

## DRAW YOUR FEELINGS

On a blank sheet of paper draw how you are feeling right now. The drawing doesn't need to be of anything. Use any shapes, lines, colours or squiggles you feel expresses your emotions.



What colours and shapes show how you feel?

EMOTICONS FOR A SMILEY WORLD

## ACT IT OUT

Do a mime to show what your day has been like so far. Show the emotions you felt at each moment. Exaggerate your emotions to make them clear to anyone who watches your mime.



Get your friends and family to do their own mime for you!

EMOTICONS FOR A SMILEY WORLD

## MAKE A SMILEY PLAYLIST

Make a list of songs that make you smile or lift your mood. Add the songs to a happy playlist. Share this playlist with your friends and family and see if they have other suggestions to add to your list.



What's your top happy song?

EMOTICONS FOR A SMILEY WORLD

## DESIGN YOUR OWN SMILEY

Draw a Smiley to show how you feel. Think about what mouth and eyes you should have and whether you want any accessories.



What would you call your Smiley?

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# BANG YOUR OWN DRUM

Collect some pots, pans or old, empty containers. Use some old metal or wooden spoons to hit them and design your own drum solo.

Play your drum solo for your family or friends or record it to show them.



Which is your favourite sound?

# SING AND SHOUT

Making music and sounds is a good way to show how we feel without having to find the right words. Can you make up a song to sing - or shout - to let it all out?



Can you make up a song to perform?

# BE YOUR OWN SUPERHERO

Everybody is afraid of something. Really, everybody! Think about something you're afraid of and write a story where you are a superhero who overcomes your fear using a superpower. Next time you're afraid or have to face your fear, remember how it felt to conquer your fears in the story.



Share your story with your family

# REWRITE HISTORY

Think of an event that upset you or embarrassed you. Imagine that you could go back in time and do the event differently. What would you change? How would it go if the event was the best time you ever had? Write or tell the story of the event but change it to give it a new ending.



What story from your life do you want to change?

## FAIRYTALE BEGINNING

Think of one of your favourite fairy tales that you know well, like Cinderella or Aladdin. Imagine the end of the story is the start of a new story. You have been asked to write the next story, the sequel. How does it go?



What does happily ever after look like?

## MAGICAL OBJECT

Imagine something in your home or something you own has magical powers. What does it do? How do you use it? Create a story where you use your magical object to do a good thing.



What makes something magical?

## PORTRAIT OF PAIN

Draw how your body feels when you are sad or in pain. Where does it hurt? What colour is the pain? Then draw a picture of you getting rid of the pain.



What colour is your pain today?

## DRAW ON YOUR LOVE

Think of someone you like. Try to show how you feel about them in a drawing. What kind of marks will you make on the paper? What colours? How will you draw them? You don't have to make the picture look like them, but show how you feel about them.



Who deserves a gift of your love today?

## RHYME TIME

Come up with as many rhyming words as you can for:

KING DOG CAT  
BAG FLAG

Can you make a rhyming poem that tells a story from some of the words you've written down? You don't have to use all your words or any of these words.



Can you talk in rhyme all the time?

EMOTICONS FOR A SMILEY WORLD

## RAP ATTACK

Make up a rap song about your typical day or a particular event in your life and remember to explain how specific things make you feel. Try to make each line the same number of counts and rhyme every pair of lines. It doesn't matter if some lines don't rhyme but aim for an A/A/B/B pattern.



Can you send kind, positive vibes with your words?

EMOTICONS FOR A SMILEY WORLD

## PERFECT PLANET

Imagine you're creating your perfect planet. What does it look like? What other life is there? How does it function? Who controls it? Can you create characters and set a story there to create a play, film or cartoon of it?

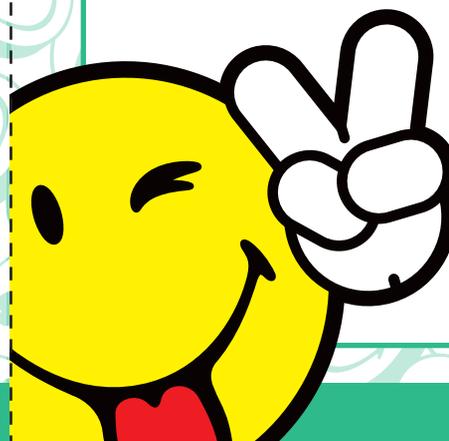


Can you create your perfect paradise?

