

CALM
CORNER
Activity Book



FEELINGS EXERCISE

This exercise will help your child identify physical changes and how the body responds. For example, physical signs of anger are clenched fists, sweating, tight muscles, and chest.

Knowing these physical symptoms will create greater awareness of identifying emotions related to physical sensations. For young children, describing how it feels physically can be more tangible in recognizing emotions. These can help children manage their anger before it becomes more difficult to manage.

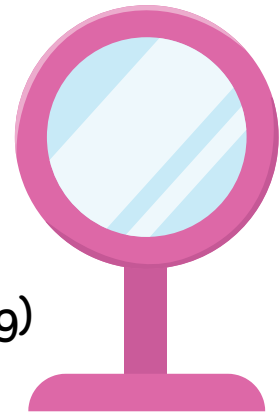
HERE ARE SOME PROMPTS TO HELP YOUR CHILD TO SPOT PHYSICAL SIGNS:

General Prompts

- How does my body feel when I feel angry?
(tensed muscles, face feeling hot)
- How does my body look? (clenched fists, shaking)

Specific Prompts

- How did you feel inside your body? Did you feel hot or cold?
- How did your head feel? Did you feel focused or dizzy or have a headache?
- How does your heart feel? Did your heart beat faster?
- How is your breathing? Did you breathe heavily or calmly?
- How did your muscles feel? Your arms, your shoulders, your jaw?
- How does your stomach feel? Did you get a stomach ache or feel knots in your stomach?



In the worksheet below, the physical symptoms of these emotions are listed. During the exercise, your child can also spot signs he/she spots in the body - this will help your child to visualize reactions in their body when they feel a certain emotion.

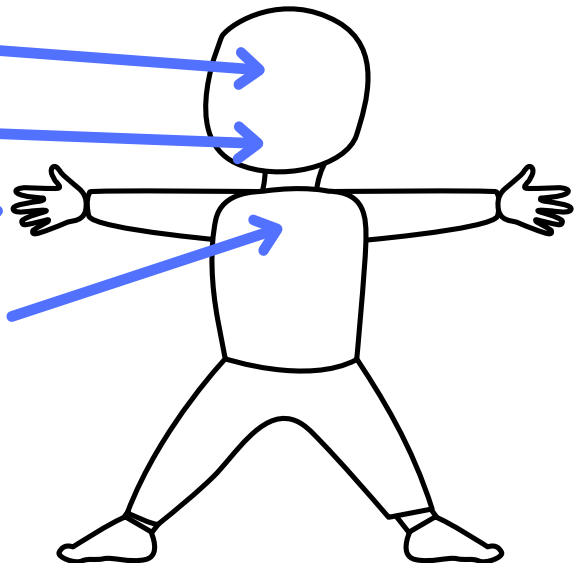


An example of how this section can be filled

How does my body feel when I am angry?

Label how it feels in my body

- Face turning red
- Verbal outbursts
- Clenched fists
- Tight chest and muscles
- Start to sweat



ANGER

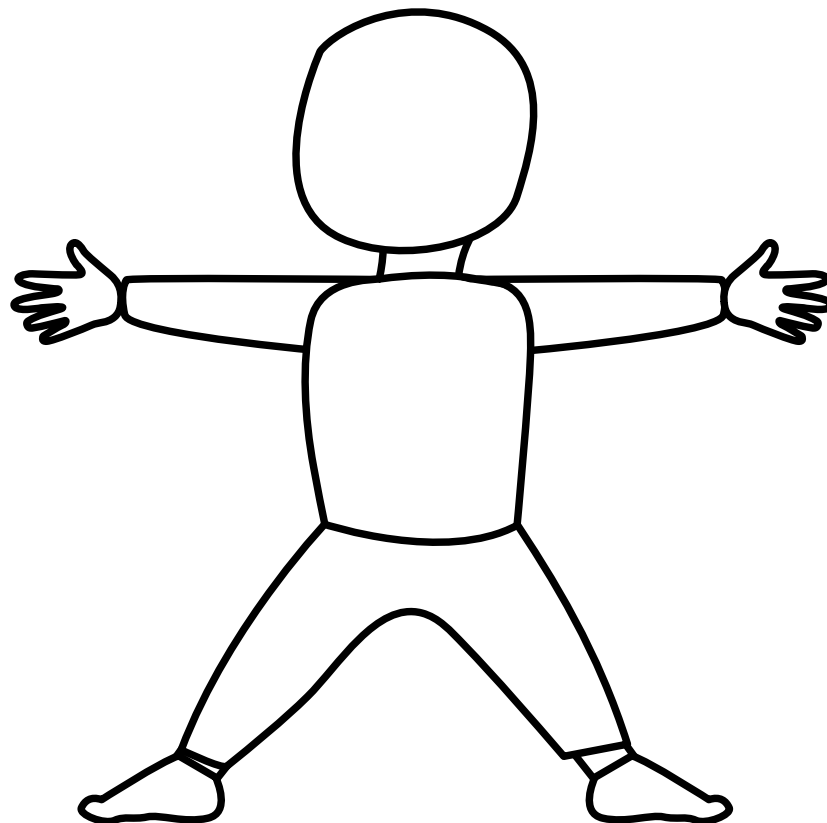


Physical Symptoms

- Clenched fists
- My muscles feel tight
- I feel tense
- Verbal outbursts
- A particular facial expression
- My face feels hot
- My heart beats faster
- My jaws are clenched
- I have an upset stomach
- I feel warm
- My palms get sweaty

I feel angry when

How does my body feel when I feel angry?



