

A workbook to help me Regulate my Emotions

for secondary
aged children



Aims and goals:

- I can recognise different emotions and begin to identify when I'm feeling them.
- I can learn strategies to change uncomfortable emotions
- I can understand how different emotions affect me, either positively or negatively.

Introduction to Cognitive Behaviour Therapy (CBT)

This workbook can help young people learn to take care of their own mental health using cognitive behavioural therapy (CBT), which will help children to break unhelpful thought patterns that may be making them feel more anxious or sad.

CBT is a type of talking therapy that has been proven to help people of all ages to focus on how thoughts and emotions can affect our behaviour.

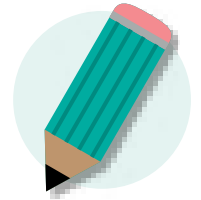
Throughout the book there are exercises (where you see the pencil diagram) for you to complete.

If you feel at any time that you need a higher level of support, please see the numbers at the back of this workbook or contact your GP or school nurse

If you are having any thoughts of hurting yourself please tell a safe adult immediately.



How am I feeling today?



This workbook is all about understanding your emotions and why you sometimes react in ways you probably don't want to in certain situations.

The workbook will give you strategies to help you feel more like how you would like to feel again. Let's start with a quick check in to see how you are feeling today.

Mood

1 2 3 4 5 6 7 8 9 10

School

1 2 3 4 5 6 7 8 9 10

Friendship

1 2 3 4 5 6 7 8 9 10

Home

1 2 3 4 5 6 7 8 9 10

What is emotion regulation?

Emotion regulation is all about how we manage our feelings. It's like finding a way to keep our emotions in check.

We all experience different emotions, like happiness, sadness, and anger, depending on what we think or what's going on around us.

It's interesting how two people can feel totally different about the same situation. For instance, moving house might make one person excited, while another feels anxious.

As we grow up, we learn to handle our emotions better, but everyone finds it easier at different times.

So, it's okay if it takes a bit of practice!

Emotional regulation is all about how we deal with our feelings.



I'm so excited about moving house. I have a new room and will make new friends.

I'm really worried about moving house. It's all new and I don't know anyone there.



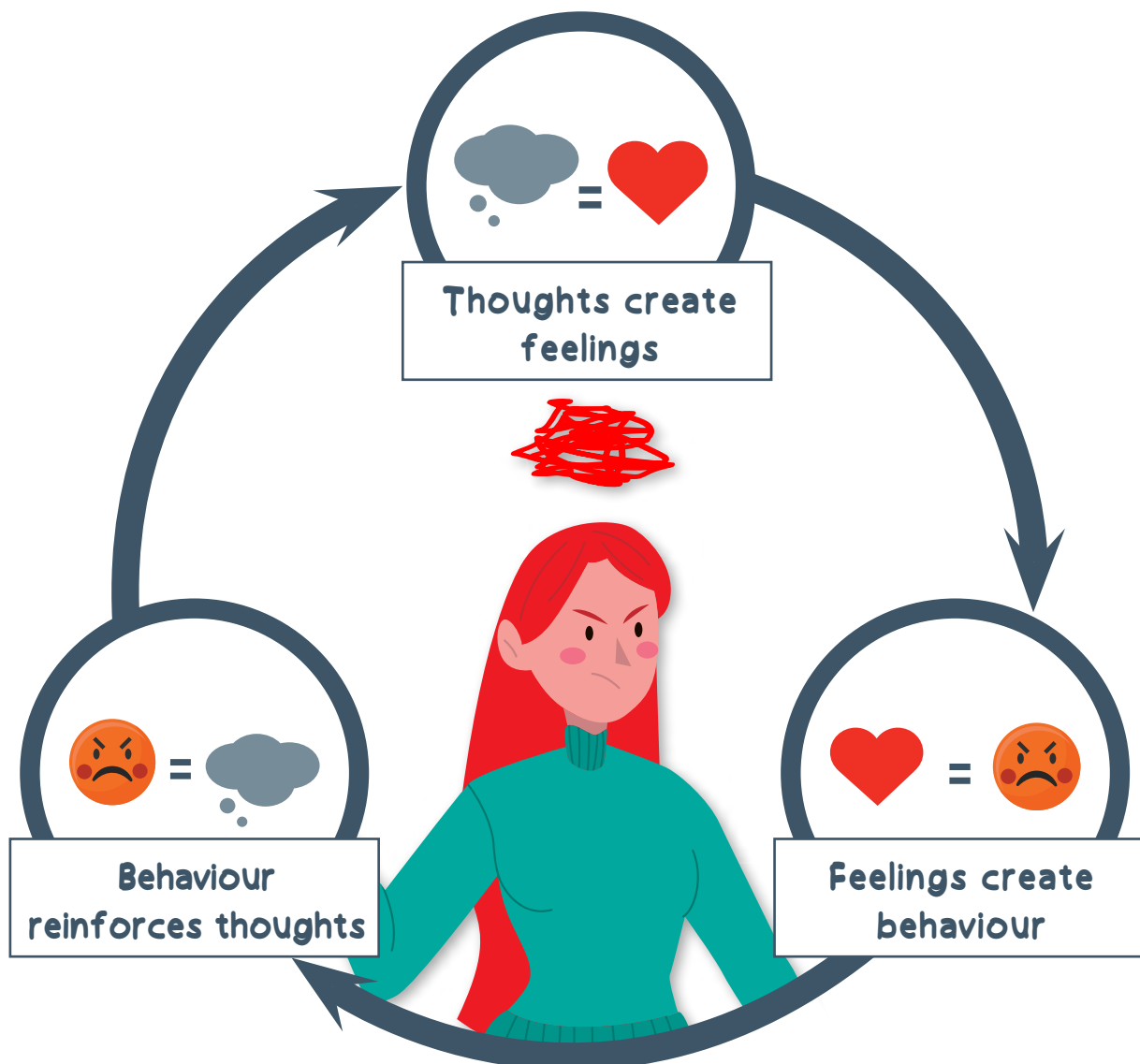
Why is emotion regulation important?

Emotion regulation is really important for feeling good and staying happy.

Our feelings connect to our thoughts and can influence how we respond to what's happening around us. When we manage our emotions well, we're better prepared for tough situations.

For example, if you're feeling really frustrated, instead of reacting impulsively, pause, take a deep breath, and think about your next step. This small trick can help you make better choices and avoid regrets.

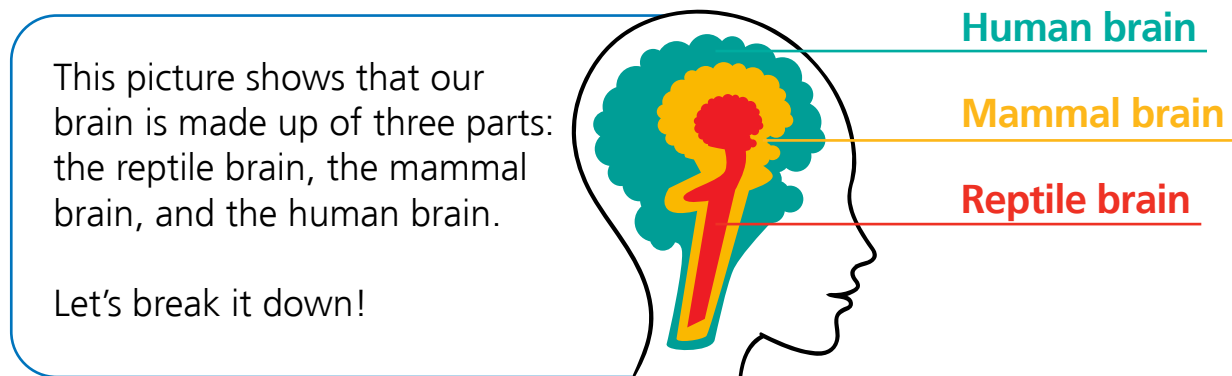
Learning to keep your cool boosts your mental wellbeing, making life a lot easier. So, next time you face a challenge, remember to take a moment to breathe!



Understanding our brain: The three parts explained

It's important for you to learn how to spot and name feelings you are experiencing. We have a whole workbook that would be useful to complete before this one that helps you identify different emotions.

Let's begin with understanding how our brain works.



The reptile brain is the part that helps us survive.

It controls our basic instincts like breathing, digestion, hunger, sleep, and heart rate. You can think of the reptile brain as our survival control centre, it's all about keeping us alive and safe.

Next up is the mammal brain.

This is our emotional control centre. It's what processes our feelings, memories, and how we react to stress. It plays a big role when it comes to nurturing and caring for others, managing our hormones, and forming attachments with people. Imagine a cat and a lizard: both have sharp instincts to stay safe and can detect danger quickly, but the cat is more nurturing when it comes to its kittens, plus, it experiences slightly more complex emotions than a lizard does.