EMOTICONS FOR A SMILEY WORLD

## CARTOON BOOM

A comic strip is a series of pictures that tell a story. Anything can happen in a cartoon. It can be as fantastical as you want. Draw about a recent event in your life that didn't end well but give it a different happy ending in your cartoon.



Can you show your emotions in the style of your pictures?

EMOTICONS FOR A SMILEY WORLD

Activities to  
understand and  
manage emotions.

## TENSE AND RELAX

1. Lie down on your back and close your eyes.
2. Squeeze every muscle in your body as tight as you can.
3. Make your hands into fists.
4. Squish your toes and feet into balls.
5. Tense your legs, bottom, body and arms so they are hard like a stone.
6. Screw up your face and tense your neck.
7. Now release all your tension, let your muscles go floppy and RELAX!



Notice how  
your body feels  
throughout the  
activity.



Activities to  
understand and  
manage emotions.

## WILDLIFE SAFARI

Go on a walk around your garden or local park. Count up all the different wildlife you can see. How many different creatures can you see that walk, crawl, swim or fly? Look in hedges, trees, under leaves and in the grass. Do you know the names of all the creatures you see?



Notice the  
sounds and  
smells as  
well as what  
you see.



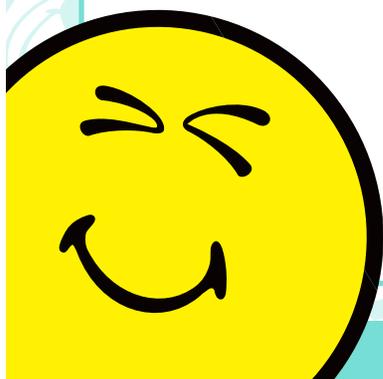
Activities to  
understand and  
manage emotions.

## 5,4,3,2,1

Take a big deep breath and notice five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.



Use this  
technique  
whenever  
you feel  
anxious.



Activities to  
understand and  
manage emotions.

## BE PRESENT

Being present is a great present. Sit quietly and pay attention to what is happening around you right now. Use all five senses.

Say to yourself

Right now I see...

Right now I hear...

Right now I am touching...

Right now I smell...

Right now I feel...



Do this alone  
or with your  
family!



# RAINBOW BREATHING

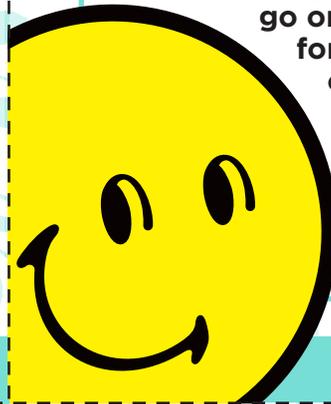
Imagine you're standing or lying in the middle of a big rainbow. Take a big breath in and imagine you are breathing in the colour red from the rainbow. Lift your arms above your head as you breathe in. Lower your arms down to your side as you breathe out. Repeat breathing in and lifting your arms as you imagine breathing in each colour of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo, Violet.



Does one colour feel better than the others?

# MINDFUL LISTENING

1. Listen carefully to the sounds around you.
2. How many different sounds can you hear?
3. Write them down.
4. Which sounds come and go? Which are always there?
5. Move to a different room or place. Are the sounds you can hear different?
6. Imagine you are an owl and go on a sound safari looking for new sounds and work out what is making the sound.



Can you hear the silence between the sounds?

# GET ACTIVE

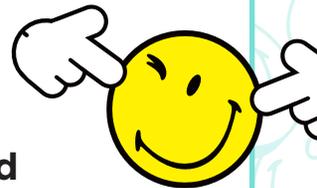
We all get angry and frustrated from time to time. Sometimes we can't show it but we shouldn't hold on to anger. A good way to get rid of anger is to be active. Try doing star jumps, running, dancing or stomping your feet. Sometimes screaming in a safe place or even clapping your hands can make you feel better.



Can you avoid getting angry?

# GET LOUD

Shouting or singing at the top of your lungs helps release excess energy and frustration and make you happier. Just make sure you don't annoy people when you do it!



What is a good song to sing when you're angry?

## TASTE TEST

Choose a piece of fruit, cake or chocolate and take a small bite. Chew the bite at least 20 times. Move the food around your mouth. How does it feel? How does it taste? Does its taste change the more you chew.

