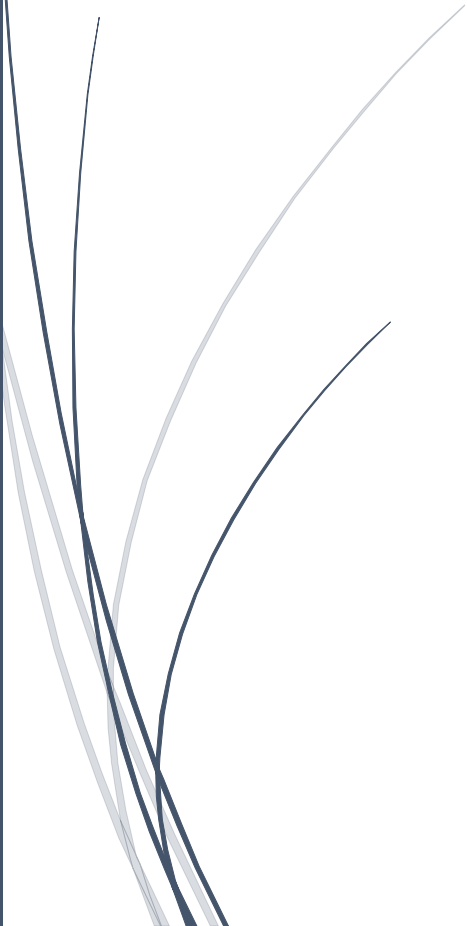


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Norfolk County Council

Managing my moments!



A resource to equip children and young people of all ages with strategies to support emotional health and wellbeing behaviours



A STEP-BY-STEP GUIDE TO MANAGING MY MOMENTS!

It doesn't matter what age you are, lots of the steps will still work for you. The more you try, the more strategies you will develop! Step 1 activities are particularly suitable for younger children, but anyone can try them.

Wherever you start, what matters is that you take your first step towards managing moments in your life. Keep taking steps whenever you can. This is your journey so you can start with any activity and work through them in any order, taking as little or long as you like on each step. Good luck on your journey!

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STEP 1



DIFFICULT DRAMAS: MARTIAN MOMENTS

Imagine a Martian has just landed on planet earth! They had been living on planet peace, where there are never any dramas. Draw the Martian on a piece of paper or imagine it in your head. What dramas would you tell your Martian might happen and how might it make them feel and behave? You might want to share this with someone, or you might like to keep it a secret between you and your Martian.



ANGER AWAY... STAMP IT OUT

Don't worry about how old you are, this one is always great fun! Ever seen a toddler throw a tantrum and wished you could do the same? Now you can... Imagine the things that make you angry and stamp your feet and hands as hard as you can until you don't feel as angry as before. You might want to ask someone to join in, or you might want to make sure no one is watching you! Wherever you are, make sure it is a safe space so you don't hurt yourself.



CALMING COOLDOWS: ROCK-A-BYE BEAR

Take your favourite teddy bear, or you can imagine one. Lay down on your back, putting your teddy on your tummy. Take a long, slow and deep breath in and a long, slow breath out. Your teddy will rise and fall with your tummy. Can you keep going until you have rocked your teddy bear to sleep?



HELP TO HAPPINESS: SHARE A SMILE

Ever noticed how when you smile or laugh, other people do to? Try it now... think about the things and people that make you happy, keep thinking about them... have you started to smile yet? Did you know that the brain doesn't know when you are laughing at something funny, or pretending to laugh? Both will make your brain feel good. Try it now... pretend to laugh 5 times. Feeling happier? Hope so! Why not share the smile and make it go further? Find someone to smile at, have you noticed they are smiling back? If they don't maybe they need some help to feel happier to. You could share your pretend laughing tip. Challenge yourself to see how far you can spread smiles and laughter today. Can your smiles spread for miles?



