



Life events and circumstances	How it might affect someone and their feelings	What could help?
Moving to a new area		



	At the time	A few weeks later	A few months later	A year later	A few years later
Situation Sasha is in					
Sasha's feelings					

Year 5/6: Lesson 2 Resource 2b: Emotions timeline with suggestions

	At the time	A few weeks later	A few months later	A year later	A few years later
Situation Sasha is in	Sasha has moved to a new area, but doesn't have any friends there. Mum is always busy.	Sasha says hello to another child who lives on the same street, they walk to school together.	Sasha joins the school street-dance club and meets some more new friends. Sasha and mum have a day out together.	Sasha is more settled at school and has good friends. Sasha and Mum spend Saturday evenings together now.	Sasha's street-dance club win an award for great teamwork and Sasha has a new step-dad – Billy. He's a good friend to Sasha and Mum.
Sasha's feelings					

Year 5/6: Lesson 2 Resource 3: Helpful for Mental Health List



Drinking water



Smiling



Advice website: www.childline.org.uk



Writing or drawing about the feelings



Eating a balanced diet that includes plenty of fruit and vegetables



Taking deep breaths



Reading



Recognising things can feel better



Making a memories box



Listening to music



Thinking positively



Advice text/phone line: ChildLine
0800 1111



Talking about problems to a doctor, nurse
or counsellor



Taking rest, relaxing, quiet time



Being honest about your feelings



Accepting that change happens to
everyone



Writing to a friend



Punching a pillow



Hugging a pillow



Going outside - fresh air



Doing something physically active



Writing a diary or journal of feelings



Getting enough sleep



Taking your mind off it



Spending time with friends



Being kind to others



Helping someone else



Thinking of happy times



Stroking a pet



Talking to a trusted adult



Squeezing a stress ball



Chatting to a friend



Imagining the feelings drifting away



Year 5/6: Lesson 2 Resource 4: Advice cards

<p>Growing up is hard!</p> <p><i>I feel angry all the time! My friends annoy me, my mum annoys me, I get so frustrated when my phone doesn't work or if I lose a game. If I don't get a good enough score I feel furious! Even little things drive me absolutely up the wall! When I am really cross, I can feel my body tense, my fists clench, my jaw grip and my hair standing on end. I feel like I could scream, even if I am in a place where I shouldn't. Grrr! I'm even feeling angry now!</i></p> <p>Cross, age 11</p>	<p>Dear Cross</p> <p>Every day...</p> <p>In the moment or when the feelings get stronger...</p> <p>Someone to talk to....</p> <p>From,</p>
<p>Worried about tests!</p> <p><i>Every week we do tests in our class... maths tests are the ones I find the hardest; I really worry about them. I look round the class in the test and everyone else seems to be getting on with it but I'm staring at question and feeling nothing but blank. Then my palms go sweaty and I feel a bit panicky. The night before a test, I can't sleep, I feel all wound up inside and scared about the next day. It seems to be getting worse the older I get.</i></p> <p>Worried, age 10</p>	<p>Dear Worried</p> <p>Every day...</p> <p>In the moment or when the feelings get stronger...</p> <p>Someone to talk to....</p> <p>From,</p>
<p>My dad is not ok!</p> <p><i>I'm not sure what's going on, but my parents seem really stressed. A few weeks ago my dad lost his job and since then they either argue or talk in whispers hoping I'm not listening. I know Dad's worried about money. He used to be so much fun, but now he just sits in the chair staring out of the window. He doesn't even want to watch '100 Greatest Super Heroes' with me. He looks sad and pale. I've noticed he's not going out very much anymore, not even to bowling club.</i></p> <p>Concerned, age 10</p>	<p>Dear Concerned</p> <p>Every day...</p> <p>In the moment or when the feelings get stronger...</p> <p>Someone to talk to....</p> <p>From,</p>

Advice cards (Cont.)

<p>Not sure about this!</p> <p><i>My mum is expecting a new baby. Part of me is really excited and I can't wait to meet my baby brother or sister. But I'm sure they will cry all the time and I won't be able to concentrate on anything. Plus, I feel like Mum will only want to be with the baby and not play with me. Mum is so excited. I should be really pleased but I just feel a bit unsure about the whole thing and would prefer it if things just stayed the same.</i></p> <p>Confused, age 9</p>	<p>Dear Confused</p> <p>Every day...</p> <p>In the moment or when the feelings get stronger...</p> <p>Someone to talk to...</p> <p>From,</p>
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