Don't forget to swallow!

Repeat until you have finished eating.

How does your taste change if you hold your nose?

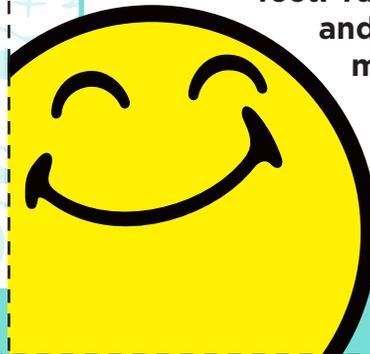


## TENSION BODY SCAN

Sit or lie in a comfortable position. Notice how your head and face feel. If there is tension, try to release it. Relax your shoulders. Feel for tension in your arms or hands and let it go. Scan the front and back of your body. Relax any tension. Notice any tension in your thighs or calves. Relax your legs. Relax your feet. Take a deep breath and relax all your muscles.



How relaxed can you get?

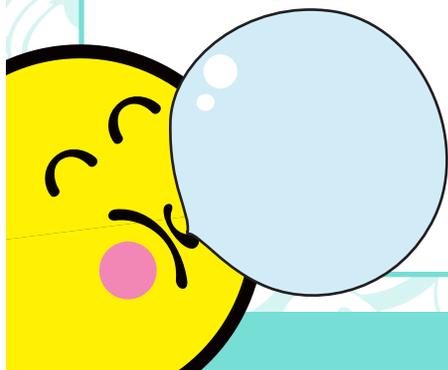


## BUBBLE BREATHING

Take a big deep breath that really fills your lungs. Imagine you're blowing big soap bubbles through a bubble wand loop. You have to blow out through your mouth very slowly and gently to make the bubbles. Imagine the bubbles floating off and carrying your worries away.



Can you feel your worries float away?

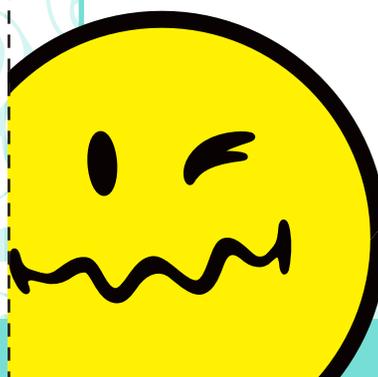


## DITCH IT

On a piece of paper write down all the things that you would like to change about yourself. Throw it away. Those things are gone now. Now write a list of all the things you like about yourself.



Can you accept yourself exactly as you are?



Activities to understand and manage emotions.

## LOVING KINDNESS MEDITATION

Sit in a quiet place while saying to yourself “May I be safe”, “May I be healthy”, “May I be happy” and imagine you are sending yourself love and kindness. Think of someone or something you care about and send love and kindness while repeating the words “May you be safe”, “May you be healthy”, “May you be happy”. Notice how you feel after doing each for 2 minutes.



Can you send loving kindness to your enemies? They might need it more than your friends.



Activities to understand and manage emotions.

## MOOD SCULPTURE

Go to a garden or park to find sticks, leaves or stones, or find objects around your home that people won't miss for an hour or more. Arrange the objects you've found to make a face or sculpture that shows how you feel.



Can you balance objects on top of each other to make your sculpture taller?



Activities to understand and manage emotions.

## AFFIRMATION NARRATION

Choose one of the following affirmation statements and say it over and over to yourself. Try doing this while looking in a mirror. Write the affirmation on a piece of paper and put it somewhere you'll see it everyday.

- I am kind, strong and brave.
- I do my best every day.
- I am free to choose who I want to be.
- Everything will pass.
- Everything will be okay.

I am gentle with everyone, including myself.  
Every day my life is better and better.



Can you make up your own affirmation for your situation?



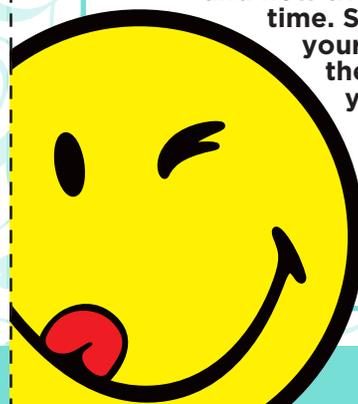
Activities to understand and manage emotions.