Finally, we have the human brain, often called the thinking brain.

This part is all about rational thought, problem solving, self awareness, planning, and understanding emotions. When all three parts of our brain work together, it helps us stay calm, even when things get stressful.

However, there are times when our reptile or mammal brain can get overwhelmed. When that happens, it can be tricky for our thinking brain to take charge. So, it's important to understand how these three parts work together, as it can help us navigate our feelings and reactions in daily life. All of this makes our brain pretty amazing!

Sorting our emotions into four zones

Emotions can be really tricky to understand.

They vary in size, intensity, and energy, all mixing together in our minds and bodies. To help make sense of these feelings, The Zones of Regulation breaks our emotional states into four colourful Zones: Blue, Green, Yellow, and Red. Each Zone stands for a different feeling and energy level.

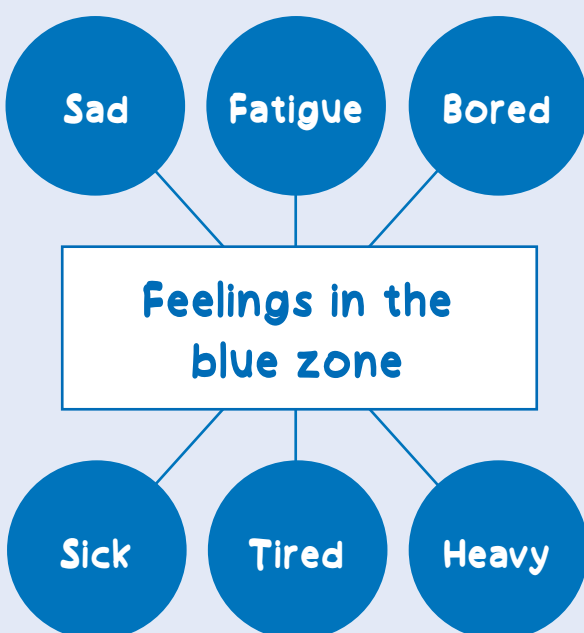
Using this simple and visual system makes it easier for everyone to talk about and manage their emotions.

When we learn to recognise which Zone we're in, we can figure out how to regulate our feelings better. This helps us not only to meet our goals and tackle tasks but also to look after our overall well being.

The Blue Zone

The blue zone is all about those times when we feel low, like when we're sad, tired, sick, or just a bit bored. It's like our energy is running on empty, and everything feels a bit slow.

When we're in the Blue Zone, it's important to recognise that we might need to take a break and recharge our batteries to reach our goals



Possible body signals in the blue zone

Heavy limbs
Moving slowly
Slow heartbeat
Foggy head



The Green Zone

The green zone is all about feeling calm and alert at the same time. When we're in this zone, we might feel happy, focused, content, or simply at peace. Our nervous system feels safe and organised, which is great for learning new things. But guess what? We can learn even if we're in other zones too.



Possible body signals in the green zone

- Relaxed muscles
- Comfortable body temperature
- Focused and engaged brain



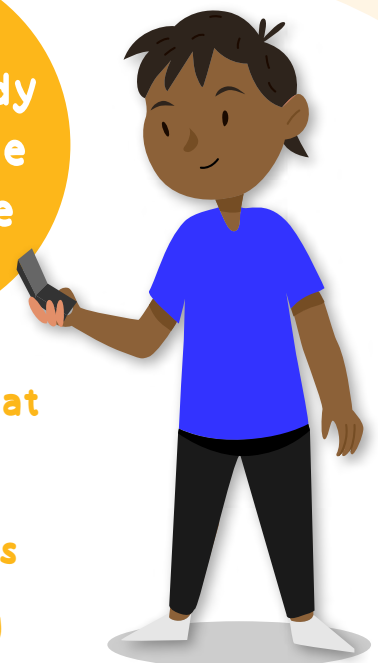
The Yellow Zone

The yellow zone is all about when our energy levels are up, and we start to feel a bit more intense. You might notice feelings like stress, excitement, silliness, or even confusion popping up. It's that lively time when everything feels just a bit stronger, and sometimes a bit much!



Possible body signals in the yellow zone

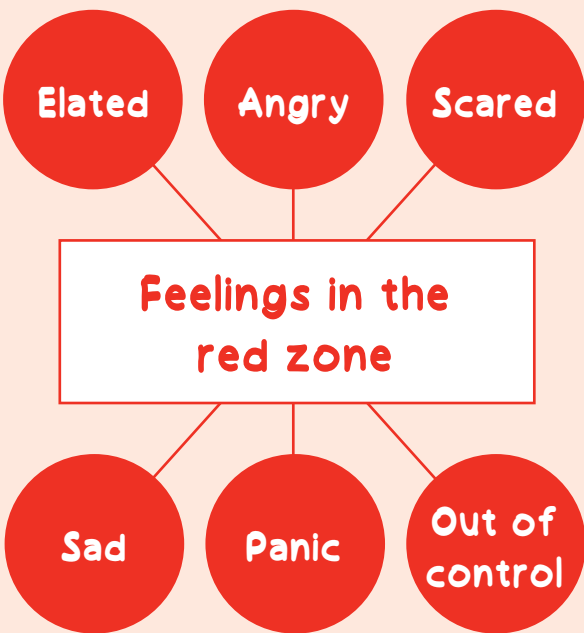
- Faster heartbeat
- Warm body
- Tense muscles
- Fast thinking



The Red Zone

The red zone is a state where your energy is off the charts and your feelings are super intense. It's like being on high alert, which can make you feel a bit out of control. You might experience emotions like extreme happiness, rage, or even panic.

When you're in the Red Zone, it's important to take a moment to figure out how to handle those big feelings and regain control. For instance, if you're feeling really angry, try counting to 10 before reacting. If you're panicking, use positive self talk to help calm yourself down.



Possible body signals in the red zone

- Fast heartbeat
- Skin flushed
- Hot or sweaty
- Tense muscles



What zone are you in today?

What zone would you place yourself in currently?

.....

Do you have strategies to move from uncomfortable zones into more comfortable areas? Is there anything you do to help you feel better?

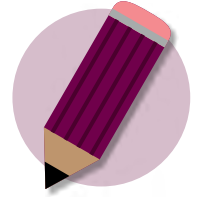
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If not, this workbook will share some with you.



Understanding Your Feelings



We all have those days when our feelings get a bit mixed up, and that's totally okay!

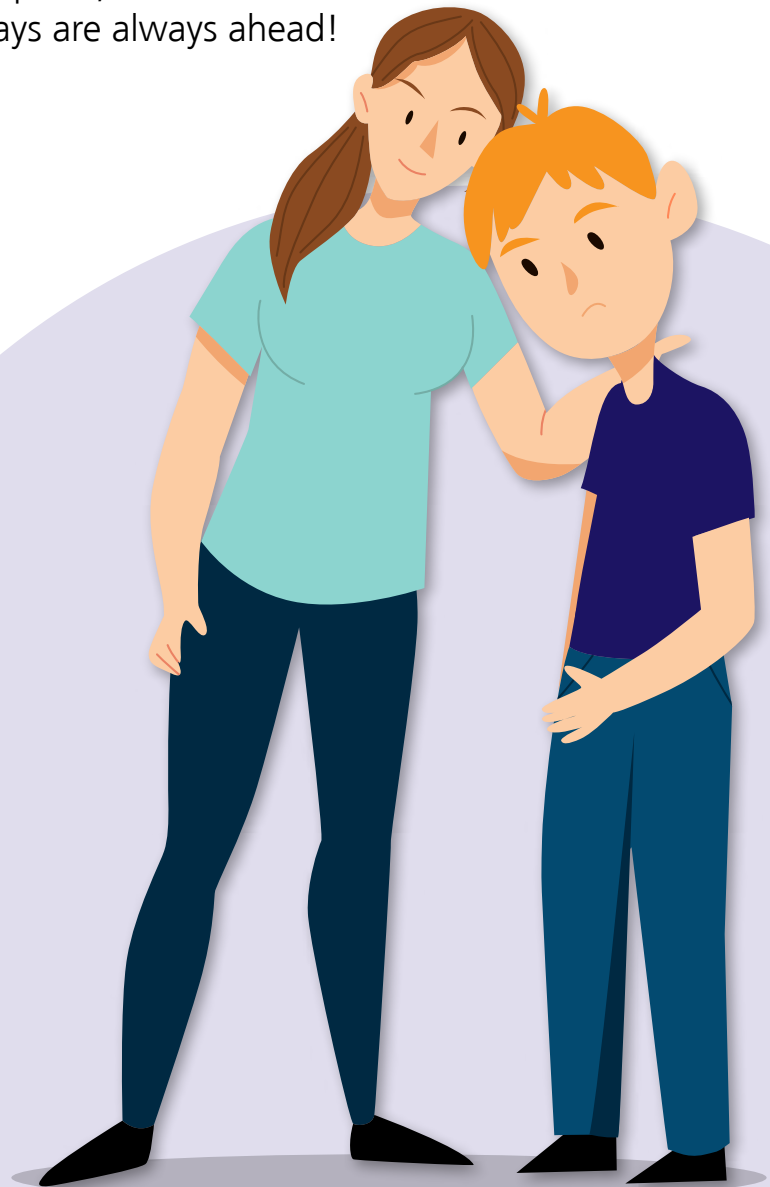
The first step is to notice how you're feeling. Remember, there's no right or wrong way to feel; every emotion is completely normal. It's absolutely fine to feel sad, anxious, or even a bit angry sometimes.