ANXIOUS

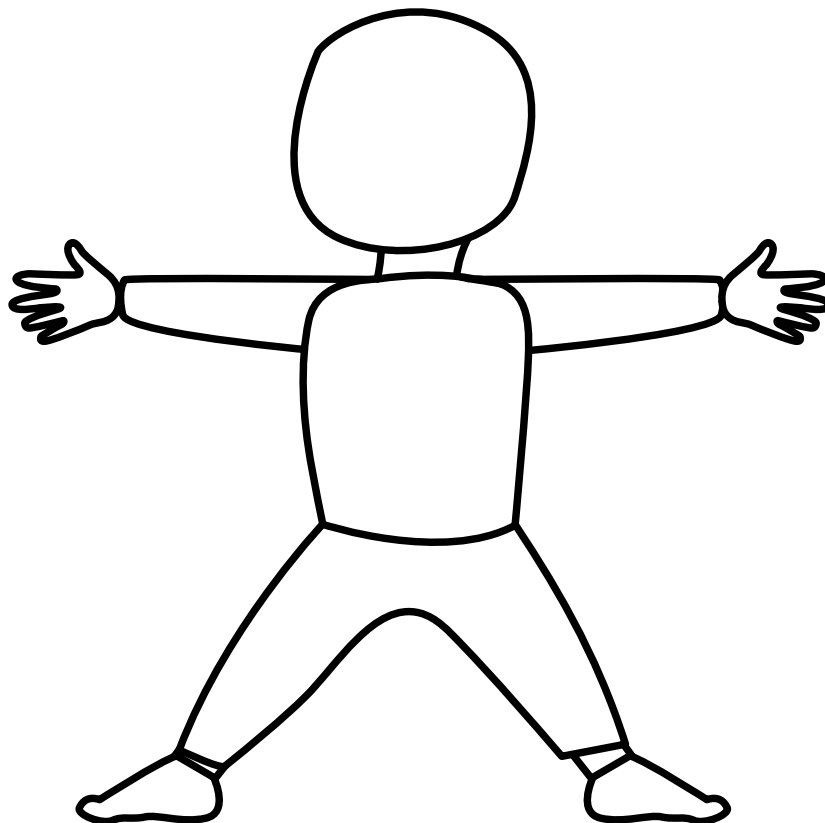


Physical Symptoms

- I am sweating
- My heart is racing
- I have headaches
- I feel sick
- I have an upset stomach
- I am shaking or trembling
- I have trouble sleeping
- Breathing rapidly

I feel anxious when

How does my body feel when I feel anxious?



SAD

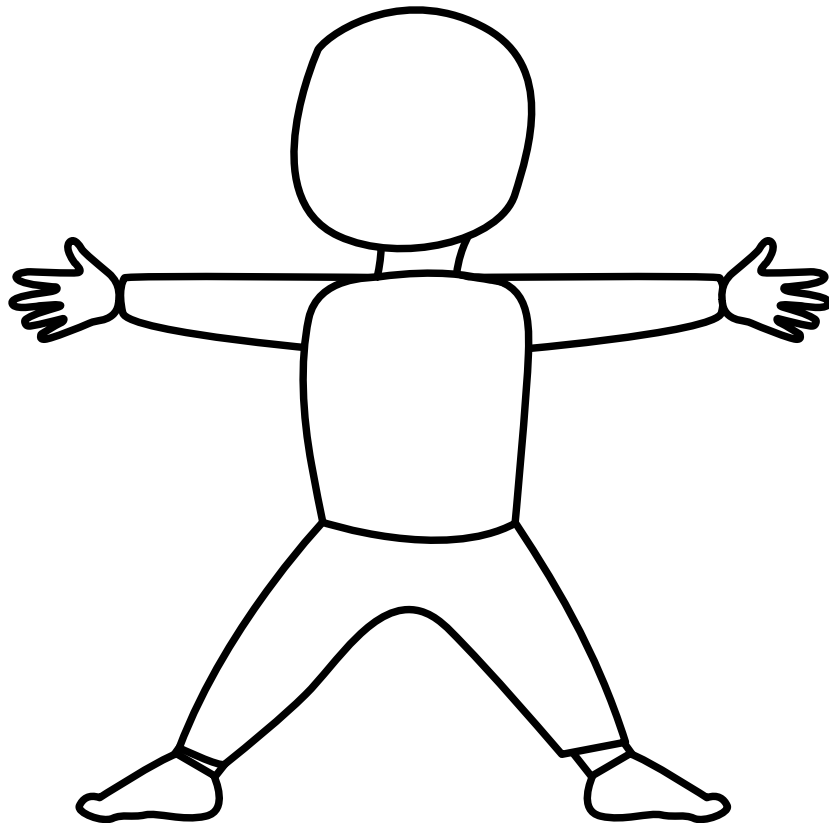


Physical Symptoms

- I feel tired
- I cried
- My shoulders are hunched
- I have no appetite

I feel sad when

How does my body feel when I feel sad?