## RAISIN SENSATION

Take a raisin or piece of dried fruit in your hand. Look at it as if you've have never seen anything like it before. Notice every detail. Touch it with your eyes closed to feel its texture. Smell it. Notice how your body reacts to the smell. Put it in your mouth without chewing it. Feel it with your tongue. Taste it by chewing it slowly. Notice where it is in your mouth. Notice what happens as you start to chew and as you continue. Feel its taste and texture in your mouth and how these may change over time. Swallow after you notice your body telling you to. Feel the raisin moving down into your stomach, and notice how your body feels.



How many other foods can you fully sense before you eat?



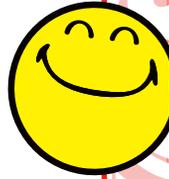
Activities to add  
a little fun to  
your day.

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## BALANCE

You can play this by yourself or with others. If you're doing it with others, take turns to balance and time each other. Those who aren't balancing can move around and try to make the person balancing laugh and lose balance, but they can't touch them!

1. Fix your eyes on a point straight ahead of you.
2. Stand on one leg.
3. Start counting and see how long you can balance for.
4. Close your eyes to make it more difficult.
5. Try balancing on your other leg. Can you balance for longer?
6. Slow down and deepen your breathing. Is it easier to balance?



What makes  
you lose  
balance?

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## PENNY POT

You can play this by yourself or with others.

1. Collect at least 5 pennies and put them in a pot.
2. Pick one penny and study it on each side. Really look at it.
3. Put your penny back in the pot.
4. Shake the pot.
5. Can you find your penny again?



Do you look  
but not see?

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## TOUR GUIDE

Walk around your home, garden, neighbourhood or a park and pretend you're a tour guide showing a group of people around. Point out the sights, features and the best or most beautiful bits. Make everything sound interesting.



What would  
you most  
like to visit?

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## SIMON SAYS

In a group, play "Simon says". Make someone a leader. The leader gives instructions that the group have to follow - but ONLY if the leader starts the instruction with "Simon says". For example, "Simon says put your hands on your head" means the group should put their hands on their head. If the leader gives an instruction without saying "Simon says" first, the group must NOT do the instruction. If someone does an action without hearing "Simon says" at the start, they are out of the game. The last person in wins.



Do you  
always listen  
carefully to  
instructions?

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## WHAT ANIMAL AM I?

Choose an animal. Think about or look at how they move. Try to move your body like that animal. If you can, do this in front of a group and see if they can guess which animal you are.



## IMITATE A MATE

Choose someone you know. Think about or look at how they move. How do they walk, hold their head, move their arms? Try to move your body like them. If you can, do this in front of a group who know the person and see if they can guess who you are. Remember to be kind!



What sounds  
does your  
animal make?

What are  
your unique  
characteristics?



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## FUNNY TURN

What's the funniest thing that happened to you recently? Can you make it into a funny story? Focus on the weirdest parts and exaggerate emotions, what happened and people's reactions if it makes it funnier. Tell your story to someone and see if it makes them laugh.



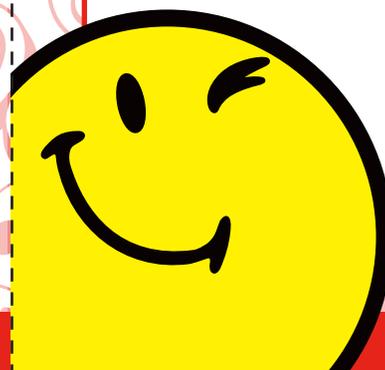
## MIME TIME

Imagine you're a mime who discovers they're trapped inside an invisible box. Show how you find out you're in a box. Try different ways to get out of the box. What do you do to eventually break free?



How can you  
use your face  
to make a  
story funnier?

What else can  
you mime?



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Activities to add  
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## CLOWN AROUND

Imagine you're a clown in a circus and your routine is to look for something you've lost that you're actually wearing (like a hat, scarf or sunglasses on your head). Show how you're feeling when you think you've lost your favourite thing, can't find it and then, eventually, find it.



Does your clown have a funny outfit or painted face?

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Activities to add  
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## DRUM MACHINE

Collect a variety of hard, hollow objects that won't break. Tap them with a metal spoon, wooden spoon and your hands. What do they sound like with each? Tap one object with one rhythm. Can you tap a second object with a different rhythm? Can you get other people to join you tapping on other objects with rhythms that work together?