Take Tom, for example. He's 13 and often feels a bit down on Sunday nights, knowing Monday's just around the corner. But by lunchtime on Monday, he's usually feeling bright and cheerful again with his friends at school. His mum helps by reminding him that these feelings won't last forever.

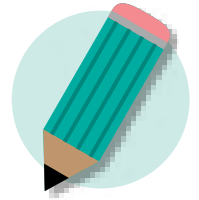
When you're feeling low, just remember it's not a permanent state. Chatting with someone you trust, like a friend or teacher, can really help.

So next time you're feeling all over the place, don't hesitate to reach out. Brighter days are always ahead!

Emotions are like waves, they come and go.



Labelling my emotions



It can be a bit tricky to know what we're feeling sometimes, can't it? Having a simple word list stuck on your bedroom wall or jotted down in a notebook can really help. When you find a quiet moment, take a peek at your list and chat about your emotions with a mate or an adult. It's a fun way to explore what's going on inside!

Here are some words to get you started: happy, sad, angry, excited, scared, worried, tired, and playful. Think of it as a special feelings toolkit for those times when finding the right words feels tough. It's all about understanding yourself better and making it easier to express your feelings. So go on, give it a go!

Happy Words

Happy, joyful, cheerful, excited, lucky, delighted, friendly, smiling.

Sad Words

Sad, gloomy, unhappy, hurt, blue, down, low, heartbroken.

Surprise Words

Surprise, shock, amazed, astound, wonderful, unusual.

Fear Words

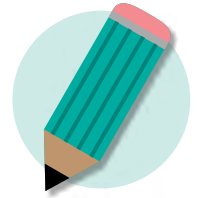
Fear, frightened, nervous, anxious, scared, terrified.

Anger Words

Anger, annoyed, frustrated, mad, cross, irritated, overwhelmed.

Labelling my emotions

Can you think of any words you would like to add to these lists?



Happy Words

Sad Words

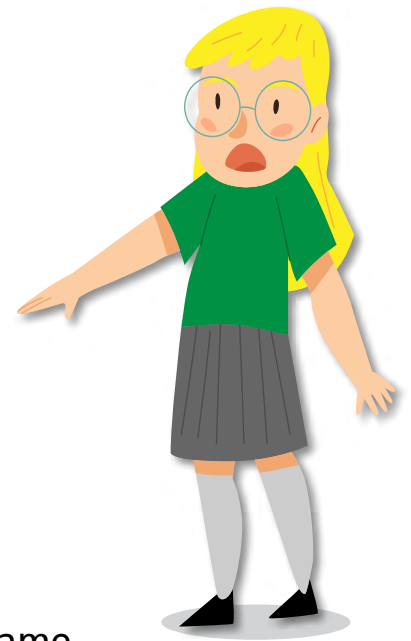
Surprise Words

Fear Words

Anger Words

Understanding why we feel nervous or worried about something is usually the first step in being able to deal with it.

The Fight, Flight or Freeze response



Part of your brain is a bit like a Meerkat, always looking out for things that might hurt us or put us in danger. Anger is one of the body's ways of responding to danger.








When we feel like we are in danger, or we feel threatened, your 'Meerkat' brain sends messages to your body to stay and 'fight' the problem, to run away, 'flight' or to 'freeze' and hope the problem goes away.

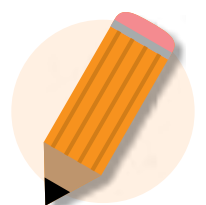
For example, if you were hiking in the woods and you came across a bear, there are three main things that your body would do:

Fight	Flight	Freeze
Try to make yourself look big and scary, shout and fight the bear	Run away from the bear as fast as you can	Become frozen to the spot with fear

Here are some ways your body can feel when you are angry.

We call these physical sensations. Do you notice any of these in your body? Tick which ones apply to you...

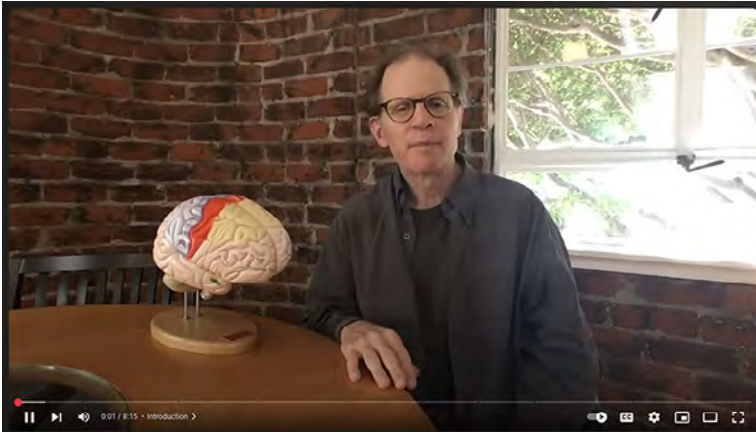
-  Your face feeling hot and red
-  Feeling sick
-  Breathing faster
-  Heart beating faster
-  Tummy ache
-  Hot and sweaty
-  Headache



Flipping your lid



Watch the below clip by Russ Harris. This introduces an easy to remember model which shows what happens in our brain when we get stressed.



[www.youtube.com/
watch?v=5CpRY9-MIHA&t=29s](https://www.youtube.com/watch?v=5CpRY9-MIHA&t=29s)

**Have there been times you've flipped your lid?
If so, what happened and how did you manage it?**

Understanding anger and its hidden feelings

Anger can feel like a real monster, can't it? It's not just about being annoyed; it can hit you hard. When we're angry, our bodies react - our hearts race, muscles tense up, and we might feel all flustered. It's similar to anxiety, as both emotions trigger our body's alarm bells.

When we're raging, we might say or do things we'd rather not. Think of an iceberg, anger is just the tip, while all sorts of hidden feelings, like sadness or fear, lurk beneath.

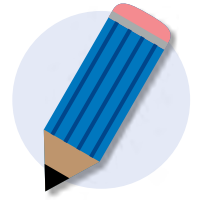
So next time you see someone really angry, remember there could be more going on. Understanding this helps us deal with emotions better.