MOTIVATIONAL MINDSETS: REWARD RAINBOW

Draw or imagine a rainbow. You are at the beginning of the rainbow. Along the rainbow are the things that you need to do today. These might be little things that you have been putting off, or steps towards achieving something bigger. Draw, write or imagine these are positioned on your rainbow. At the end of the rainbow is a pot of gold. Inside this is your reward for achieving the things that are on your rainbow. Your reward can be any treat that you will look forward to such as a new toy, time on a game, baking with your family, soak in the bath, watching a film etc. You can decide. If you complete your rainbow you can open your pot of gold to receive your reward. Enjoy!



SUCCESSFUL SLEEPS: SAFE SLEEPS

Do you sometimes feel too scared to sleep? What are the things that you worry about at night time that you don't during the day? You might like to tell someone about these, or you may prefer to keep them to yourself. Lots of people do but feel worried about things at bedtime but fear no more... because you are the boss of your brain! Your brain is a smart brain, it is honest with you. Whereas your worry brain uses your imagination to make things seem bigger, harder or scarier than they are. Switch on your smart brain now to re-look at the worries for you. What do you notice? Make sure your smart brain is showing your worry brain who is boss!



STEP 2



DIFFICULT DRAMAS: BUBBLES AWAY...

Think about the problems that are upsetting you right now. Imagine each one in turn, as you take a deep, slow breath in. Now take a longer and slower breath out. As you breathe out, imagine blowing through a bubble wand, making lots of beautiful bubbles that float into the air. (If you have one you can use, even better!). Picture the problems trapped inside of the bubbles, drifting up and away until the bubbles are out of sight. Keep going until you have blown your problems away. Some problems don't disappear this easily, but it can help to put them out of your mind for a short while so you can deal with them at the right time for you, helping you to make better choices.



ANGER AWAY: SHOUT IT OUT...SILENTLY... SHHH!

Ever find yourself shouting when you feel angry? Shouting is like a human fire alarm, it raises attention and causes anxiety. The louder the voice the greater the anger that is created. Why not try thinking about the things that make you want to shout, and what you want to say when you shout. Now, imagine shouting them in your head, but see if you can whisper them as quietly as possible. You are now controlling your voice and your anger, making it easier to talk about these things when you need to and are ready to. Well done!



CALMING COOLDOWS:

There is good inside all of us! Sometimes it's helpful to remind ourselves. If you have internet access watch [Will I Am](#) sing 'What I am' on Sesame Street (you will enjoy it, whatever age). Think about that things that make you special and finish the sentence: 'What I am is...' in your head. If you want to, you could make yourself a certificate to celebrate this. Display it someone you can see to remind yourself. Well done – you are great!



HELP TO HAPPINESS: SPREAD A LITTLE HAPPINESS

Laydown on your back, somewhere you are comfortable. Things that make us happy give us good feelings, sometimes called a 'warm glow'. Think about the things that make you really happy. These can be anything from your favourite person, place, activity, clothes, song, colour, pet, food etc. Think about each thing in turn, and why it makes you happy until you notice a warm glow inside your body. Imagine the warm glow spreading slowly through your body until every part of you is glowing from the tips of your toes, to the end of every finger and right to the top of your head. Enjoy the warm glow of happiness! If something starts to upset you in the future, imagine the warm glow filling your body so there is no space for the upset to enter.



MOTIVATIONAL MINDSETS: TAKE A BREAK!

Wow! Being told to take a break seems like a dream come true! Sometimes we are so tired from doing something or thinking about something that we can't manage to achieve what we need to. This can leave us feeling frustrated, angry and like we are not doing very well, when we are asking too much of ourselves. Rather than trying to keep going, take a short brain break. This doesn't mean doing nothing, you can go for a short walk, eat a healthy snack, stretch, go outside or talk to people. Taking a brain break will help you think more clearly and make better decisions so your brain can cope with being busy when it needs to be. Taking short regular breaks is the best approach. You could try taking a short break of 15 minutes every hour, or after you have completed each small task you need to do. It is important to work out what works for you, so you may want to try a few different approaches and discover what your brain thinks is the best approach. Enjoy your break!