Which rhythms sound happy, sad or scary?

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## SMILEY SELF PORTRAIT

Look in a mirror and make your face look like the Smileys below. Which face best matches your feelings? Look in a mirror and draw your face showing the emotions you are feeling. Choose colours, shapes and materials that match your mood.



How well do you know what you look like when you feel different things?

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## HAVE A HEART

Put your middle finger over the inside of your wrist. Can you feel a pulse? Count how many times your heart beats in 1 minute. Run up and down stairs or outside for 5 minutes. Count how many times your heart beats in 1 minute. How quickly can you make your heart return to normal after exercise? Does deep breathing help?



What makes your heart beat faster?

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## WATER RELAY

You can play this by yourself or with others. If you're alone, fill a large spoon with water and see how far you can walk without spilling a drop. If you have two spoons the same size, try racing a friend and see who can go faster without spilling. If you have lots of spoons and lots of friends, form two teams and give each person the same size of spoon. Fill one spoon with water and pass the water to the next person's empty spoon until everyone in your team has passed the water. The team with the most water in their spoon at the end is the winner.



Can you make  
this more fun  
by going up  
and down  
stairs?

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Activities to add  
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your day.

## DRESS THE PART

Take between 1 and 6 items of clothing and find a new way to wear them. Can you roll up sleeves or trousers, or add a belt or scarf to create a new look? Notice how different clothes and styles make you feel. Does even wearing the same shirt in different ways change the way you look and feel. What is your favourite style?



What clothes  
do you feel  
most confident  
wearing?

EMOTICONS FOR A SMILEY WORLD.

Activities to add  
a little fun to  
your day.

## WHO AM I?

This game is best played with others. Ask someone to assign you a famous person's name, or a character from a film you know, and write the name down to stick on your back. Everyone who has been given a name then has to guess who they are by asking other people questions about the person's personality, nationality, ability etc. The people you ask can only answer yes or no. You have to find out who you are in the minimum number of questions.



Who do you  
want to be?

EMOTICONS FOR A SMILEY WORLD.

Activities to add  
a little fun to  
your day.

## MUSICAL STATUES

This is best played with others. Find someone to play the part of the DJ who will start and stop the music. Play your favourite tunes but, when the DJ stops the music, you have to freeze in position. If you move while the music is stopped, you're out of the game.



What's your  
best dance  
move?

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## HELP OUT

Helping someone can make you feel better. Ask a friend or family member if you can help them with something. So long as you're safe, you can do something to help a stranger like holding a door open for them or helping carry their shopping.



## SMILE!

Smiling increases mood-boosting chemicals in the brain. Look at yourself in a mirror and smile. Try a big smile, a small smile, a smile where you see your teeth and one where your mouth is closed. Whatever way you smile...you're beautiful!



How many times a day do you think you can help people?

Can you share your smile with someone?



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## TALK TO SOMEONE

Connecting with others helps you feel better whether that's meeting up in person, talking on the phone or chatting online. Take the time to have a conversation with someone you love or admire. You could even use our Take the Time to Talk Conversation Cards to get the chat started.



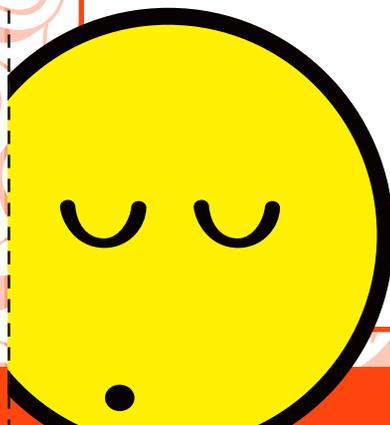
## LIVE IN THE MOMENT

Slow down your breathing and make each breath a bit bigger. Pay attention to what you can see, hear and feel at the present moment. This will help to calm you.



Who do you want to talk to today?

What can you feel in your body?