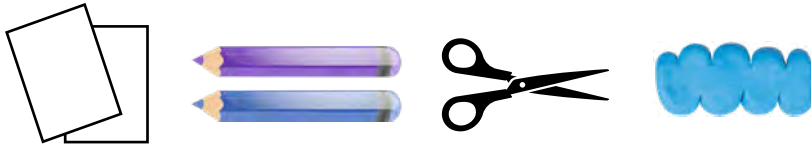
I felt anger on the surface

But this is what I was feeling underneath

Anger iceberg



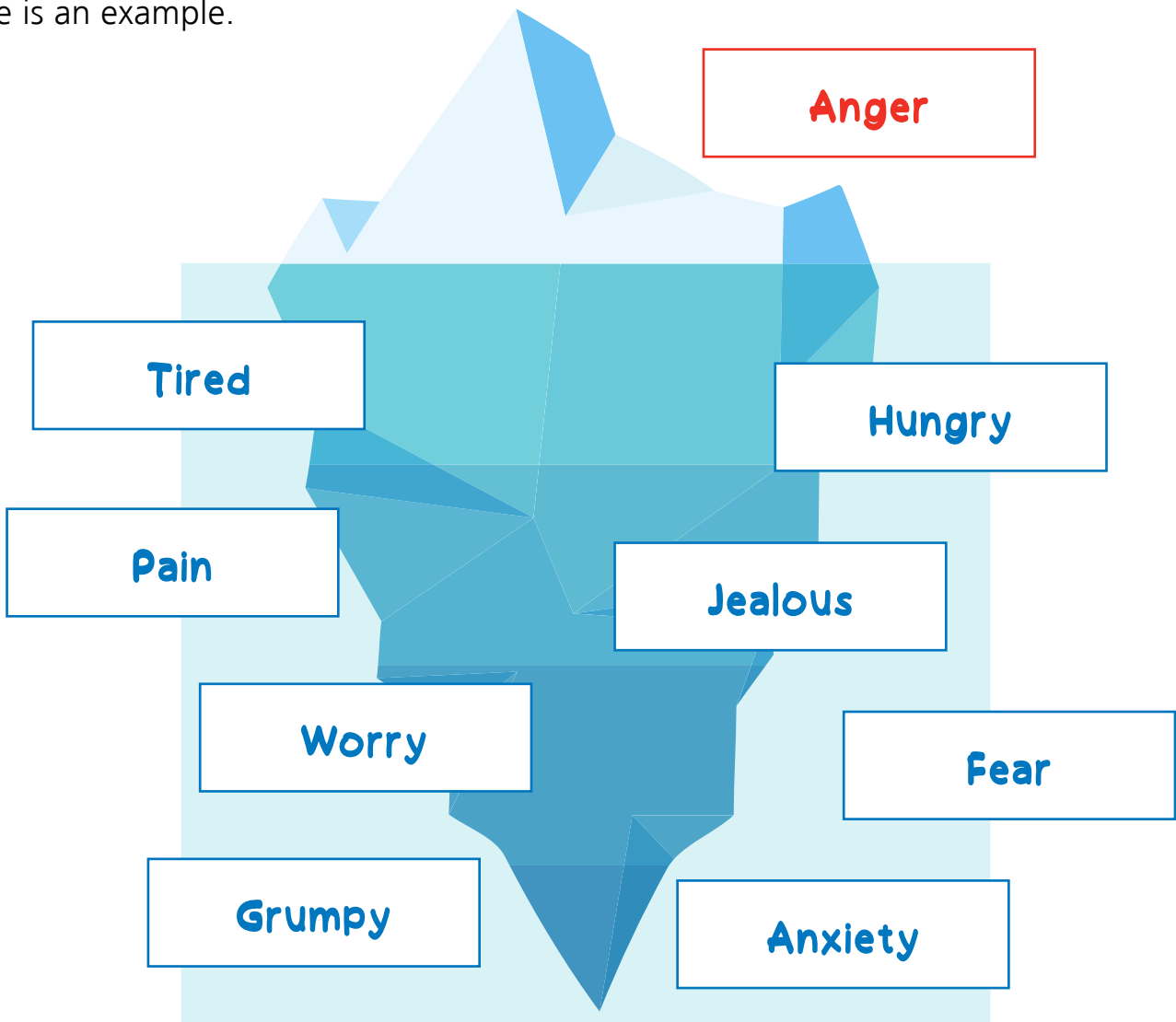
You will need



Paper, coloured pencils, scissors and blue tac

1. Start by drawing an iceberg shape on a piece of paper or use the template provided. Make sure to draw the water level near the top.
2. At the very tip of your iceberg, write the word 'anger'.
3. Now, grab some small bits of paper or card. On each one, write down feelings that might make someone feel angry, like 'tired', 'worried', or 'hungry'.
4. Cut out each word carefully and use Blu Tack (sticky stuff) to stick them to the iceberg beneath the water line. These feelings might be hidden, but they're still important!

Here is an example.



Using the Anger Iceberg

- Pick a calm time to chat with a trusted adult or a friend
- Think about a time when you felt really angry
- Talk about what made you feel that way
- Look at the feelings on the anger iceberg
- Find some words that fit just under the surface of the water
- Share what those feelings are and why you feel them
- Once you've said what you need to, push those words down to the bottom of the ocean.

This fun activity is a brilliant way to talk about those times when we feel angry.

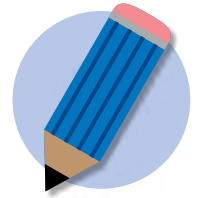
It helps us realise that we have loads of different feelings, and we can show them in all sorts of ways!

Some of these ways might land us in a bit of trouble, so chatting to someone we trust is super important. Try making an anger iceberg and stick it up around the house.

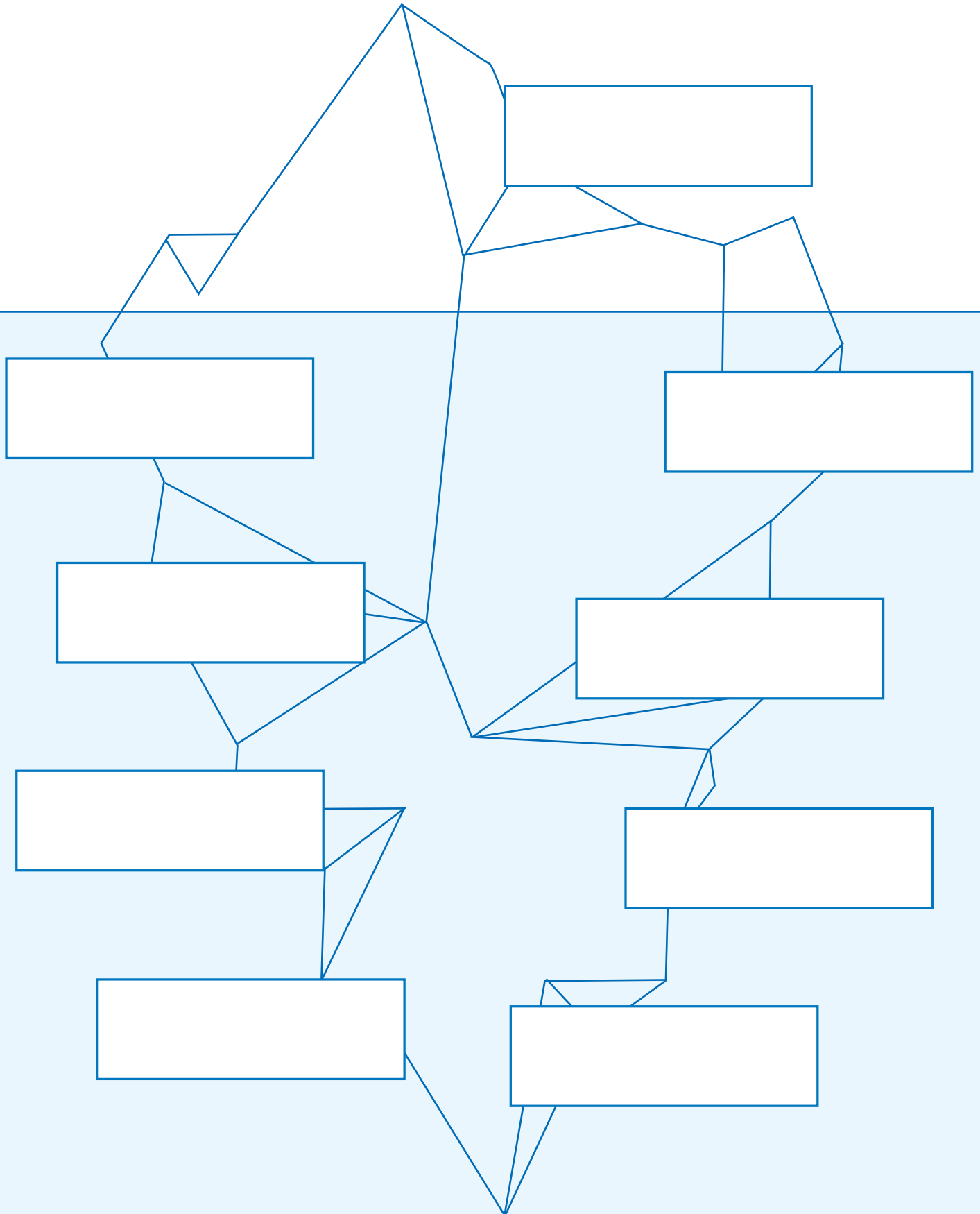
You can use it whenever you're feeling a bit overwhelmed. It's a handy tool to help you understand and deal with your tricky feelings!



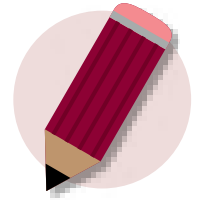
My anger iceberg



Fill in your anger iceberg. You can ask a friend, parent or carer to help you. Fill in the boxes or stick your emotions around the iceberg.

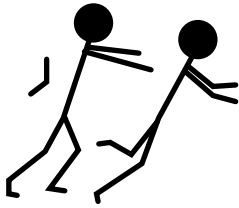


Unhelpful anger



Sometimes, we react to anger in ways that aren't helpful, but anger can actually be a good thing! It helps us care about fairness and stand up for what's right. Imagine a world without anger. Would everyone be treated equally? Let's think about that!

Circle the helpful responses to anger below.



Pushing someone



Distracting yourself



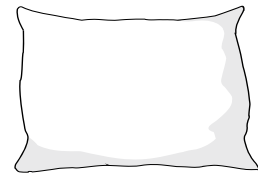
Not talking to the person that annoyed you



Shouting at someone



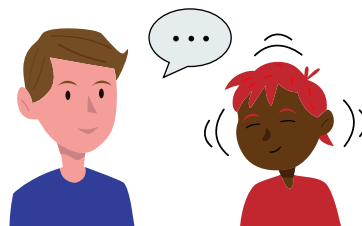
Taking deep breaths



Punching a pillow



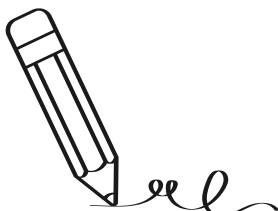
Doing exercise



Talking to others about how you feel



Hurting yourself



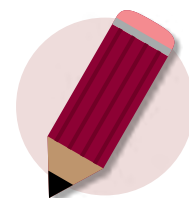
Writing things down



Going to the police

Why might some of the above responses be unhelpful?

