How to GET UP AND GO when you’re feeling low!

Top tips for feeling good!
The aim of this booklet is to help children think about what helps them when they feel upset or stressed.

All children feel upset from time to time.

This booklet lists things that we know can help children your age feel better when they feel upset or stressed.

We are all different. The important thing to find out is what works for you!

You might like to fill this in with someone close to you like your mum, dad or the person who looks after you at home. Or you might like to do it yourself.

If you don’t want to fill it in at all then that is fine too!
### Top tips

<table>
<thead>
<tr>
<th>Tip</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk to someone</td>
<td>4</td>
</tr>
<tr>
<td>Do something you enjoy</td>
<td>6</td>
</tr>
<tr>
<td>Find ways to relax</td>
<td>8</td>
</tr>
<tr>
<td>Remember the good things</td>
<td>10</td>
</tr>
<tr>
<td>Getting more help</td>
<td>Back page</td>
</tr>
</tbody>
</table>
Talk to someone you know and trust:
- parents
- grandparents
- brothers and sisters
- uncles
- aunts
- cousins
- friends
- teachers
- carer

Talk to someone you know and trust:

Draw a picture of someone you know and trust
If you cannot talk to anyone close to you, you could call Childline on 0800 1111. They will not tell anyone you have called.

The call will be free from most house phones and most mobiles.

The call will not be listed on the telephone numbers dialled from your phone line.

Can you find the phone that leads to Childline?

Tick which phone you think it is

0800 1111

Childline:
0800 1111
If for some reason you can’t get through try again or you can call
Samaritans:
0845 909090

They will not tell anyone you called.
If you feel upset or stressed it might be helpful to...

Do something you enjoy

Here’s a list of things you could try:

- meeting with friends
- going out
- doing something by yourself
- taking a bubble bath
- watching a favourite film
- talking to a particular friend

What else do you enjoy doing?
Draw some of the things you enjoy doing

Try to do something you enjoy every day
Try physical exercise:
- star jumps, press ups, running in the garden
- play a game such as football or frisbee

Try slow deep breathing to help make you feel calm:
1. slowly take a deep breath
2. hold it for 5 seconds
3. very slowly let it out

Try relaxing your body.
Sit or lie somewhere quiet and comfortable.
1. Stretch out your arms and make a fist, then relax
2. Push your legs out, wiggle your toes, then relax
3. Shut your eyes tight and pull a scrunched-up face, and then relax
Relax by:
✓ reading a book
✓ watching TV
✓ listening to music
✓ going for a walk
✓ taking a bubble bath

Think of calming images.
✓ Imagine somewhere you feel safe and good such as a beach or a park
✓ Imagine the sun on your face and the wind in your hair

Can you find ways to relax in the wordsearch below? There are 4 to find.

b o o k d
a k f l s
t v x a o
h m n w p
m u s i c
Remember the good things

Sometimes people find it easier to remember things that have gone wrong rather than all the things that have gone well!

If you feel upset or stressed it might be helpful to...

Make a list of things you are happy about

Each night, list things you enjoyed.
Things I enjoyed today:
Draw the things that you are happy about

Remember the things that have gone well
Here are some websites that have more information:

- www.childline.org.uk
- www.nspcc.org.uk
- www.youngminds.org.uk/children
- www.samaritans.org.uk
- www.getconnected.org.uk

This booklet is written by adults whose job it is to find out what helps children when they feel upset or stressed.

For more information visit www.help4pupils.org

With thanks to: Karim, Joshie, Mikey, Kaiya and Aliya, who helped write this book.