



This worksheet is a guide to promote thought and discussion about being calm using Think-Feel-Be resources

Being calm can help you to think more clearly and feel better physically and mentally.

List 5 activities that you enjoy doing and make you feel good. (For example, walking your dog, listening to music, talking to someone, reading or drawing). After you have listed these, write down the approximate date for the last time that you did one of these activities and when you might be able to do another.

Think of 5 good things in your life that have happened and write these down.

Find 3-5 of your favourite photographs and write down what you like about each photo.

Describe each photo.

For 5 minutes lie down on the floor on your back. For the first 2 minutes practise some gentle deep breathing to relax your body. For the next 3 minutes imagine being in a special place. This place could be a real place that you have already been to, somewhere that you would like to go to, or an imaginary place, such as on a cloud, floating in space or flying above the ground!

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Think of 3 things that help you be calm and write down or discuss why these they help you feel calm.

Think of 3 things that make you upset or tense and what you could do that will help you feel better in these situations.

Choose 2 words from the Think-Feel-Be calm poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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