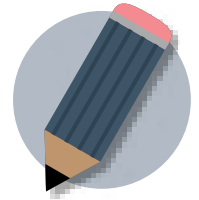
Could there be times when they are helpful?



Why might some of the above responses be unhelpful? Could there be times when they are helpful? Fill in the table below, an example is done for you.

Unhelpful response	Why might it be unhelpful?	When might it be helpful?
Example: Shouting at someone	You might say something you don't mean and upset the other person	When someone is in danger and you need to warn them

Dealing with uncomfortable emotions

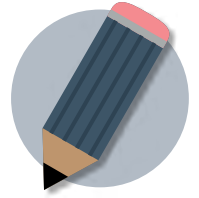


Take a moment to remember a time when you felt really angry or saw someone else being angry. What happened? How did it make you feel?

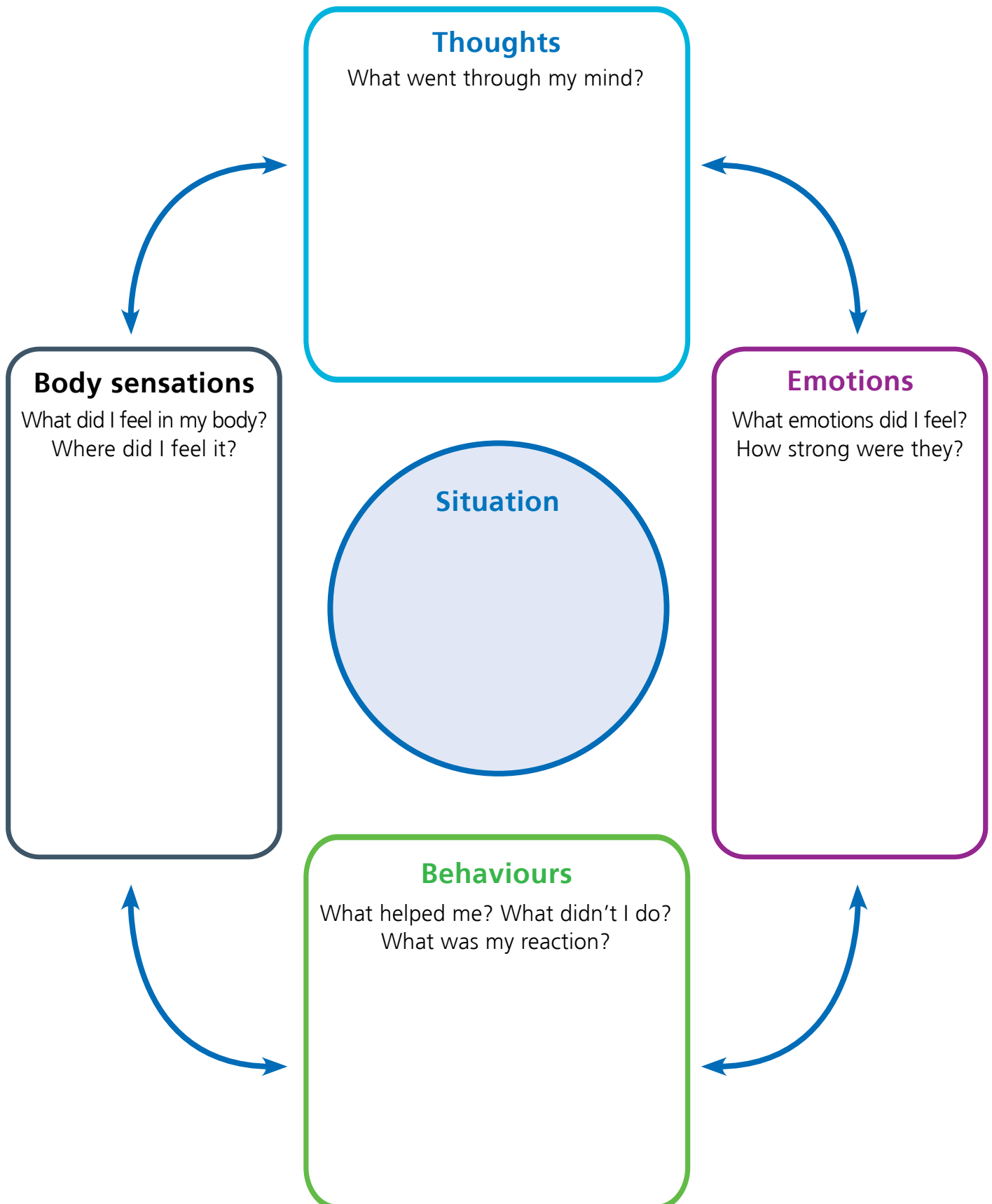
Here is an example of a helpful diagram to fill in for times when you have felt angry. There is a blank one on the next page for you to use.



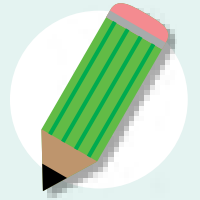
How would I feel?



Choose a time where you felt an emotion and explain how you would feel in your body. What would you think? What would you say? You can fill as many of these in as you like.



Helpful and unhelpful responses to anger



When you're angry, shouting or hitting isn't helpful. Talking it out or taking deep breaths can help you feel better.

Look at the behaviours in your diagram. Which ones might not be helpful?



My unhelpful behaviours are:

Example: Throwing my tablet on the floor.



What helpful behaviours could you do instead when you feel angry or frustrated?

My helpful behaviours are:

Example: Counting to 10 and taking some deep breaths



Understanding sadness



Have you ever felt a bit sad? It can feel like a heavy cloud just won't budge.

Sometimes it's like everything around you slows down, and you might find yourself feeling really worn out. And you know what? It's completely normal. Sadness often creeps in when we lose someone special or face tough times.

Even our ancestors knew the importance of leaning on friends during those moments! So, if you're feeling low, don't hesitate to reach out for support. Chatting with someone you trust can help lift that heavy cloud and make you brighter.

How do I feel?

Fill in the boxes around the boy. What might you do if you were feeling low in mood? How might your body feel? An example has been done for you.

My body feels weak



I don't want to talk to anyone

Finding Your Motivation When Feeling Low

Feeling down can make it really tough to stay motivated or even summon the energy to do anything.

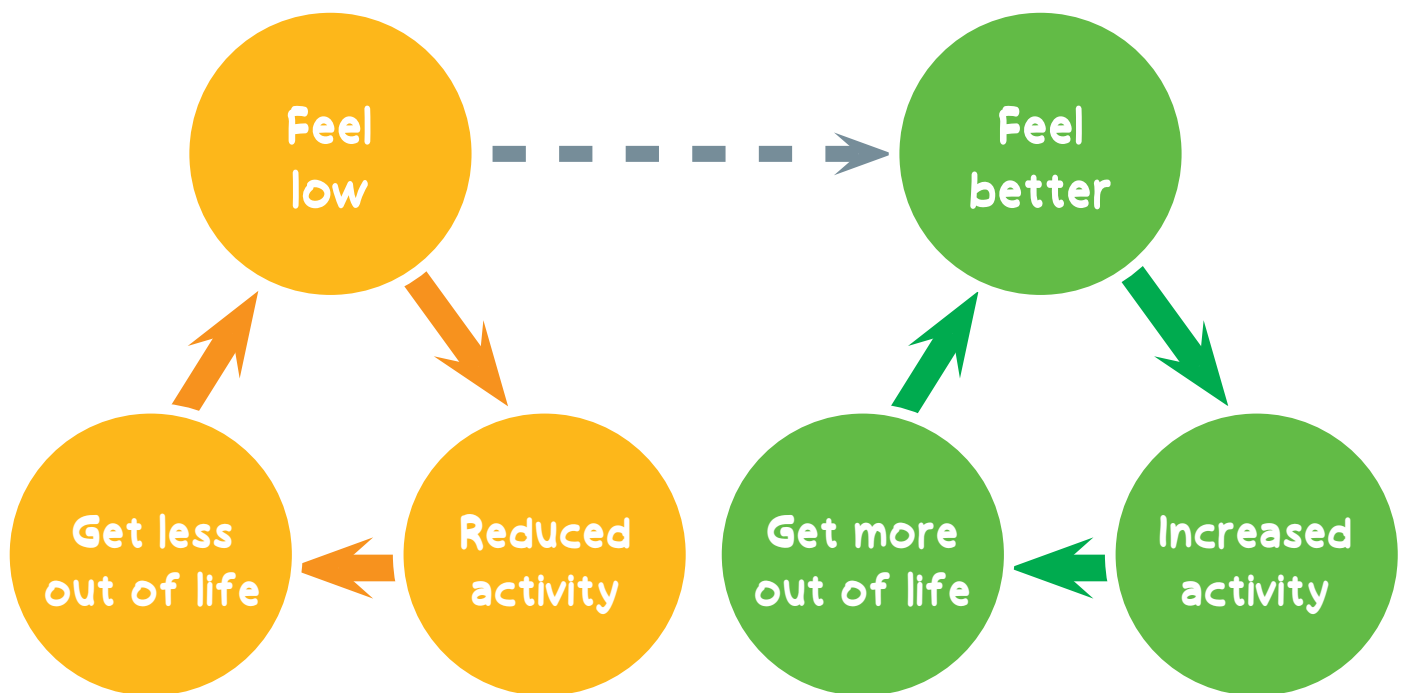
When we do less, we often end up feeling even worse!