HAPPY

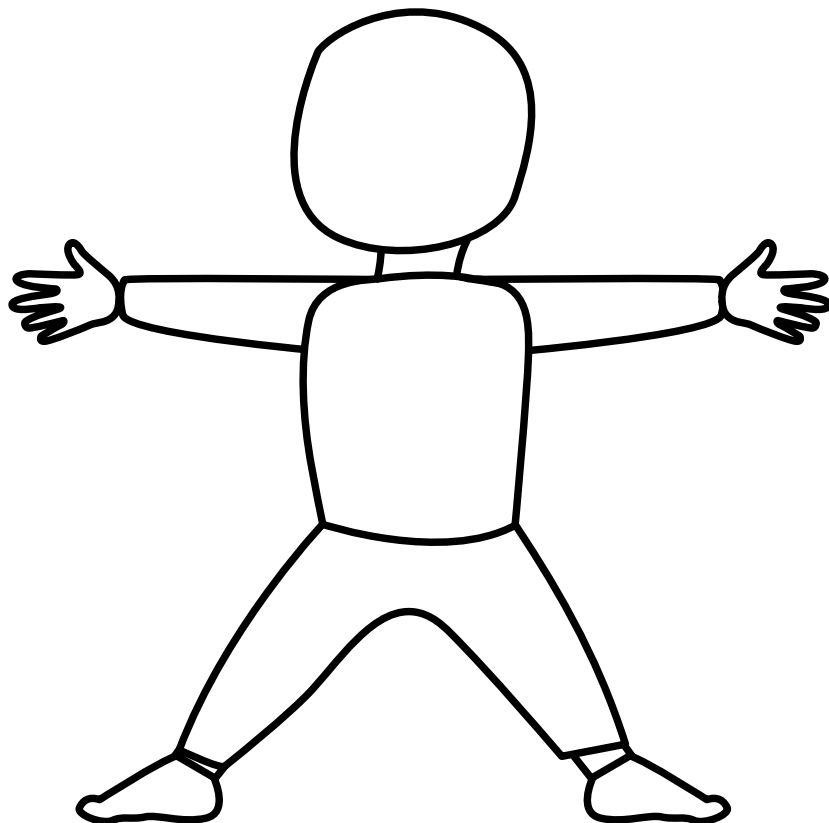


Physical Symptoms

- I feel energetic
- I am smiling
- My body feels warm

I feel happy when

How does my body feel when I feel happy?



CALM

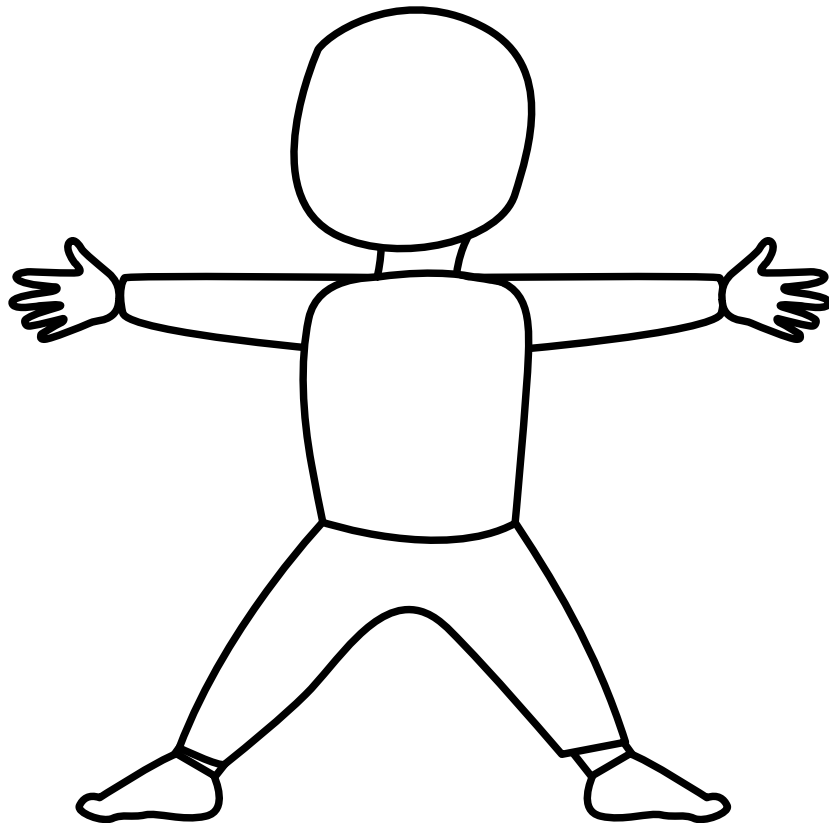


Physical Symptoms

- I am breathing calmly
- I feel warm
- I feel focused

I feel calm when

How does my body feel when I feel calm?

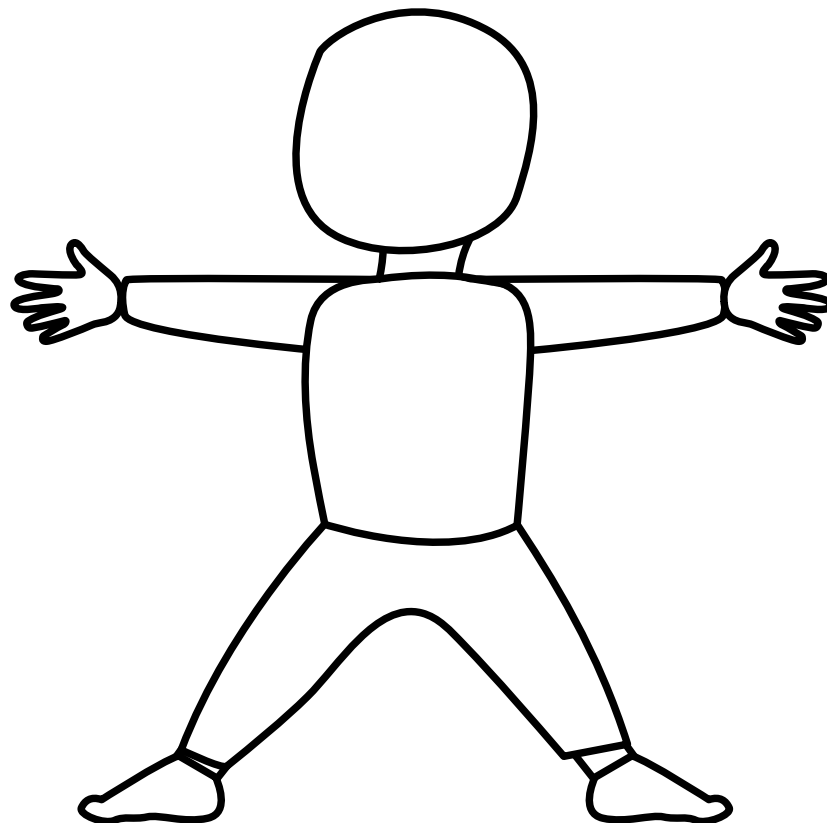


I FEEL _____

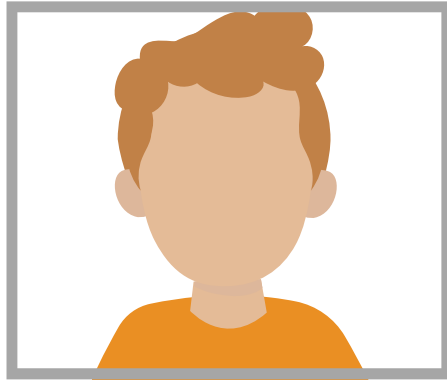


When do I feel like this?

