



My Body and Brain Working Together

ACTIVITY BOOKLET

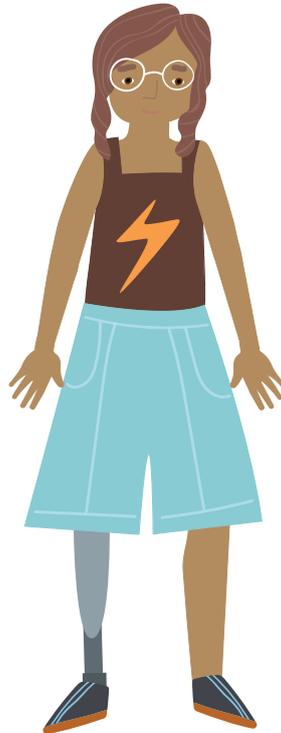
Name: _____

Class: _____

My breathing

Breathing is there to keep you alive, but it can also help your body and brain feel safe. It is important to know about the three main areas in your body that breathing works with.

After watching the video *Calm Breathing*, label the three areas of the body that support your breathing.



What are some strong emotions that you might need to use the breathing strategy to calm down from? List them below.

I can use the breathing exercise when I am feeling:

Three light blue rectangular boxes for writing answers.

Are there certain places or situations where you feel strong emotions often? List them below.

Three light blue rectangular boxes for writing answers.

My brain

Feelings are normal and can help to keep us safe and well. But sometimes your feelings – such as excitement, frustration, fear, anger, or sadness might feel too big, strong or even scary. Your body might feel tense, and your head might feel full.

You can use different strategies to help you feel relaxed. List some strategies you already use when you experience big feelings.

To make my brain and body feel calm and relaxed I can:

Five vertical purple brushstroke boxes for writing strategies.

What happens to your body when you feel big feelings like anger or surprise? Who can you go to and talk about it? Write down how your body feels when you have big feelings and the people you can ask for help from.

My body feels:

I can ask for help from:

Illustration of a person in a green hijab covering their face with their hands, surrounded by purple brushstroke boxes for writing.

My senses

My Body and Brain Working Together
Episode 3: My Senses Keep Me Safe

Written by: Dr Asha Patel
(Clinical Psychologist, Innovating Minds CIC)

Hearing, seeing, smelling, feeling and tasting are also known as your senses. These senses bring different information to your brain and body. Our body stores memories of the smells, tastes and textures we like and dislike. Knowing what your body likes can help you to feel calm and relaxed.

List what you like to smell, taste, listen to, feel and see.

I like the SMELL of:



I like the TASTE of:



I like to LISTEN to:



I like to FEEL:



I like to LOOK at:



My feelings

My Body and Brain Working Together
Episode 4: Finding Feelings

Written by: Dr Asha Patel
(Clinical Psychologist, Innovating Minds CIC)

Draw or describe what your angry and surprised feelings look like.



My angry feeling looks like...

My surprised feeling looks like...



Strategies to help my body and brain feel calm and relaxed

Here are 3 simple strategies that can help your body to feel calmer and safer if it's getting stressed, scared or over-excited.

After watching the video *Calming My Body and Brain*, identify which is your favorite strategy by ticking the box underneath the picture.

My favorite strategy is:



Japanese Hand Holding



Shake to Relax



Squeeze and Release

Describe how this strategy makes your body feel.

This strategy helps my body to feel:

[Green shaded area for writing]

List a situation when you might use this strategy.

I can use this strategy when:

[Green shaded area for writing]

It is helpful to let others know about the strategy that helps you. List the people you will show this strategy to.

I will show this strategy to:

[Green shaded area for writing]

My safe and well plan

My Body and Brain Working Together
Episode 6: Feeling Safe

Written by: Dr Asha Patel
(Clinical Psychologist, Innovating Minds CIC)

It is handy to create a safe and well plan that brings together all of the important information you want to remember about what your body and brain can do, and how you can make yourself feel calm and relaxed.

Bring together all of the information from the previous activities you have completed to create a safe and well plan.

I can use my breath to help my body and brain feel calm and relaxed.

The three areas of my body that breathing works with are:

1

2

3

List the strategies you can do when you feel strong feelings inside your body. These strategies will help your body to feel calm and relaxed.

I can do these actions to help my body feel calm and relaxed:

My safe and well plan

My Body and Brain Working Together
Episode 6: Feeling Safe

Written by: Dr Asha Patel
(Clinical Psychologist, Innovating Minds CIC)

Remember – your senses can help your body to feel calm and relaxed. When you experience strong feelings, how can you use your senses to relax? Complete the following sentences with your strategies.

I can smell

I can listen to

I can look at

I can feel

I can taste

List the people you can ask for help when you need it.

I can ask help from

Remember to keep this plan close by so you can use it when you need to calm down and relax.