





Give us a break!

Resource sheets

Index

Sheet 1:	Front page for individual folders
Sheet 2a-2h:	Getting to know you
Sheet 3:	Make your own strength card
Sheet 4:	Relaxation breathing exercise
Sheet 5a-5b:	Good listening: activity, dos and don'ts
Sheet 6:	My life journey
Sheet 7:	Feelings wordsearch
Sheet 8:	* Balloon juggle
Sheet 9:	Progressive muscle relaxation
Sheet 10:	Feelings poem
Sheets 11a-11b:	My life before things changed / My life after things changed
Sheets 12a-12d:	Feelings charades / bingo cards
Sheets 13a-13h:	Feelings bingo boards
Sheets 14a-14d:	Things you can / can't change
Sheet 15:	My ideal tomorrow
Sheet 16:	Noticing task
Sheet 17:	Mental relaxation
Sheet 18a-18b:	Goals ladder and goal setting
Sheet 19:	Relaxation - The secret room
Sheet 20:	* Helium stick
Sheet 21:	What I've achieved
Sheet 22:	Trust game
Sheet 23:	A3 foldout 0-10 scale + arrow
Sheet 24:	Certificate



Name: _____

Folder started on: _____

And finished on: _____



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Resource sheet 2 Getting to know you

Instructions

The group is seated in a circle to begin with. Everyone in the group gets one of the question sheets (Resource sheets 2a-2h) and they have to write all the names of the other group members on their sheet before starting. They are then asked to move seats or walk around in order to complete all the questions on their sheet.

After around 10-15 minutes of questioning time, everyone is asked to sit back in their seats. Then one of the group is asked to sit in the middle of the circle while all the other group members take turns in recounting what they have found out about that person. Each person gets a turn at sitting in the middle of the circle.





Names							
Who has the longest hair?							
Who can touch their toes with straight legs?							
What did you have for breakfast this morning?							
What's your favourite film?							



Names							
Who bites their nails?							
Who can pat their head up and down and rub their tummy with their other hand at the same time?							
What is your favourite thing to do on Saturdays?							
What is your dream job?							



Names							
Who is wearing jewellery?							
Who can do a headstand?							
Who has a pet? What is it called?							
Have you ever had an imaginary friend?							



Names							
Who blinks a lot?							
Who can balance on one leg for 10 seconds?							
What was the name of your first teddy bear?							
Who is your best friend?							



Names							
Who smiles a lot?							
Who can wink?							
Who has been on an aeroplane?							
Who likes cucumber?							



Names							
Who has the biggest feet?							
Who can rotate their right foot clockwise whilst drawing a number 6 in the air with your right hand?							
When is your birthday?							
What is your favourite game?							



Names							
Who is the tallest?							
Who can jump the highest?							
What one thing would you take if you were stuck on a desert island?							
Who is your favourite singer/band member?							