How does my body feel?

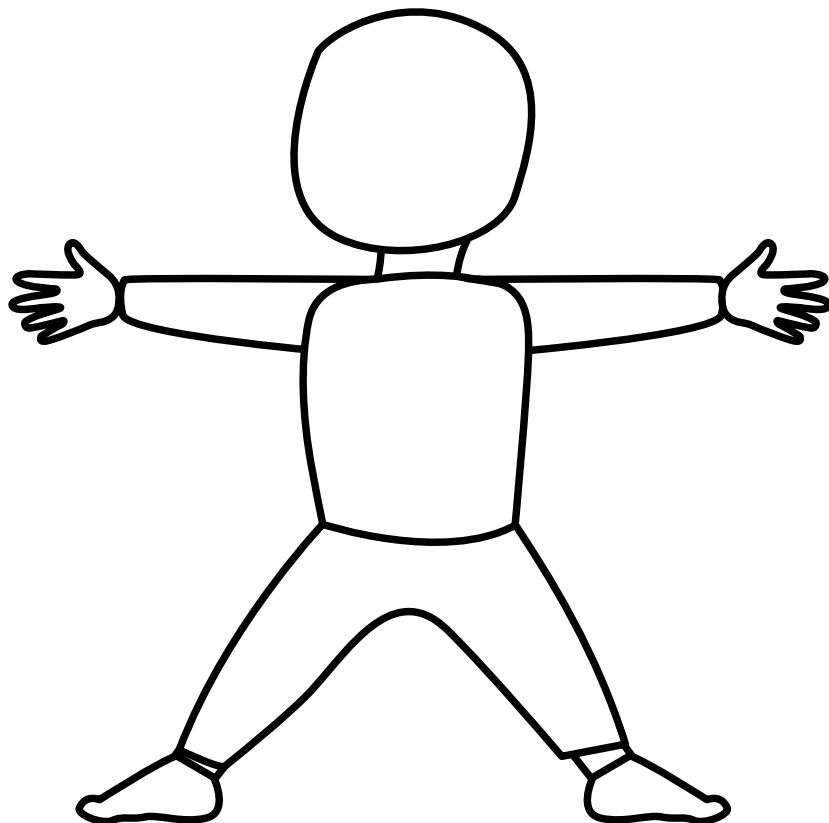


I FEEL _____



When do I feel like this?

How does my body feel?



MAKING A CHOICE

This exercise will help your child to identify the positive and negative consequences of the choices made. Considering the potential consequences can help your child to decide what is the best choice to make.

Trigger or Problem

My friend threw my toy on the floor



Physical symptoms and signs

Face turning red, clenched fists, tight chest and muscles, start to sweat



Emotion

Anger



Thought

I am angry that my friend threw my toy on the floor.

I want my friend to apologize.



Action I can take

I hit my friend and pick up the toy

Action I can take

Ask my teacher for help

My friend cries or hits me and both of us

consequence

My teacher helps me to talk to my friend.



MAKING A POSITIVE CHOICE EXERCISE

Trigger or Problem



How does my body feel?



How am I feeling?



What am I thinking?



Action I can take



Action I can take

consequence

consequence

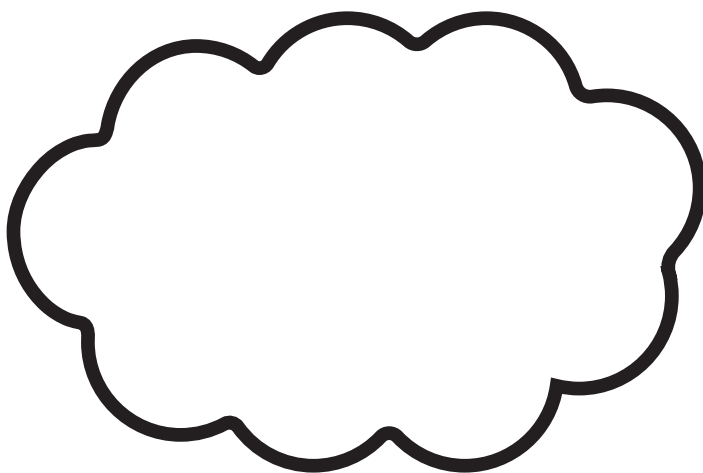
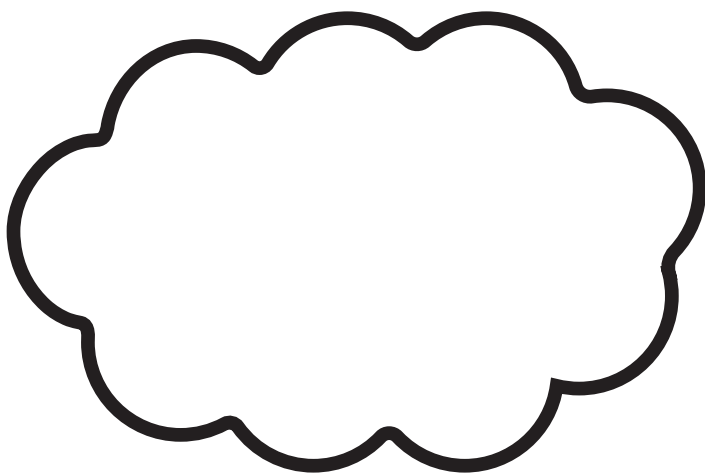
MAKING A POSITIVE CHOICE EXERCISE