SUCCESSFUL SLEEPS: ZEN YOUR ZONE

Zen means having complete balance of mind, body and spirit where there is a lack of clutter and distraction. Why not spend some time clearing the clutter and distractions from where you sleep? This might include tidying up, clearing out things that you no longer use, opening windows to let in some fresh air. If you can, you might like to add a plant, something scented or draw a special picture for your room that you can enjoy. When your sleeping space is looking more zen, you might find your mind is too, allowing you to sleep better and feel better. Good night sleep tight!



STEP 3



DIFFICULT DRAMAS: THUNDERSTORM IN A BOTTLE

Our feelings, comfortable and uncomfortable, are swirling around inside of us all the time and can change very quickly (just like the weather!). Think about a fizzy drinks bottle – what happens if you shake it up and open it? The drink explodes and spills out. The same can happen with your feelings. If you have an empty drinks bottle and some craft materials (Anything that is waterproof will work like glitter, buttons, beads etc). you can make your own thunderstorm in a bottle. Fill the bottle $\frac{3}{4}$ full and then add the craft items of your choice. Shake it up and watch the storm swirling around inside the bottle, like a real storm. Notice how when the shaking stops, everything starts to settle? Just like when you open a fizzy drink bottle a little at a time, reducing the pressure slowly so it doesn't explode, your feelings need to be expressed a little at a time and in a controlled way. Even when this does not seem possible, remember that all feelings settle when they are not being shaken into action!



ANGER AWAY: SCRIBBLE IT OUT

Think about your anger and the things that have recently caused you to feel angry. Write or draw your anger on a piece of paper before scribbling all over it, until you can no longer see it. To get your anger out you will need to scribble very hard and then immediately scrunch it into a small ball. Throw it as hard as you can, as far away as possible. Do you feel like you have thrown your anger away? Even if the feelings of anger start to return, it has given you a break from them and you can always scribble them out and throw them away again.



CALMING COOLDOWNS: BODY SCAN

Lay down on your back, somewhere where you feel comfortable. You might want to put a blanket over yourself so you feel warm and cosy. Starting with your toes, very slowly tighten and relax each part of your body, moving all the way to the top of your head. Did you notice any areas of stress or tension? Maybe you have a sports injury, your back aches or your shoulders are tight. Repeat the body scan 3 times. Have you noticed that your body feels less tight and more relaxed now? You can stay under your blanket and enjoy feeling calm and relaxed for as long as you like.



HELP TO HAPPINESS: MAGICAL MUSIC

Mood and music are closely linked. Listening to a sad song can make you feel sadder, listening to a happy one can make you feel happier. Try it out now... What is your favourite upbeat song? Play it or sing it to yourself. Feeling a little happier? Consider making 'mood' music playlists so you can listen to them when you need to.



MOTIVATIONAL MINDSETS: MAKE A MOTIVE

There are always times that we must do something that we would rather not. Think of something that you need to do. Now, think of what you will treat yourself to as a reward when it is done. The reward can be anything that will motivate you (watching a film; having a pamper session, buying something new or eating something nice). Visualise yourself enjoying the reward. When you make a start on the task you don't want to do, you can return to the vision of you enjoying your reward. Try breaking your task into little steps and congratulate yourself on achieving each small step. Feel pleased that you are one step closer than you were before to enjoying your reward!



SUCCESSFUL SLEEPS: BEDROOM BUFFER

Lay down where you sleep. Look around at your sleep space... Is there any clutter or things where you sleep that don't need to be there? Remove these if you can to declutter the immediate space. Once you have done that, lay back down and imagine a wall around your sleep space. The wall can be right next to you, or further away. Make sure that the space inside your wall is clear of everything that doesn't need to be there, leaving only the things you want to have inside your wall with you. Finally imagine putting any uncomfortable thoughts, feeling and worries that you have on the other side of the wall, just for now so your head is clear of clutter too. You can now sleep and relax without them annoying you, so you are better able to deal with them when you wake up.