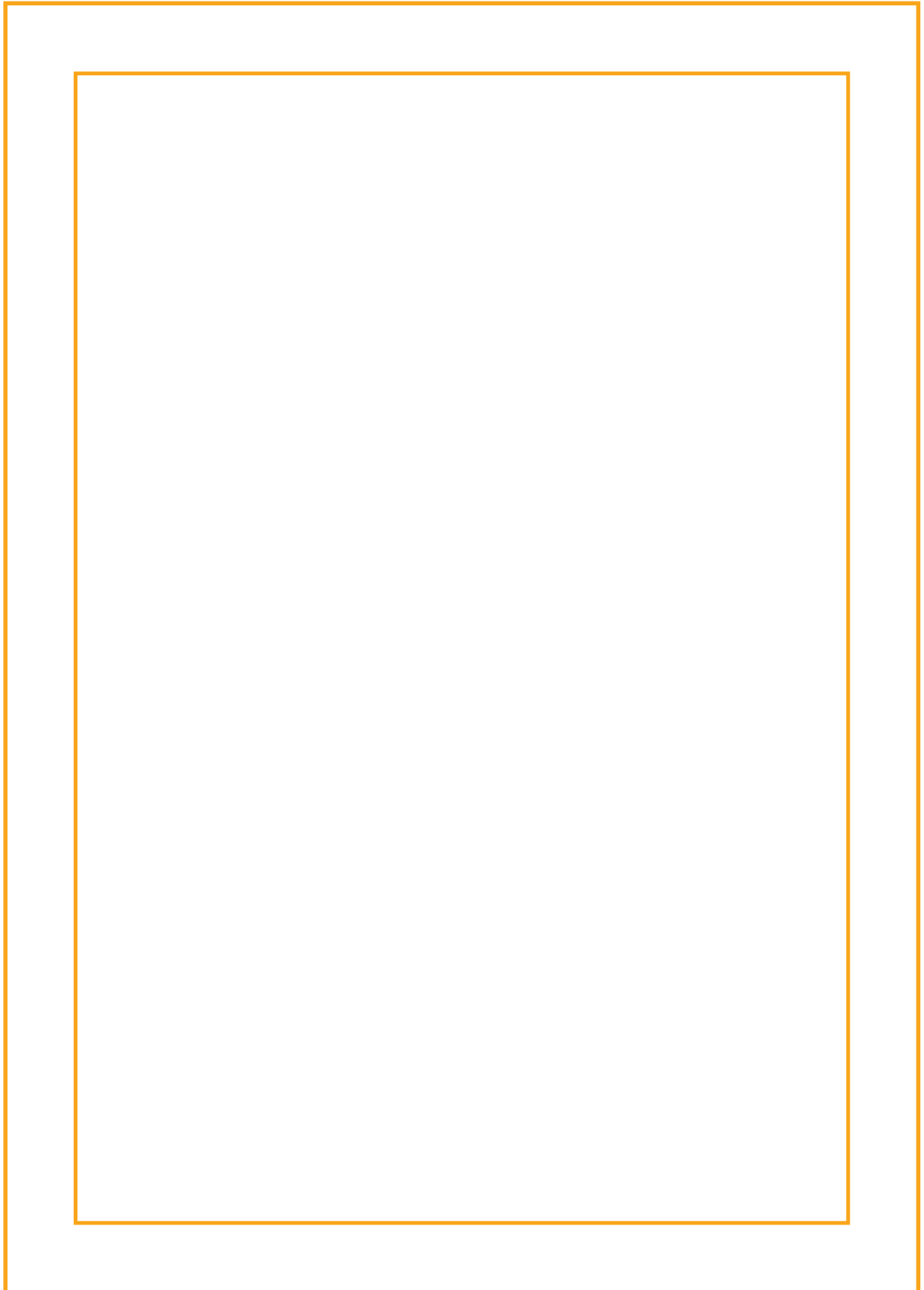


Names							
Who is wearing glasses?							
Who can make the best animal noise?							
What is your favourite food?							
What is your favourite thing to do at school?							



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Resource sheet 3
Strength card



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Resource sheet 4 Breathing exercise

Stomach Breathing Relaxation Exercise

*** Note for facilitators: it might be a good idea to practise this exercise yourself before taking the group through it. Adjust the language as necessary for your group.*

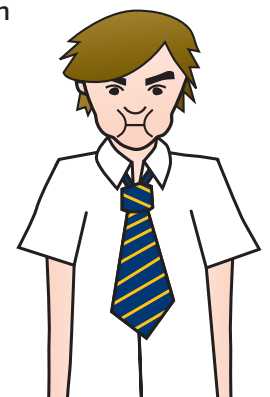
This activity will help you to relax and become more aware of your breathing.

Make sure you are sitting comfortably in your chair.

1. Put your right hand on your stomach just over your belly button. Put your left hand, palm facing outwards, on the small of your back where it curves. Relax your neck and shoulders and try to keep them relaxed throughout this breathing exercise.
2. As you are sitting there, imagine a string is attached to the top of your head and is gently pulling up and supporting your head, helping your posture to be upright and relaxed. Keep relaxing your neck and shoulders. Bend your head slightly forward so that you can just see your right hand on your stomach. Don't lean so far forward that you strain your neck; just far enough to release the great amount of tension that often gathers in the back of your neck. Keep your upper body relaxed and light in feeling.
3. Try to breathe in and out in a smooth, easy way. Don't force your breath or breathe in any way that feels uncomfortable.
4. Feel the hands on your stomach and back being pushed out as you breathe in and coming closer together as you breathe out. Imagine that the air coming into your lungs fills your stomach just like a bottle being filled with water; a bottle doesn't fill from the top. The air goes to the bottom of your lungs first, pushing your hands out with your stomach. (20 sec pause).