Trigger or Problem



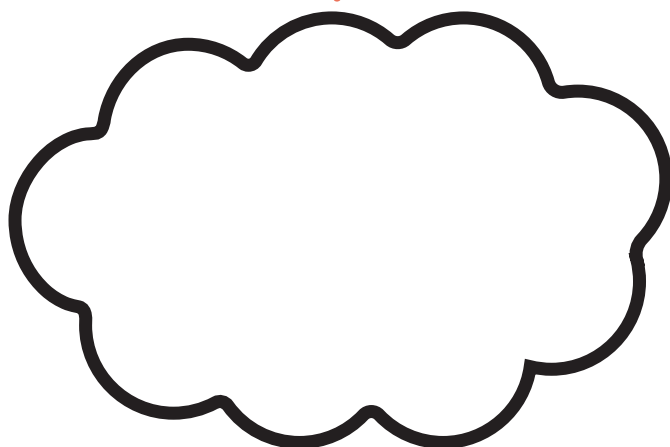
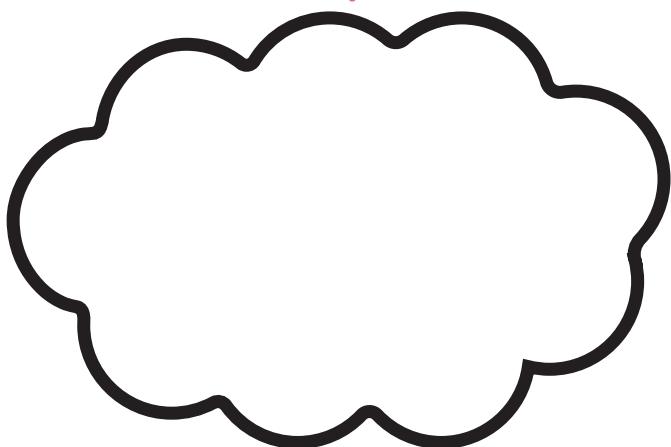
What can I do?

What can I do?



Consequences

Consequences



ANGER THERMOMETER

How do I look?

Calming Techniques

Big

I raise my voice
I call others names
I leave

I talk to someone
I can trust
I go for a walk

Medium

I call others names
I breathe heavily
I clench my fists

I listen to music
I challenge my
negative thoughts
I identify my emotions

Small

I feel hot
My face turns red
I stare at the person

I close my eyes and
count down from 20
I walk to another
room to calm down

ANGER THERMOMETER

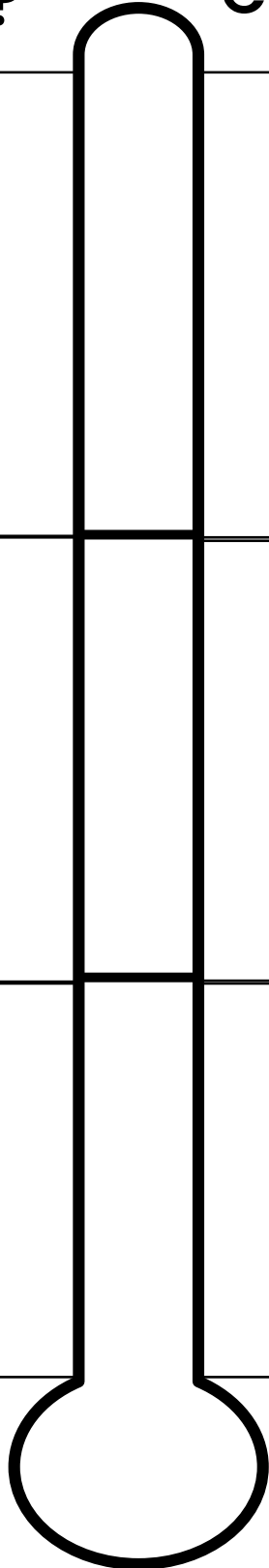
How do I look?

Calming Techniques

Big

Medium

Small



CHECKING IN

How am I feeling?

draw a face and use a word to describe

What made me feel this way?

How is my body feeling? (relaxed, pain, tensed, shaky, dizzy)

Is there anything I am worried or anxious about?

What am I grateful for? What am I looking forward to?

IDENTIFYING POSITIVE AND NEGATIVE THOUGHTS

Thoughts	+	-
I can't do this		
Mistakes help me to learn		
I can ask for help		
I can figure this out		
I am not smart enough		
I'll keep trying		
I can't get anything right		
I don't deserve this		
I can figure this out with practice		
I can always learn and improve		

WHAT DO I THINK OF MYSELF?

You can write down any thoughts about yourself



POSITIVE SELF-TALK

Self-talk refers to how you talk to yourself. Our self-talk can be positive or negative. Positive self-talk makes you feel good about yourself. Negative self-talk makes you feel bad about yourself. How would you change negative thoughts into positive thoughts?



REFRAMING

NEGATIVE THOUGHTS

Thoughts

Reframing

I can't do this
if it is too hard

I am not
smart enough

I can't get
anything right

This math question
is too difficult

I'll never
understand this

No one
likes me



REFRAMING

NEGATIVE THOUGHTS

My Thoughts

Reframing

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COMPLIMENTS

Complimenting yourself can build confidence and help you to appreciate yourself more. You could also ask yourself the following. What are some compliments I've received? What is something I'm good at?