You might find yourself wanting to skip out on activities you once enjoyed, like hanging out with mates or playing video games. But here's the thing: doing less can actually make you feel worse.

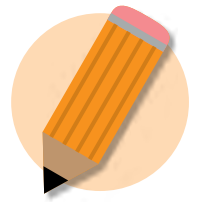
It's a bit of a nasty cycle!

The good news? By tackling a few tasks, like your homework or helping out at home, while also making time for fun, like drawing or gaming, you can start to feel better.

So, even if it's hard, getting active and re engaging can really lift your mood!



My self care and activity plan



Let's get started on your Self Care and Activity Plan.

1. Look at the pictures of activities below.
2. Circle some that help you when you're feeling sad and ones you'd like to try.
3. Write them down in your plan.
4. Rate how helpful each one is out of 10
(10 means it's super helpful, and 0 means not helpful at all).

Here is a list of some enjoyable activities.

Spending time with family and friends

Reading

Watching TV

Playing or listening to music

Video games

Cooking or baking

Sports

Going for a walk or being outdoors

Doing some creative like art or photography

Researching my interests on the internet

Taking a bath

Eating a nice healthy meal

Connecting to my faith or spirituality

Learning a new skill

Relaxing

Laughing

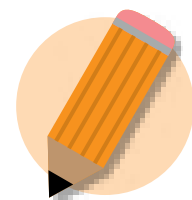
Thinking about an enjoyable trip or holiday

Planning for the future

Dancing

Can you think of anymore that are not on the list?
Write them in the box.

My self care and activity plan








Day	Activity	Score out of 10
Example: Monday	Listening to my favourite music	8

Using a Practical Toolkit to help manage emotions

Here are some ideas to help you regulate your emotions when you feel you are losing control. Some may work better for you than others and this is fine. Give as many as you can a try and you can then choose your favourites.

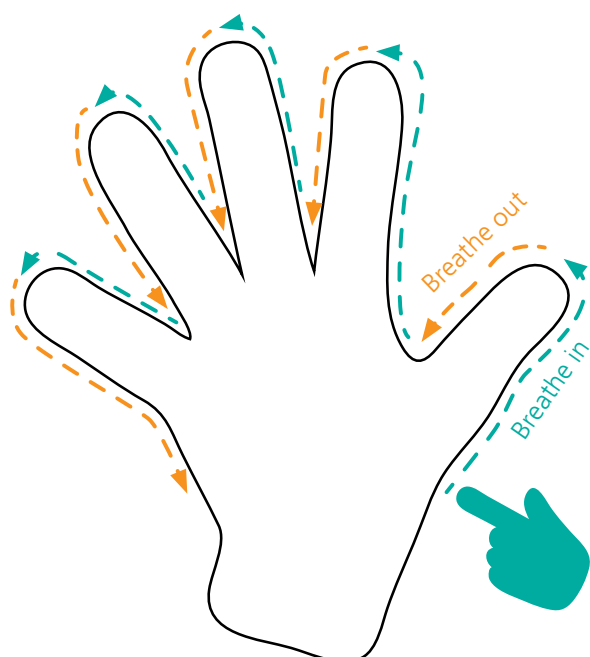
Grounding

Grounding is an exercise to focus on our senses.

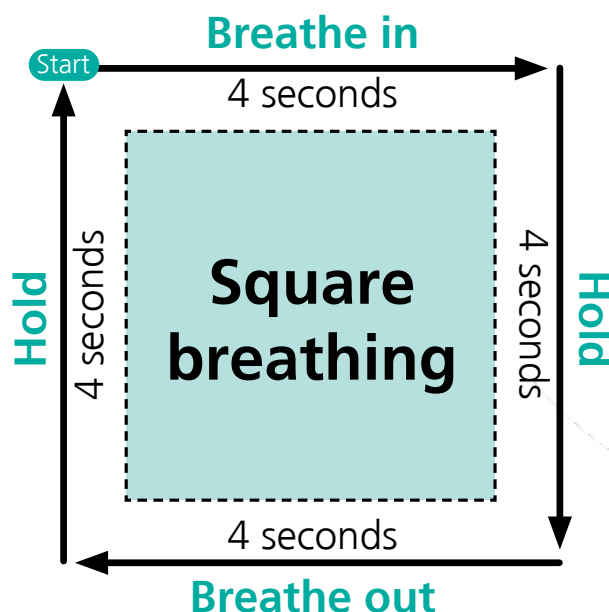
-  5 things I can see
-  4 things I can hear
-  3 things I can touch
-  2 things I can smell
-  1 thing I can taste



Finger breathing



Square breathing



Feeling Overwhelmed?

Some children like to have a little object with them, like a special stone or toy.

When things feel too much, they can:

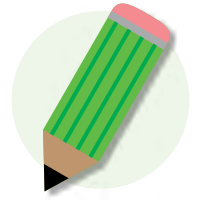
- Look at the object
- Touch its textures
- Notice its shapes and colours.

Doing this can help calm those big feelings!

**Having a
special object
can help calm
big feelings**



Calming Exercises



Here are some fun calming exercises for you to try:

Flower and candle

Imagine you have a beautiful flower in your hand.

What colour is it?

What does it smell like?



Take a big sniff and see how your chest gets bigger.
Hold that breath for 5 seconds.

Now picture a candle in your other hand.

Blow out the candle and imagine you're blowing
all your worries away.



Are you feeling relaxed and ready to learn?

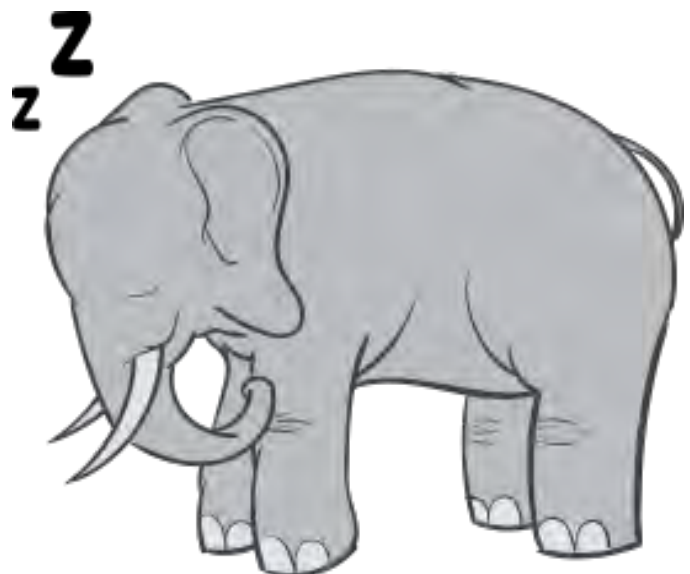
Sleepy elephant

Pretend you're a really sleepy elephant
about to sleep for a hundred years!

Take a deep breath and feel
your chest get bigger.

Now let out a long yawn.
See how big you can make that yawn!

How do you feel now?
Maybe a bit sleepy?
Keep yawning if you need to!



Squeeze a lemon

Imagine you have a lemon in each hand.

Squeeze them really hard, feeling your hands and arms getting tight.

Hold that squeeze for 10 seconds!

Now let go and see how much better your hands feel when they're relaxed.



Stretch like a cat

Pretend you're a lazy cat waking up from a nap.

Stretch your arms in front of you and then way up high!

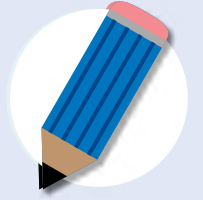
Hold that stretch for 10 seconds.

Now let your arms drop and enjoy the lovely feeling of being relaxed.



Have fun
with these
exercises!

Physical Exercise



Another way to help our bodies feel good is by doing exercise.

