THE CALM AND KIND TOOLKIT

Big feeling? Name it.

Eight skills for handling feelings and being a good friend.

1 Name the feeling
EMOTION

What am I feeling right now?

2 Listen to your body
SIGNAL

Where do I feel it? How big is it?

3 Calm your body
CALM

What would help me settle?

4 Pause, then choose
IMPULSE

Will this help or hurt?

5 Walk in their shoes
EMPATHY

How might they be feeling?

6 Be a good friend
RESPECT

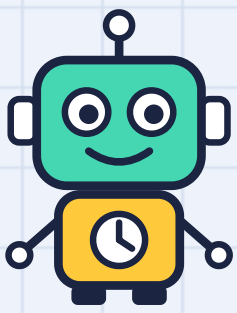
How can I show that I care?

7 Bounce back
RESILIENCE

What can I control? What's next?

8 Ask for help
TRUSTED ADULT

Who can I talk to?



Notice it. Name it. Calm down. Choose well.

1 FEELINGS SKILL ONE

Name the feeling

Emotion say: ee-MOH-shun

A feeling, such as joy, anger, fear or sadness.

MORE WORDS FOR HOW YOU FEEL

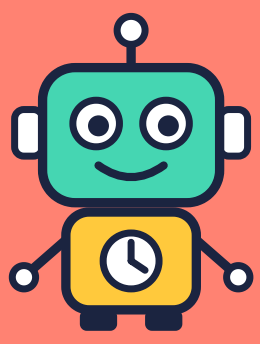
Kinds of happy
Proud, excited, calm, grateful, relieved.

Kinds of sad
Lonely, disappointed, left out, homesick.

Kinds of mad
Annoyed, frustrated, jealous, furious.

Kinds of scared
Nervous, worried, shy, embarrassed.

REMEMBER All feelings are OK, even the uncomfortable ones. They pass, like weather.



ASK YOURSELF

What am I feeling right now?

2 FEELINGS SKILL TWO

Listen to your body

Signal say: SIG-nul
A sign that tells you something.

COMMON BODY SIGNALS

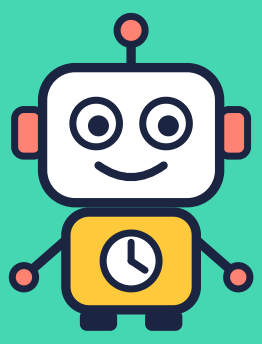
Angry
Hot face, tight jaw, clenched fists.

Nervous
Fluttery tummy, sweaty hands, fast heart.

Sad
Heavy chest, lump in the throat, tired body.

Excited
Bouncy legs, big smile, fast heart.

How big is it? 1 2 3 4 5 1 is tiny. 5 is huge.



ASK YOURSELF

Where do I feel it? How big is it?

3 FEELINGS SKILL THREE

Calm your body

Calm say: KAHM
Settled and steady, in your body and your mind.

FIVE CALMING TOOLS

Slow breaths
In for 4, out for 6.

Squeeze and let go
Squeeze your fists for 5 seconds, then relax.

Five senses
5 things you see, 4 you hear, 3 you touch.

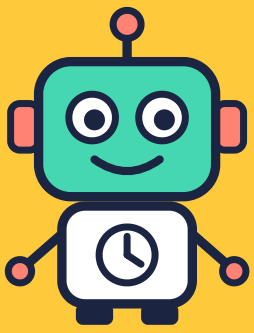
Move
Walk, stretch or push a wall.

Take space
"I need a minute, please."

IN MATHS

One calm breath takes 10 seconds, so 6 calm breaths take one minute.

4 + 6 = 10



ASK YOURSELF

What would help me settle?

4 FEELINGS SKILL FOUR

Pause, then choose

Impulse say: IM-pulss
A sudden urge to do something straight away.