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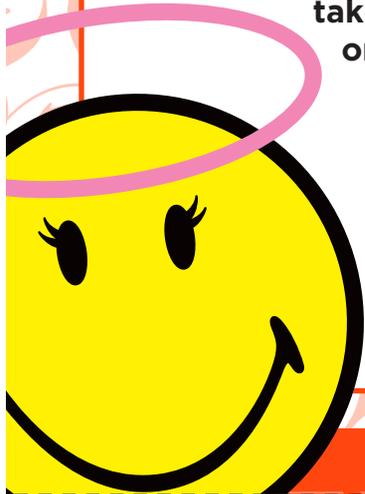
EMOTICONS FOR A SMILEY WORLD

## DONATE

Giving something to someone in need or giving money to a charity can actually make you feel better. It can help you feel that you matter and what you do, however small, can make a difference. Look for something you don't need that you can take to a charity shop or give away to someone who could make better use of it.



What could you give to someone else to help them?



## SLEEP

Getting good sleep every night is important for keeping you in a good mood. Try going to bed and waking up at the same time every day so your body gets into a regular rhythm. What things can you do before bedtime to help you sleep well?



What time will you go to bed tonight?



## EXERCISE

Exercise has huge benefits for the body and mind. Regularly doing exercise that makes you out of breath at least three times a week can make you happier.

1. Rate your mood now on a scale of 1-10.
2. Do 10 minutes of jumping, jogging or burpees.
3. Rate your mood afterwards on a scale of 1-10. Do you feel better afterwards?



What are your favourite ways to exercise?



## LISTEN TO MUSIC

Music can be a quick way to lift your mood. It can reduce stress and pain and even helps your heart be healthy. Playing songs that remind you of a happy time can bring back happy memories. Which songs can you listen to or sing to feel better?



What's your happy song?



## DANCE

Dancing not only keeps you fit, it lifts your mood and helps you get in touch with your feelings. It doesn't matter how you dance. You can be as silly and wild as you like. Play, sing, shout or hum a song and do a little dance!



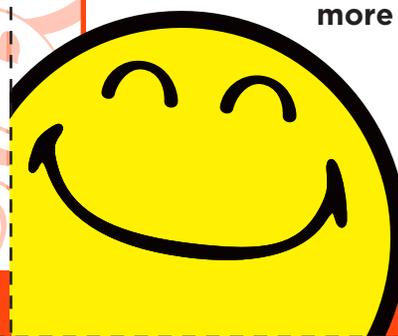
Can you make up a silly dance that makes people laugh?

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## MEDITATE

As well as reducing stress, meditation increases happiness, focus and memory. There are lots of ways to meditate. Try the following and find a way that works for you:

- Focus on something like a tree or a candle.
- Repeat a word you find relaxing over and over again.
- Count your breaths and try not to think about anything else.
- Watch your breaths or your thoughts come and go.
- Try to relax every muscle in your body.
- Try a Take the Time to Feel card for more ideas.



Can you find and let go of all the tension in your body?

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## NATURAL WONDER

Being in nature, especially in trees, is good for your brain as well as your body. Can you spend time in the park or garden. Could you get a plant to look after? Find out what grows in your area at this time of year and see if you can plant a seed and watch it grow.



When can you go outside today?

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## VOLUNTEER

Volunteering not only helps others but it has been shown to help the volunteer. As well as doing something important to you, it can help you feel fulfilled, give you new skills and find new friends who care about the same things as you. You can even do something as simple as pick up litter in your neighbourhood for five minutes.



Who or what cause would you like to help?

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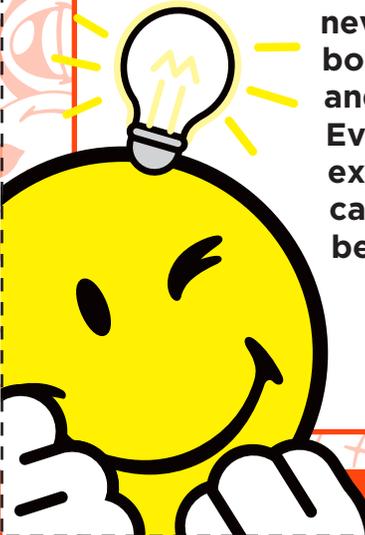
## LAUGH

Laughing releases chemicals that increase happiness and reduce stress. You don't even need to be laughing at a joke to get the benefits. Try laughing now. Yes, at nothing. Does it feel silly and make you actually laugh? Do this with a friend. Laughing with others makes our friendships better.



## TRY SOMETHING NEW

Is there a musical instrument you've always wanted to play, a place in your neighbourhood you've always wanted to go or a form of exercise you've always wanted to try? Trying something you've never done before can boost your confidence and lift your mood. Even just doing a new exercise video online can help you feel better.