When we move around and get our hearts pumping, our bodies release special chemicals that can make us feel happy and relaxed. So, whether it's running, jumping, or playing, it's great fun and good for us!

I love dancing



We love running

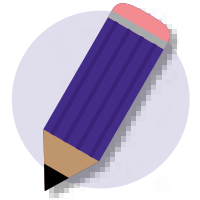


I love yoga

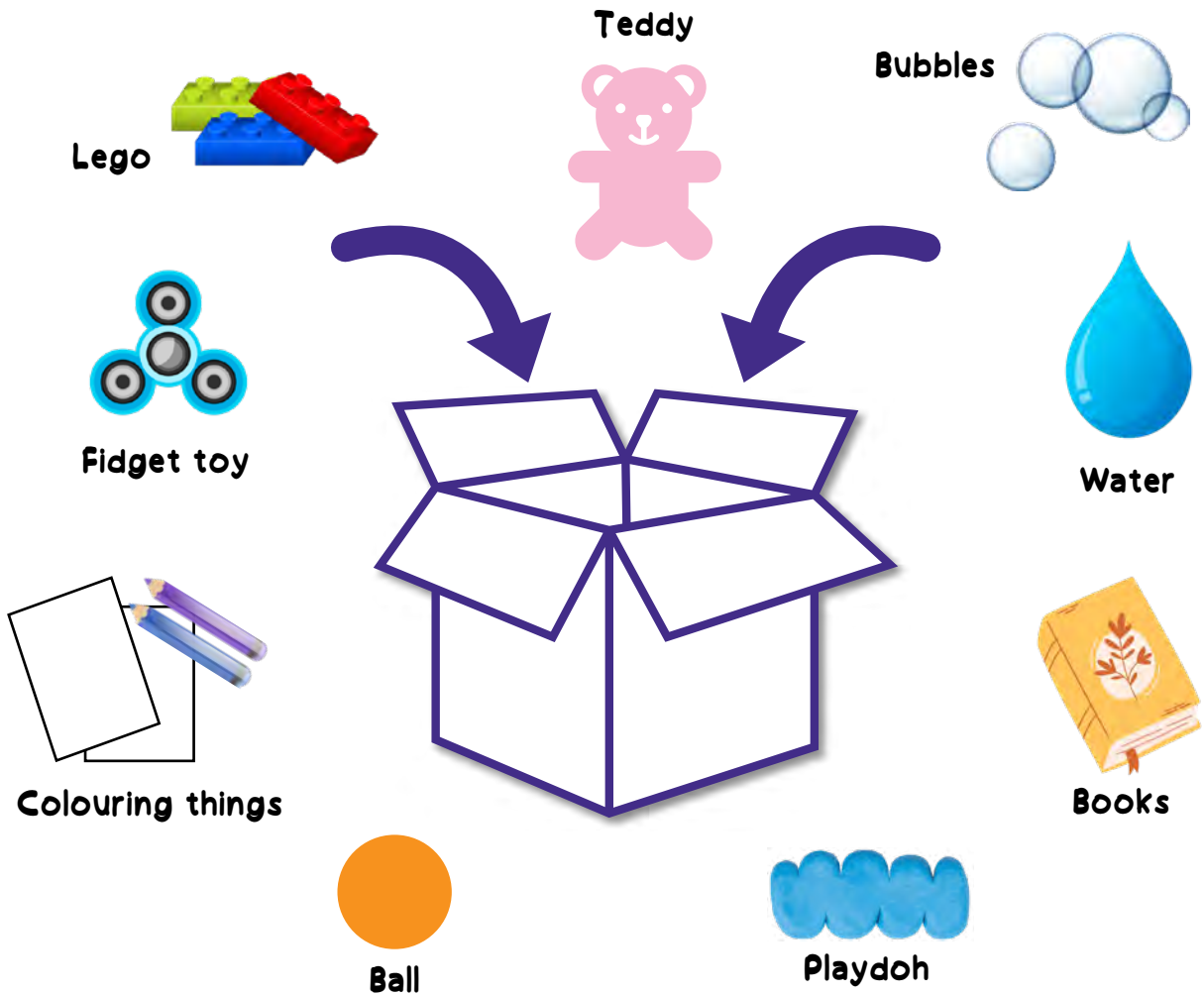


I love football

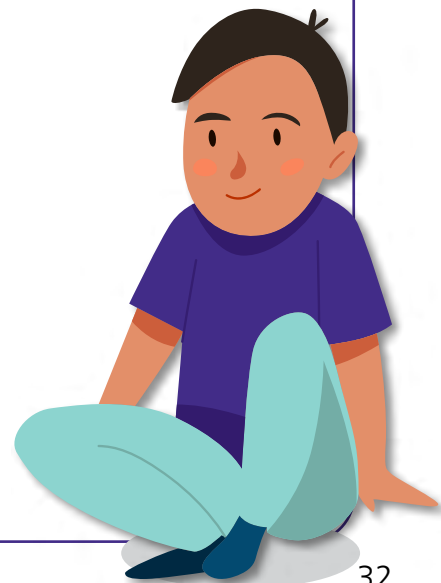
Calm Box



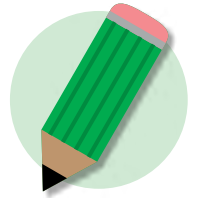
Sometimes we need a little quiet time to feel calm.
Create your own calm box! Here are some fun things you can add to it.
Here are some examples:



What do you think you could add to your calm box?

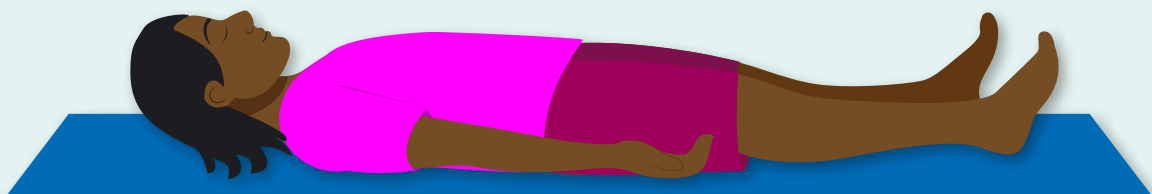


Progressive muscle relaxation

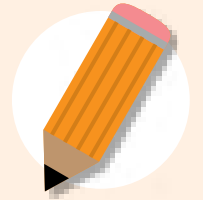


1. Lie down flat on your back, either on a bed, couch, or the floor. You can use a pillow for your head and neck. If you prefer, you can sit in a comfy chair too
2. Close your eyes if that feels nice
3. Take five deep breaths in and out
4. Now, let's tighten and relax different parts of your body one by one
5. While doing this, remember to breathe slowly
6. Pay attention to how relaxed you feel as you let go of the tension.

1	Hands and arms	Pretend you are holding a lemon!	Squeeze the lemon really tight	Hold tight for 5 seconds	Release the lemon
2	Shoulders and neck	Pretend you are a tortoise	Lift your shoulders up to your ears	Hold tight for 5 seconds	Relax your shoulders and neck
3	Face	Pretend a fly is on your nose	Scrunch your face to wiggle the fly	Hold tight for 5 seconds	Relax your face
4	Mouth	Pretend to bite a carrot	Keep your teeth together	Hold tight for 5 seconds	Relax your mouth



Progressive muscle relaxation



Another strategy to regulate your emotions is to write or draw pictures.
Can you write or draw some things in the thought bubbles that make you feel calmer?

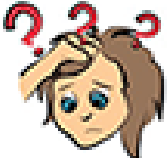


Unhelpful Thinking Styles

When we are having trouble regulating our emotions our thinking styles can become unhelpful. Here are some thinking styles. Are there any that you feel you use?

Mind reading

Telling ourselves that we know what other people think about us.



'They think I look silly'

Where is the evidence? Are these my own thoughts?

Critical Self


This is when we put ourselves down and are very critical about ourselves and our abilities.



'I'm not good enough'

Compare and despair


When we notice the positive things in others but compare ourselves negatively to them.



'He's so smart, I wish I was like that'

Jumping to conclusions


Believing we know what is going to happen or catastrophising and believing the worst possible thing will happen.



'The car will crash'

Black and white thinking

I usually think things are either really good or really bad, not both.



Allow for grey areas. Understand that sometimes things can be more than one way.

'Today has been the worst day ever'

Judgements

I make judgements about things even though there is no proof or facts that something is true.



'They're talking about me'

Memories


Some things trigger my bad memories which makes me think something bad will happen again now.



'I hurt myself here last time and that's going to happen again'

Mountains and molehills

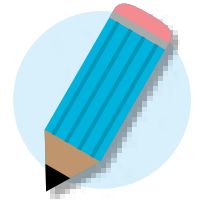
When we exaggerate a negative outcome or minimise a positive one.



