



Wake Up To  
Wellbeing!  
Session 6



**KEEP  
CALM  
AND  
CARRY  
ON**

- It is very hard to stay calm when you feel like you are boiling inside.
- This week we are focusing on techniques that we can use to help us when we feel like we are going to lose control of our emotions and behaviour.



But how ?

# CALM DOWN choices



I can calm down when I get upset.

- Let's look at each of these choices.
- How do you think that these may help you calm down?
- Do you think that they will work straight away?

# CALMING CHOICES





- Can you think of any other things you could do to help you calm down and bring you back down on the emotions thermometer?
- Can you keep a diary of the things you did to help you?
- Is there a pattern in your behaviour?
- Are there certain things that trigger your emotional reaction?



**CHALLENGE  
YOURSELF!**



**2**

- Imagine that you are a journalist writing for a children's magazine.
- You are giving advice to other children your age about staying calm when things are tough.
- You can write it as a letter create a poster, diary entry, or article.
- Make sure that you include useful tips, techniques and add some personal experiences in too.
- We would love to see what you create, and share them with the class.