1

2

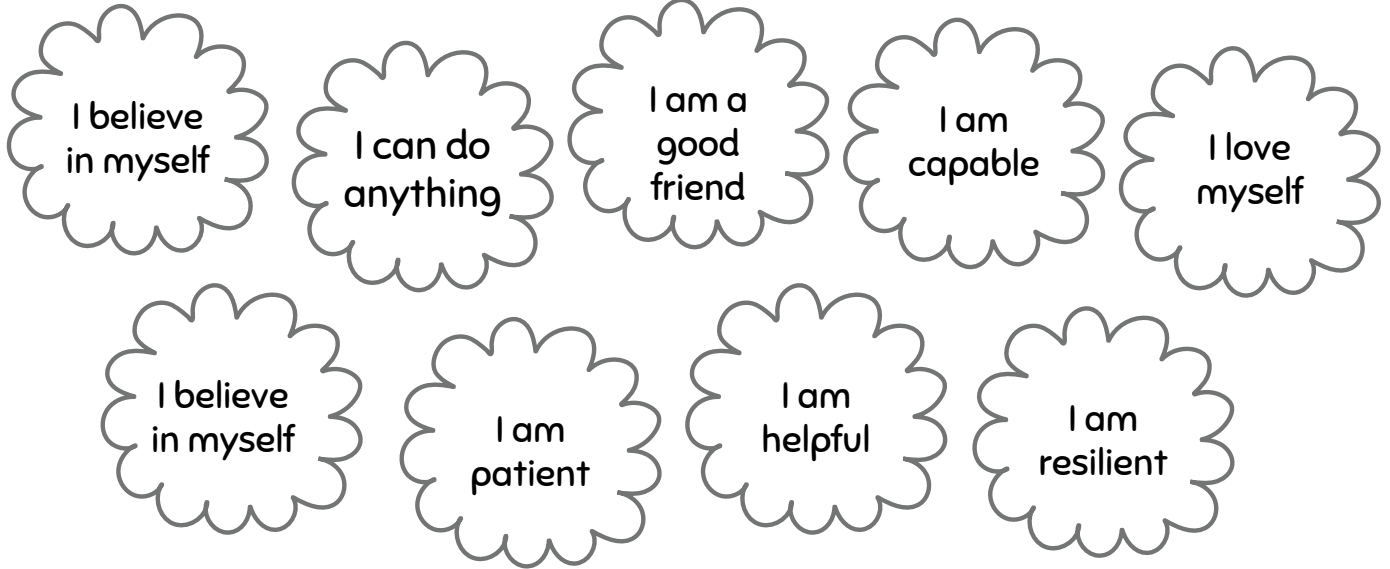
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5

6

AFFIRMATIONS

In this exercise, you can write down affirmations for yourself. Here are some examples:



Affirmations for myself

1

2

3

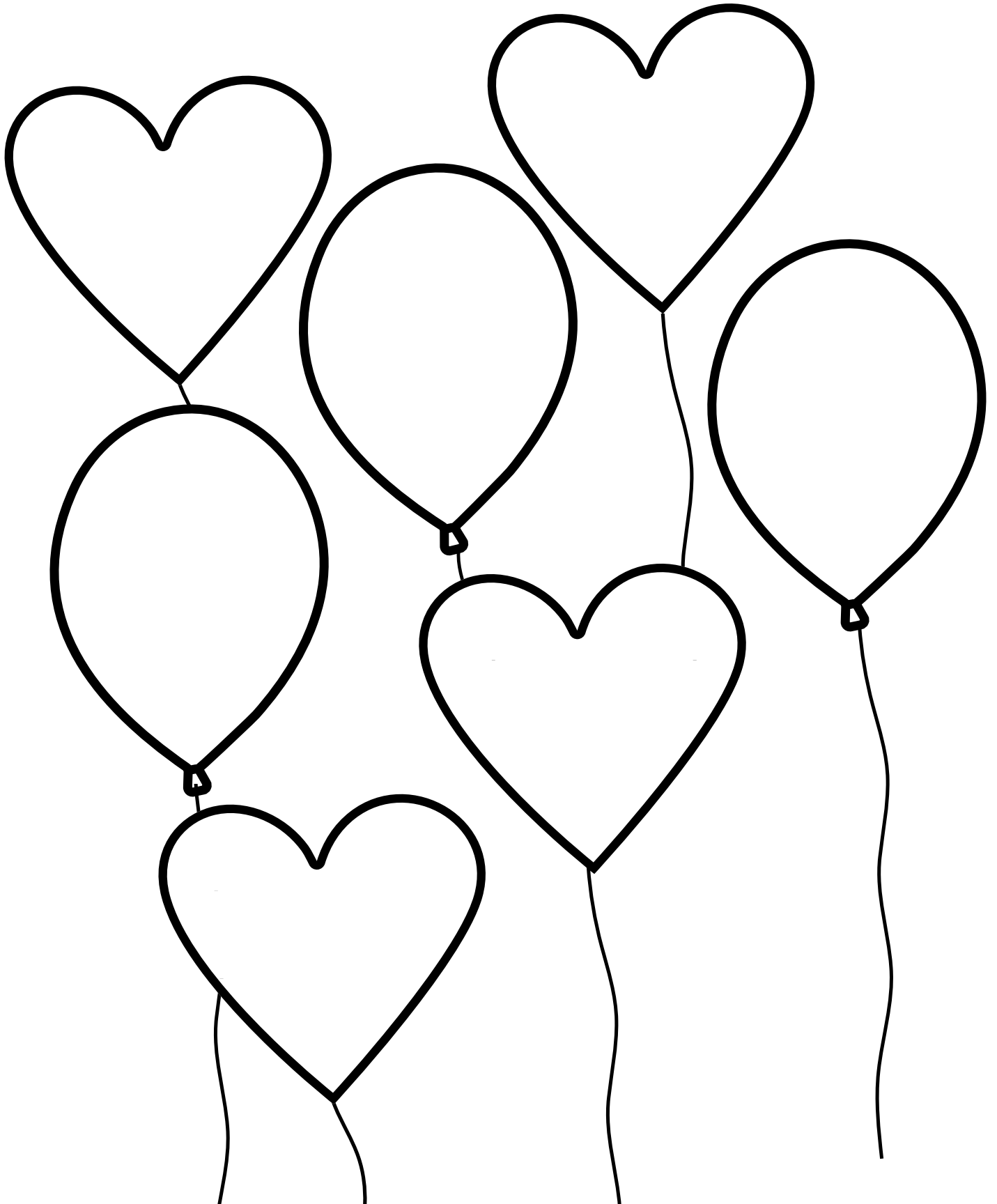
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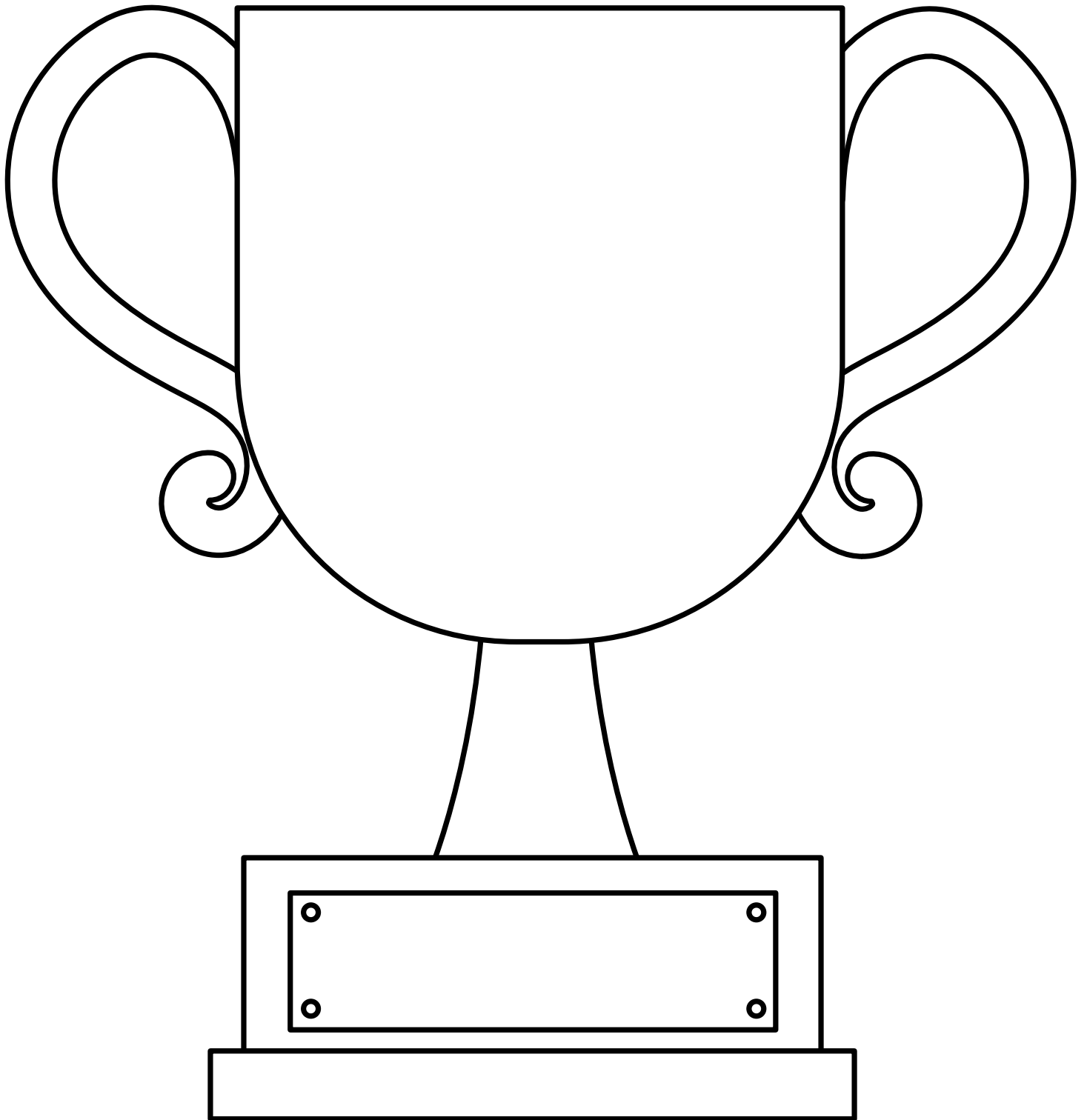
WHAT I LOVE ABOUT MYSELF