5. If it feels comfortable to you, let a natural pause happen at the end of your inbreath and outbreath. Don't have this pause if it causes you to feel short of breath or panicky. (20 sec pause).
6. Try to let your breathing come into a natural rhythm, like waves breaking on the shore. Let it happen automatically, without any effort from you. (20 sec pause).
7. Once you feel this natural, effortless rhythm happening with your breathing, let the thought come into your mind of breathing in positive things and breathing out negative things. You decide what the good and bad feelings might be; positive things might be light, energy, happiness and so on; negative things might be tension/tightness in certain parts of your body, moodiness, unnecessary anger, sadness, tiredness, thoughts that you find unpleasant and so on. Again, try to let this type of stomach breathing become a natural effortless rhythm. (30 sec pause).
8. Be aware of how it feels for you to breathe in this way so that you can describe your feelings to the others. (10 sec pause).
9. Now really stretch and take a few deep breaths to become fully alert again.

You can practise this stomach breathing anytime you feel upset or worried. Try it out at home this week. You can try practising it lying down on your bed or on the sofa. You could even use a bean bag, soft toy or put your hands on your stomach to feel your stomach rise on an inbreath and sink down on the outbreath. The more you practice, the easier it will become and the more you will notice any upsetting feelings you have go away or reduce.



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Resource sheet 5 Good listening activity

1. Facilitators role play 'good' listening and 'bad' listening, using simple topics such as 'where I'm going for my holidays and why' or 'my favourite TV programme'. They exaggerate the points made on sheet 5a.
2. Discuss with pupils what they noticed about the role play.
3. Give out and discuss sheet 5a.
4. In twos, pupils try active listening for themselves. Each pair is given a slip with 2 topics. One speaks about the first topic while the other tries out 'good listening' skills, then they swap round and use the second topic. If preferred they can both use the same topic or even one of their own choice.

Suggested topics:

- The best time of my life.
- My first pet.
- A favourite person in my life.
- A place I love to visit.
- What I want to do when I grow up.
- My best Christmas ever.
- My best summer holiday.
- My best friend.



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Resource sheet 5a Active listening

Do:

- Have the **intention** of listening and forget your own concerns for the moment.
- **Look** at the person's face.
- **Listen** carefully to what they say, asking questions to check you have understood: "So what you're saying is..."
- Show by your **expression** you are interested in what they say, but be genuine.
- Show interest by your **body language** – turn towards them, smile, nod etc.
- Make encouraging comments to show you have heard, but keep them brief: "I see...", "Yes, that must be hard.."

Don't:

- Look around you, or at your feet or their clothes.
- Exaggerate your expressions.
- Fidget or turn your body away.
- Butt in with your own story.

