



WELLBEING

# MANAGING EMOTIONS

**You will need Paper or stones and stationary, paint or a computer.**

Create a bank of statements that are calming. You can write your own or research on the internet. Write or paint these on stones or paper and use them to feel calm when you are stressed or anxious.

### **Make it harder**

Decorate a box or jar to store your statements.

Create a diary to track when you are feeling stressed or anxious and note down how effective the calming statements were.

You can create a new statement for each time you feel these emotions.

### **Make it easier**

Draw pictures of what makes you happy and talk about it with someone else.

