calmer for the day ahead.

There are several ways you can make a worry doll. How you choose to make a worry doll is entirely up to you. You could even make a worry pet or a worry animal!

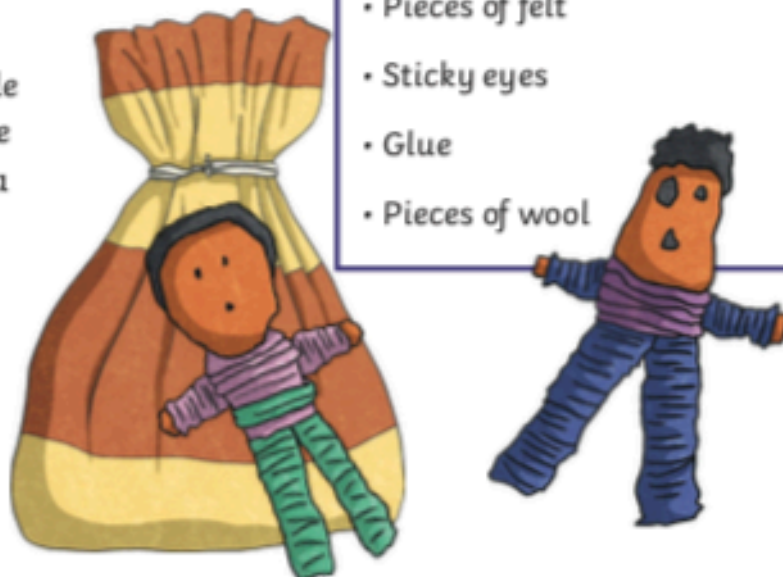
## Instructions for a Worry Doll

### What to Do:

- Use glue to attach a large cotton wool ball to the top of a wooden peg. This will be the doll's head.
- Use felt tips to draw the facial features or use sticky eyes and felt.
- For the hair, you could attach strands of wool to the cotton wool ball.
- Use fabric to make the clothes - a triangle makes an excellent dress, a square can be used for a top and two rectangles make a brilliant pair of trousers!

### Equipment

- Large wooden peg
- Cotton wool ball
- Felt tip pens
- Pieces of felt
- Sticky eyes
- Glue
- Pieces of wool



# It's Okay to Be Sad

When I'm sad I can...






**This will make me feel happier.**



go for a walk



draw a picture



lie on the bean bags



listen to some music



talk to someone



go outside for  
some fresh air



do something kind  
for another person



play a game



star jumps



hug a teddy



play with a friend



dance



sing your  
favourite song



tell some jokes



read a book

# When I'm Frustrated I will...



Take 10 deep breaths

1, 2, 3...

Count to 20



Talk to someone /  
draw how I feel



Have a drink of water



Return to work





Draw five things that make you happy.



**Things that make me happy.....**

A large, empty rectangular area with a light blue background and a rounded border, intended for a child to draw five things that make them happy.

# Happy



**Things that make  
me happy...**

**When I'm happy,  
I need...**

**What I say when  
I'm happy...**

**When I'm happy,  
I look like...**

# Scared



**Things that make  
me scared...**

**When I'm scared,  
I need...**

**What I say when  
I'm scared...**

**When I'm scared,  
I look like...**