'I can't believe I got 18 out of 20 on this test. I should have got full marks'

Diagram from Mindmate Support Team (Leeds Community Healthcare- NHS Trust) - What are these things called emotions anyway? A child's guide to understanding and coping with emotions KS2

Unhelpful Thinking ways



Sometimes we think in ways that aren't helpful, and it can make us feel bad. A great way to change this is by focusing on your thoughts!

Try writing down a thought that doesn't help you, then think of a nicer way to say it. You've got this!

Unhelpful thoughts

I only have 4 days until my spelling test! I have 8 long words to learn!

Helpful thoughts

I have a whole 4 days to practice. I can learn 2 spellings a day.

Positive Affirmations



It's super important to remember how amazing you are!

Finish the sentences below with positive "I AM" statements.
For example, I am friendly, I am funny.

I am

I am

I am

I am

I am

I am

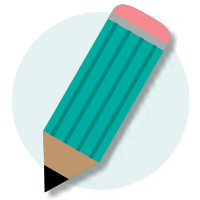
I am

I am

Ask your
friends or
parent or carer
what they
think



How am I feeling today?



So now you know a little more about emotions. Let's complete the check in we started our workbook with. Hopefully you will choose a positive emotion.

Mood

1 2 3 4 5 6 7 8 9 10

School

1 2 3 4 5 6 7 8 9 10

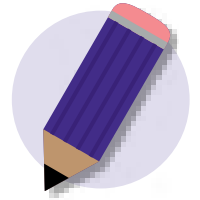
Friendship

1 2 3 4 5 6 7 8 9 10

Home

1 2 3 4 5 6 7 8 9 10

Who else can help me?



Why not try talking about how you are feeling with someone you trust or an emotional helpline such as, **ChildLine 0800 1111**. There are some safe places and people you can contact on the next page.

Do activities you enjoy which take your mind off what you are thinking, try some of the mindfulness activities to ground yourself.

If you like, you can write down the names of people you trust and can talk to here.

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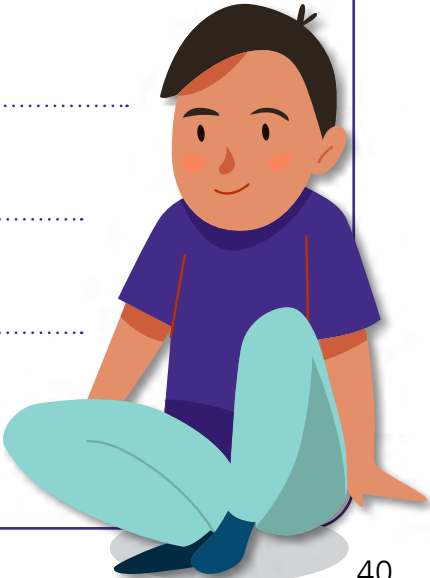
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Here are some helpful apps



Headspace

Learns the basics of meditation and mindfulness to help you rest, sleep and move well using easy to follow resources.

www.headspace.com



Insight time

Free app with thousands of free meditation tracks, relaxing music, body scans, tension release, emotion management, activities and much more. Download the app 'Insight Timer.'

www.insighttimer.com



Daylight

An app for young people aged 16+ Daylight is a confidential app that can help you take control of anxiety.

<http://onboarding.trydaylight.com/daylight/nhs/144#1/1>



Happify

Happify's science based activities and games can help overcome negative thoughts, stress, elevate happiness and deal with life's challenges. www.happify.com



Calmopens

The number 1 app from sleep, meditation and relaxation. A mindfulness app for beginners and also has a section specifically suited for children and young people. www.calm.com



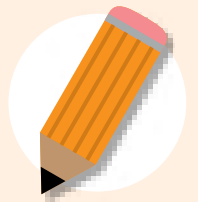
NHS App 'sorted mental health'

Free access to the app is given out, usually by GP's to help learn about and manage anxiety and low mood.

Referral user name: [coboost](#) and referral password: [positive](#)

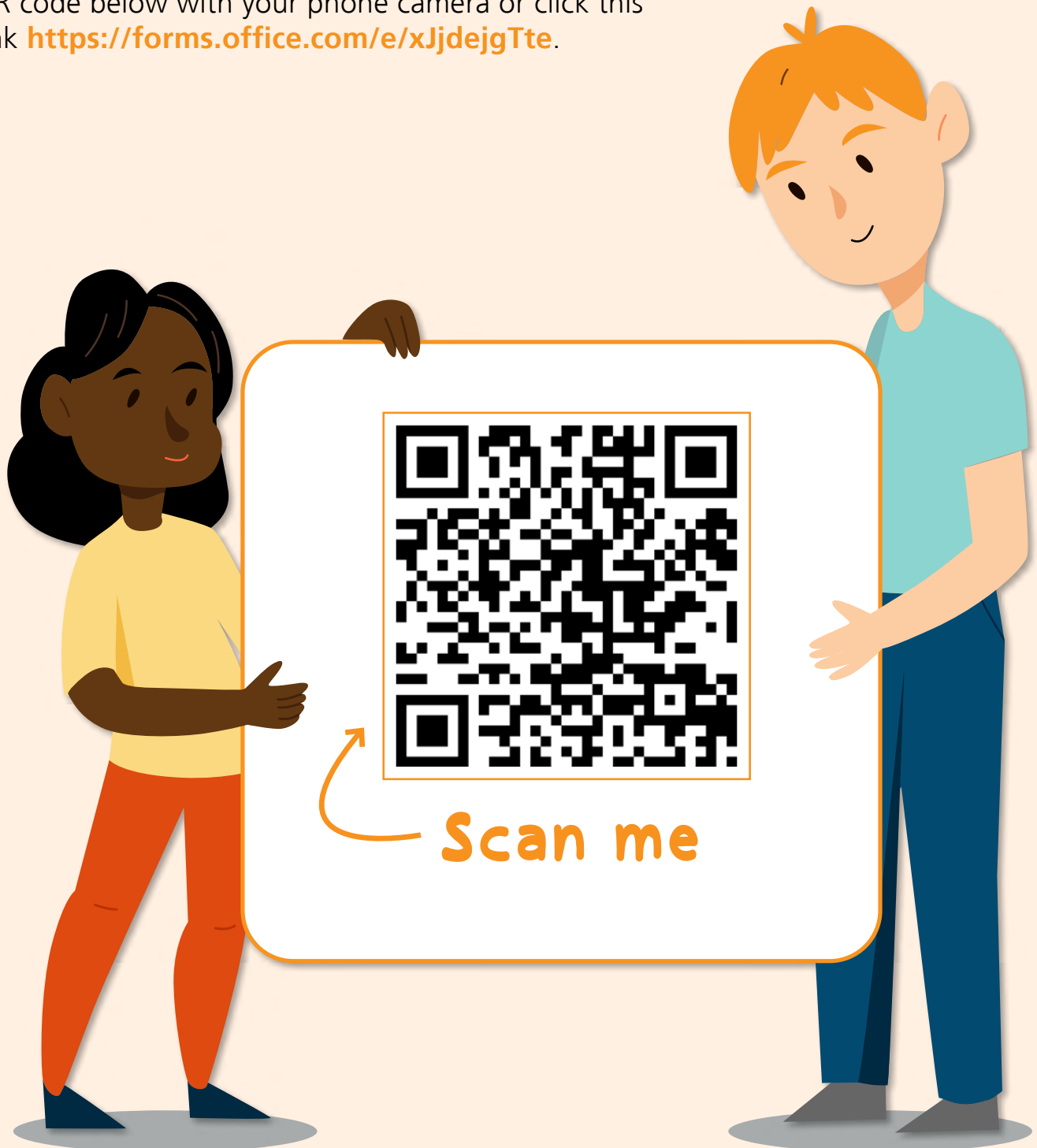
www.sortedmentalhealth.app

We would appreciate your feedback



If you have used any of our digital books, either a parent, young person or professional we would be grateful if you would please complete our quick survey.

The quickest and easiest way to do this is to scan the QR code below with your phone camera or click this link <https://forms.office.com/e/xJdejgTte>.



Useful websites and numbers



Do you need urgent help with your mental health?



Call 111 and select a mental health option

HOPELINE247
0800 068 41 41

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact **HOPELINE247**.

Call: **0800 068 41 41**
Text: **07860 039 961**

www.papyrus-uk.org

THE MIX
Essential support for under 25s

Essential support for under 25s. Get advice about relationships, drugs, mental health, money and jobs.

0808 808 4994

4pm to 11pm Monday to Friday

One to one chat and message, visit www.themix.org.uk

LISTENING EAR
someone to talk to

A charity to help those who've been bereaved, suffered loss or experienced separation.

0151 488 6648
www.listening-ear.co.uk

YOUNGMINDS
fighting for young people's mental health

www.youngminds.org.uk

kooth

www.kooth.com

SAMARITANS

116 123

childline

0800 1111

Additional info

We have other workbooks available.

Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.

Please fill out a short survey once you have completed this workbook.