Can you make a joke that makes someone else laugh?

Is there something you've always wanted to try?

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## READ A BOOK

Reading is good for the brain: it reduces stress, improves mood and may even help you live longer. What's not to like? There are millions of stories out there. Find one you like and escape your world into a book for a break.



## SIT IN THE SUN

Too much sun is definitely dangerous, especially in the middle of the day, but getting a little bit of sunshine during the day is good for our mood, bones and immune system. If there isn't sunshine where you are, just get outside for a walk during daylight. It's a quick, free mood boost to set your brain a bit happier.



What kind of stories do you like?

What's your favourite season?

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EMOTICONS FOR A SMILEY WORLD

Activities to plan and  
make the most of  
your life

## GOAL SETTING

Write 3 goals: One for next week,  
one for next month  
and one for next year.

My goal is \_\_\_\_\_

I will reach my goal by  
\_\_\_\_\_

[What time will you complete it?]

To reach my goal I need to  
\_\_\_\_\_

[What steps do you need to take  
to reach your goal?]



Activities to plan and  
make the most of  
your life

## PLAN TO FEEL GOOD

Different activities can affect our  
emotions in different ways.

Note which activities make you feel:  
**energised** **calm** **happy** **loved**  
**motivated** **interested**  
**healthy**

Decide how you  
want to feel and do an activity  
that will help you feel that feeling.



What do you  
want your life  
to look like in  
a year?

Can you plan  
your week to  
feel all the  
things you  
want to feel?

EMOTICONS FOR A SMILEY WORLD

EMOTICONS FOR A SMILEY WORLD

Activities to plan and  
make the most of  
your life

## FIND THE TIME

Do you know how you spend your  
time? Is there something you've  
always wanted to do but thought  
you didn't have time for? Look at  
your weekly timetable and what  
you do with your time each day.  
Could you spend less time  
watching television or playing  
computer games and find more  
time to do things that help you  
improve your skills, your  
brain or your  
relationships?



What do you  
want to do  
with your  
free time?

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Activities to plan and  
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## LEARN A NEW SKILL

Learning new things is good for our brains as it  
helps us learn other things faster. Plus it can  
make us feel happier and more confident.  
Choose a new skill you want to learn and find  
out how to do it by watching videos on the  
internet, reading books on the subject or  
finding someone who can help you learn.

You could learn how to:

- juggle
- do a new dance
- write poetry or rap
- knit or sew
- do origami or drawing
- do a kickflip on your skateboard
- play a new musical instrument
- speaking another language



What do you  
wish you  
could learn  
to do?

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## PRACTICE PRIORITISING

Prioritising means knowing what tasks should be done first. Write down what you need to do this week and prioritise your to-do list to make sure you get the most important and urgent things done on time.

NOTE! It's not as simple as doing tasks in the order that they are due as some tasks take longer than others and need more time planned ahead. Also, be careful that you don't keep putting off tasks that are important but not urgent, like exercising and seeing friends.



What's the  
most important  
thing for you to  
do today?

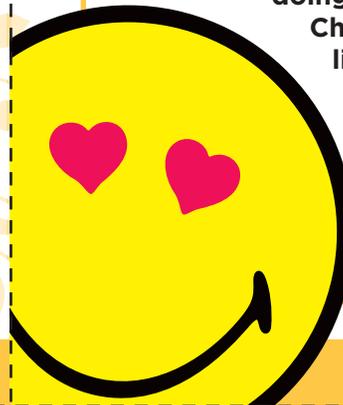
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## THANK YOUR TEAM

Each relationship we have with every person we know is different. One friend might be good to play football with, but not someone we would talk to about a problem. While another friend might be great at helping us with our feelings, but not at all interested in football. Make a list of the friends and family members in your life. Who can you talk to about different things? What do you enjoy doing with different people?

Choose two people on your list who are special to you and thank them for being your friend.

Who can you  
talk to when  
you need  
someone to be  
on your side?



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## MAKE SPACE

Sometimes we keep things we no longer need - for example a jumper that doesn't fit, a clock that doesn't work, or painting we never finished. Being surrounded by things we don't use, things with bad memories or things that remind us of tasks we haven't finished can drain the brain of energy. Keep things you love but try to keep your home and head tidy by:

- giving away clothes, toys and things you no longer use to friends or a charity
- fixing things that are broken, or finding someone to fix them
- recycling as much as possible
- throwing away things that can't be reused, recycled or fixed.