STEP 4



DIFFICULT DRAMAS: BLOW AND BURST

Think about all the different difficulties and worries that you have. Blow up a balloon (If you don't have one, you can imagine one). While you are blowing it up put all your difficulties and worries into the balloon and then let it go. Watch as it flies around and listen to the funny noise that is being made, imagine it is your difficulties and worries being blasted away! Next, focus on how those difficulties and worries made you feel. Blow up the balloon again. This time, as you blow up the balloon, imagine blowing your thoughts and feelings into the balloon, before tying it up. Just as no one can see our internal thoughts and feelings, they cannot be seen inside the balloon either. People can see our external behaviours, which are often a response to our feelings. Think about your own behaviours and write these, using a permanent marker pen on the outside of the balloon. Reflecting on your behaviours, how would you expect someone to react towards you, not knowing how you are feeling on the inside? Use the pen to cross out the behaviours you would like to get rid of. Now it's time to have some fun! Stamp on the balloon until it bursts. As you do this, imagine stamping out the behaviours you recognise as not being OK. In the future, try to focus on the healthier behaviours, knowing people are likely to react more positively towards you.



ANGER AWAY: PUNCH A PILLOW

Take a pillow, if you have a spare one you can write/draw on with felt pens that's great! If not, you can talk them into your pillow. On one side of the pillow, write/draw or talk all the things that upset you, and on the other side write/draw or talk all the things that make you happy and calm. When you are feeling angry, you can punch the unhappy side of your pillow as hard as you can. When you are finished, you can turn the pillow over and lay your head on it as you start to calm down and feel more relaxed.



CALMING COOLDOWNS: WASH AWAY THE WORRY

Take a sheet of paper and using felt tip pens, write/draw or scribble all the things, people and experiences that make you upset and unhappy. Lay the paper on the floor and throw a wet flannel or sponge at it, until what you have written has all washed away. Alternatively, hold it under a tap until they have washed away. When you are next in the shower, bath or standing in the rain, take a few moments to imagine the water washing your worries away from you.



HELP TO HAPPINESS: EXERCISE FOR ENERGY

Exercise is great at helping us to feel happier about ourselves physically and mentally. It improves blood flow to the brain and helps you think more clearly. Exercise helps the body to release something called 'endorphins', a natural painkiller for the body, also known as the 'feel good' hormone. It doesn't matter what type of exercise you do, if you are moving! Go for a run, kick a football around, ride a bike, walk the dog or jump on a trampoline. Anything physical and active that you enjoy will help get your unhappy feelings out and build energy to be able to deal with them more effectively. Give it a try now... do as many jumps as you can for 1 minute.



MOTIVATIONAL MINDSETS: REWIND, REPLAY

Think of a situation you have been involved in recently, where you did not manage to behave in the way you would have liked. Re-think of it like a film. Rewind to the point just before you started to lose control. When you are ready, press play, this is your opportunity to direct a different ending to the film. Changing your thoughts is not as difficult as you might think. What would you like to have said and done? What would you like to have happened? Take your time to watch the film in your head, taking notice of the body language, eye contact, tone and volume of voice etc. Use this improved ending to motivate your behaviours. Can you direct yourself to improve your approach to similar situations in the future?



SUCCESSFUL SLEEPS: SCHEDULE THAT SLEEP

A good night's sleep is very important in helping your body and mind cope with life! We all need to sleep for energy, good concentration and general health. Lack of sleep can affect your health and mind, making life even harder to cope with. For one week, try setting an alarm to remind yourself to head to bed, and another to wake yourself up at the same time every day. You may find a sleep schedule makes life easier to cope with!