In this exercise, you can write down things you love about yourself



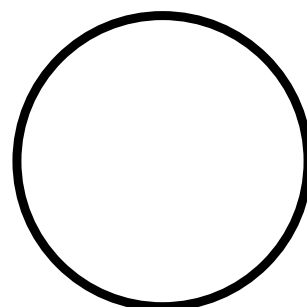
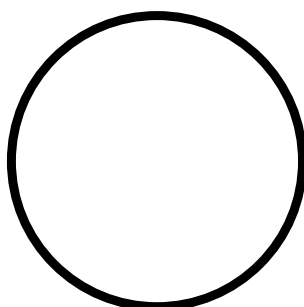
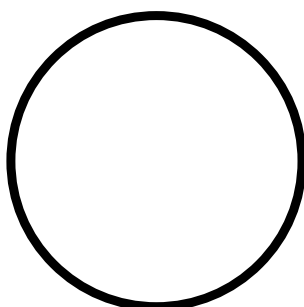
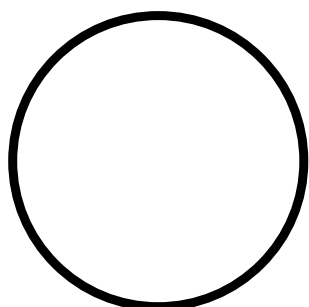
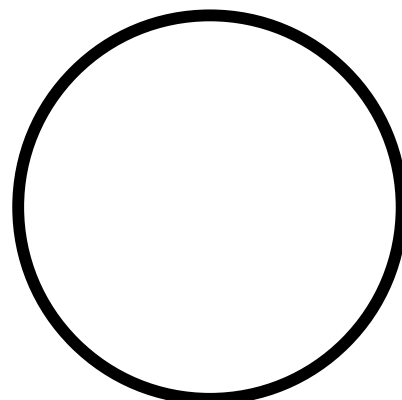
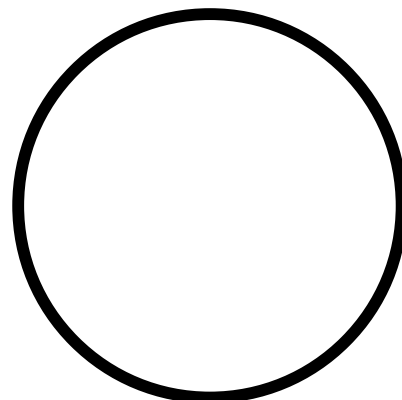
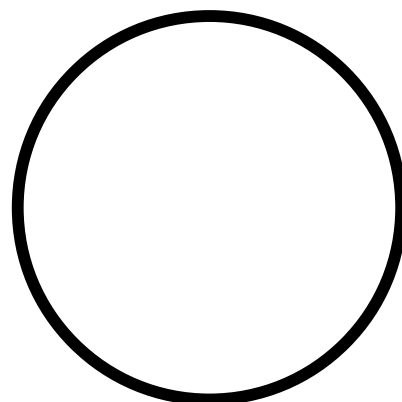
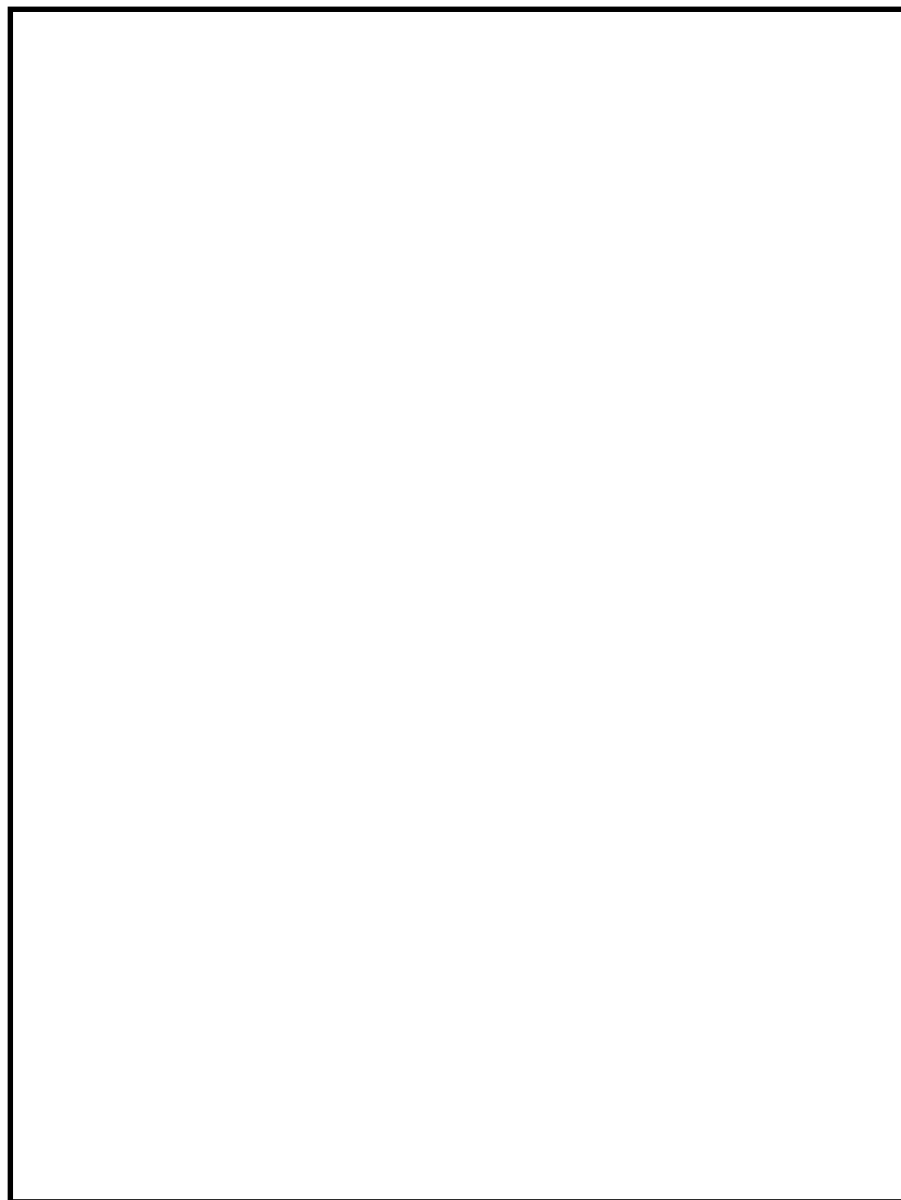
THINGS I'M PROUD OF MYSELF FOR

You can write down things you are proud of yourself for.



WHAT MAKES ME UNIQUE?

In the box below, draw a picture of yourself and in the circle, draw or write what makes you unique.



DAILY CHECK IN

What is something I've done that made me feel proud of myself?

What is something I've learned?

What made you smile?

Write 3 compliments for yourself

What am I grateful for?

Draw anything you want here

WEEKLY CHECK IN

3 Things I have accomplished

3 Things I am thankful for

3 Things that made me happy

What are 3 new things I want to try?

What are 3 challenges I faced and how did I overcome them?