What can  
you let go of  
today?

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## PREDICT YOUR PERFORMANCE

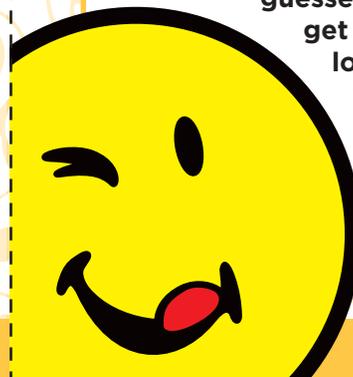
Do you know how long it takes you to do routine things like get dressed, brush your teeth, walk to your friend's house? Next time you are about to do something:

1. Look at the clock or set a timer.
2. Guess how long it will take you to do your task.
3. Do your thing.
4. When you have finished, look at the clock again or stop the timer.
5. How close were you to the time you guessed? Over time you should get better at predicting how long it'll take you to do tasks.



Can you find  
ways to do your  
routine tasks  
faster?

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## PUT IT IN A PLACE

If everything you own has a place to be kept, you know where to look for it. Being tidy can save you time trying to find things. Does everything in your room have its own place to be stored? If not, sort your things out into similar groups of things. Once you have the piles, find boxes big enough for each of them. For example, put all your pens and pencils in one box and computer games in another. You can decorate old cereal or shoe boxes, but remember to label each box so you know where to look.



How do you  
feel when  
everything  
around you is  
tidy?

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## MAKE UP YOUR MIND TO SUCCEED

Is there a skill you wish you knew how to do? Tell yourself that although you can't do it yet, if you learn how to do it and practice it regularly, you will be able to do it. If you find it hard, keep trying. If you make a mistake, learn from it. If you get stuck, ask an expert. When we challenge ourselves, we grow in skills and confidence. Write down the steps you could take to learn a new skill or improve on something you wish you could do better.



What can't  
you do yet?

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## STRIDE OUT IN PRIDE

What are you proud of having done in your life so far? You can have pride in the small challenges you overcame as well as the big projects you finished or the prizes you won. Did you keep going when you found something hard? Did you challenge yourself to try something new? Were you brave when you were afraid? Did you speak out when it was hard? Did you stand up to a bully? Make a list of reasons you have to feel proud and hold your head up high!



What are you  
proud of having  
done today?

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## STAND TALL

Sitting or standing with a straight back can reduce stress, improve mood and increase confidence compared with bending over. Practice improving your posture by sitting in a chair with both feet flat on the ground. Imagine you are being pulled up by a thread on the top of your head. Make sure your shoulders are relaxed (roll them around to relax them) and take a deep breath. Does your body feel different? Has your mood changed? How can you remember to sit or walk tall?



How does your  
body feel right  
now? How  
could it feel  
better?

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## WORK IT OUT

Do you know what job you want to have? Do you know how to get it? Do these steps to help you get your dream job:

1. Write down all your skills.
2. Write down what you like doing.
3. Write down places you like to be (outdoors, by the sea, in the warm).
4. Learn about jobs that use your skills and involve doing things you like to do in places you like to be.
5. Find out how you can train for the job you want.
6. Work out what you need to focus on, or if you need to do anything differently, to get the job you want.



What would your perfect job be?

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## GIVE YOURSELF A TALKING TO

Have you ever listened to the way you talk to yourself? What do you say to yourself when you are stressed? How do you talk to yourself when something upsets you? Try to notice the things you say in your head and make them into positive encouraging words like:

- I can do this!
- I did well for trying
- I can learn from this
- I know how to manage my emotions
- I breath deeply and I am calm



What do you need to tell yourself today?

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## MANAGE YOUR ENERGY

Think about how much energy you have at different times of day. Do you find it easiest to focus first thing in the morning or do you work better later? When do you feel like moving? Notice how your energy levels change throughout the day and plan your work, rest and play accordingly.



When do you work best?

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## GET AHEAD

It is very tempting to put off doing things we don't want to do. But if we keep doing this, we end up with more and more on our to-do lists and less time to do things well. So, when you have the time, get ahead and do the things you need to do now so you have less to do in future and can be more relaxed. How many tasks can you get out of the way today?



What can you do today to have less to do tomorrow?

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