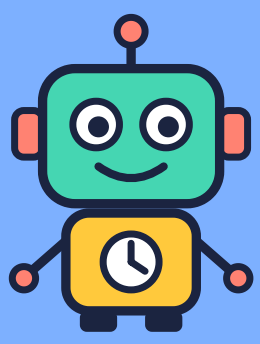
THE PAUSE TAKES ABOUT TEN SECONDS

Stop > **Breathe** > **Think** > **Choose**

ASK YOURSELF
"Will this help or hurt?"

ASK YOURSELF
"How will I feel about it in an hour?"

REMEMBER
Between a feeling and an action there is a small gap. In that gap, you choose.



ASK YOURSELF
Will this help or hurt?

5 FEELINGS SKILL FIVE

Walk in their shoes

Empathy say: EM-puh-thee
Understanding how someone else is feeling.

FOUR CLUES TO HOW SOMEONE FEELS

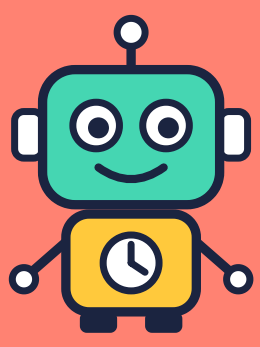
Face
Eyes, eyebrows and mouth.

Body
Slumped, stiff, bouncy, turned away?

Voice
Loud, quiet, shaky, flat?

What happened
How would you feel if it were you?

THEN CHECK
"You look upset. Are you OK?"



ASK YOURSELF
How might they be feeling?

6 FEELINGS SKILL SIX

Be a good friend

Respect say: ruh-SPEKT
Treating people in a way that shows they matter.

A PROPER SORRY HAS THREE PARTS

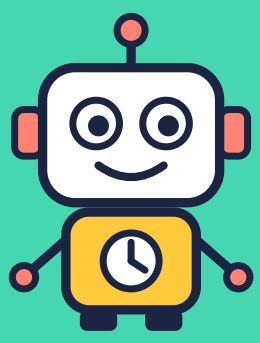
Say what you did
"I'm sorry I laughed at your drawing."

Say how it hurt
"That must have felt horrible."

Say what's next
"I won't do it again. Can I help fix it?"

GOOD FRIENDS RESPECT A NO
"Stop. I don't like that."

REMEMBER If it does not stop, tell an adult. That is keeping yourself safe.



ASK YOURSELF
How can I show that I care?

7 FEELINGS SKILL SEVEN

Bounce back

Resilience say: ruh-ZIL-ee-unss

Being able to get back up after something hard.

SORT THE PROBLEM INTO TWO PILES

I can control

My effort

My words

What I try next

I can't control

The weather

The referee

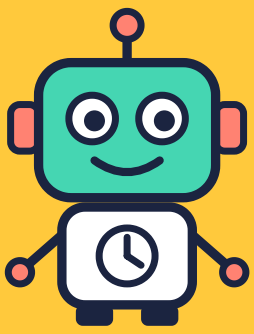
What other people say

INSTEAD OF

"I always mess up."

TRY

"That went badly. I can try again."



ASK YOURSELF

What can I control? What's next?

8 FEELINGS SKILL EIGHT

Ask for help

Trusted adult say: TRUSS-tid uh-DULT
A grown-up you feel safe with, who listens and helps.

HOW TO ASK FOR HELP

Pick your person
A trusted adult from your five fingers.

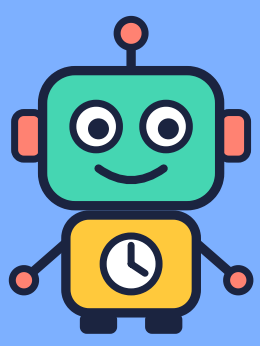
Say it simply
"I've got a problem and I need some help."

Keep telling
If one adult is busy, tell another.

TELL A TRUSTED ADULT WHEN

Someone is being hurt. You feel unsafe. A worry or a sad feeling will not go away.

REMEMBER Asking for help is brave and sensible.



ASK YOURSELF

Who can I talk to?