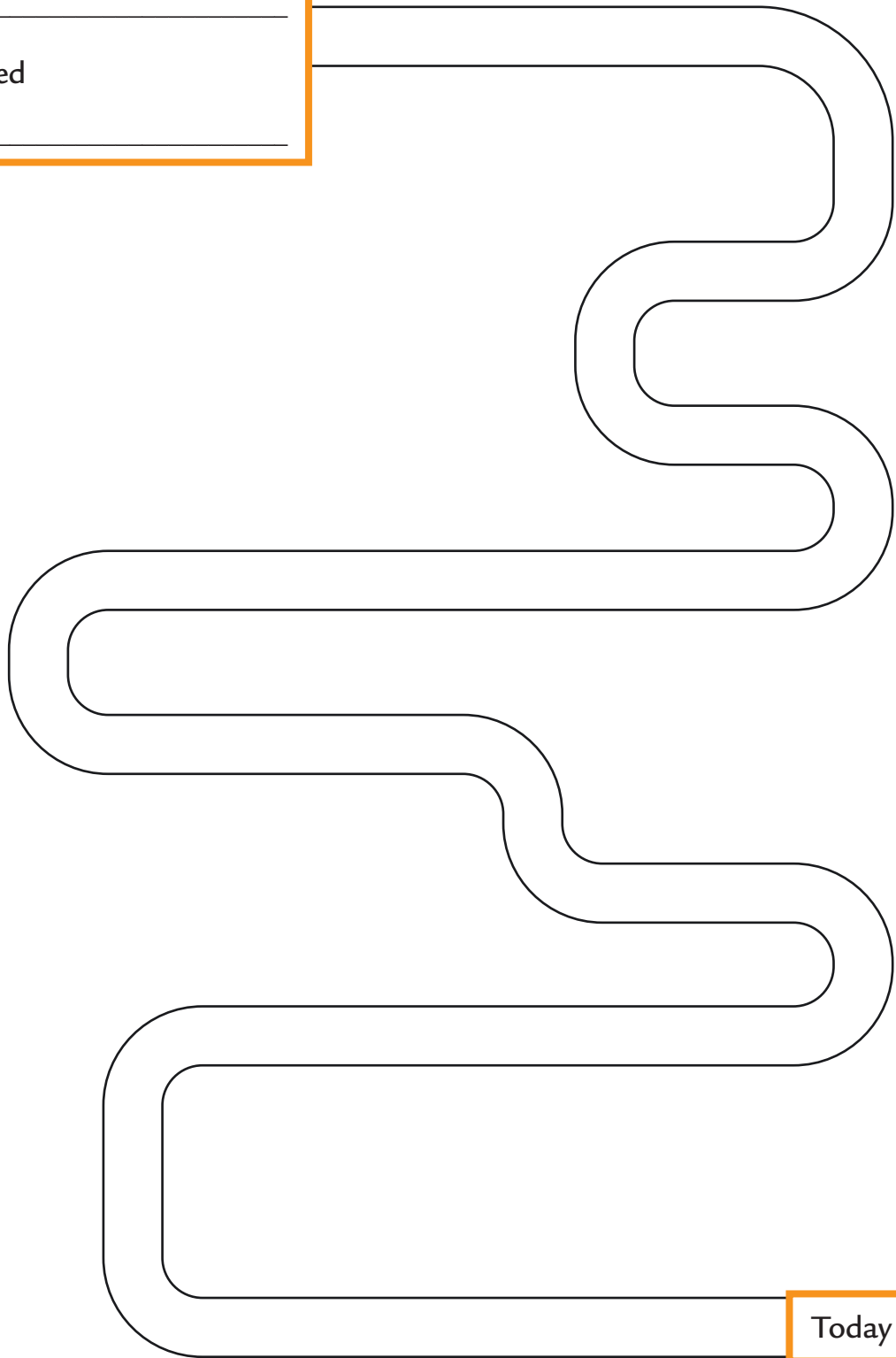


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Resource sheet 6
My life journey

I was born on

I was named



Today



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Resource sheet 7

Feelings wordsearch

Can you find all the feelings below hidden in the wordsearch?

Relieved

Angry

Excited

Brave

Confused

Sad

Nervous

Happy

Guilty

Amazing

Glad

Scared

Relaxed

Anxious

Calm

Hurt

N	H	J	I	O	P	R	T	Y	Q	W	X	C	T	R
A	P	W	I	U	Y	T	R	W	E	A	M	V	U	E
V	N	S	Z	A	M	A	Z	I	N	G	H	G	P	L
G	A	K	G	N	Y	F	C	D	A	W	E	L	L	A
T	N	F	U	H	T	R	E	I	M	N	B	A	Q	X
H	X	Z	I	W	E	X	C	I	T	E	D	D	W	E
J	I	I	L	H	G	R	I	J	T	W	Q	A	E	D
K	O	H	T	N	J	U	Y	K	L	A	E	M	R	M
A	U	G	Y	C	D	F	O	I	U	Y	C	N	C	N
S	S	W	Q	V	B	N	M	N	H	M	R	A	V	B
X	G	S	C	A	R	E	D	F	A	S	U	E	L	A
C	H	R	Q	C	V	G	H	J	P	R	T	B	S	M
V	T	T	S	D	G	N	M	K	P	L	O	S	E	W
B	Y	X	D	F	R	T	Y	H	Y	U	I	C	R	K
N	A	N	G	R	Y	E	R	T	Y	U	P	O	D	P
M	I	Z	X	C	V	B	H	J	K	L	O	N	X	O
N	E	L	K	J	U	H	H	M	Z	Q	P	F	A	I
E	R	Q	W	T	E	R	J	U	K	I	O	U	D	U
R	Q	G	S	A	D	Y	L	K	R	U	Y	S	G	B
V	W	O	P	T	R	B	N	M	C	T	J	E	J	R
O	D	I	U	Y	H	G	T	F	X	C	M	D	K	A
U	F	G	Y	U	I	Q	W	E	R	P	L	D	L	V
S	H	T	R	E	L	I	E	V	E	D	L	P	B	E

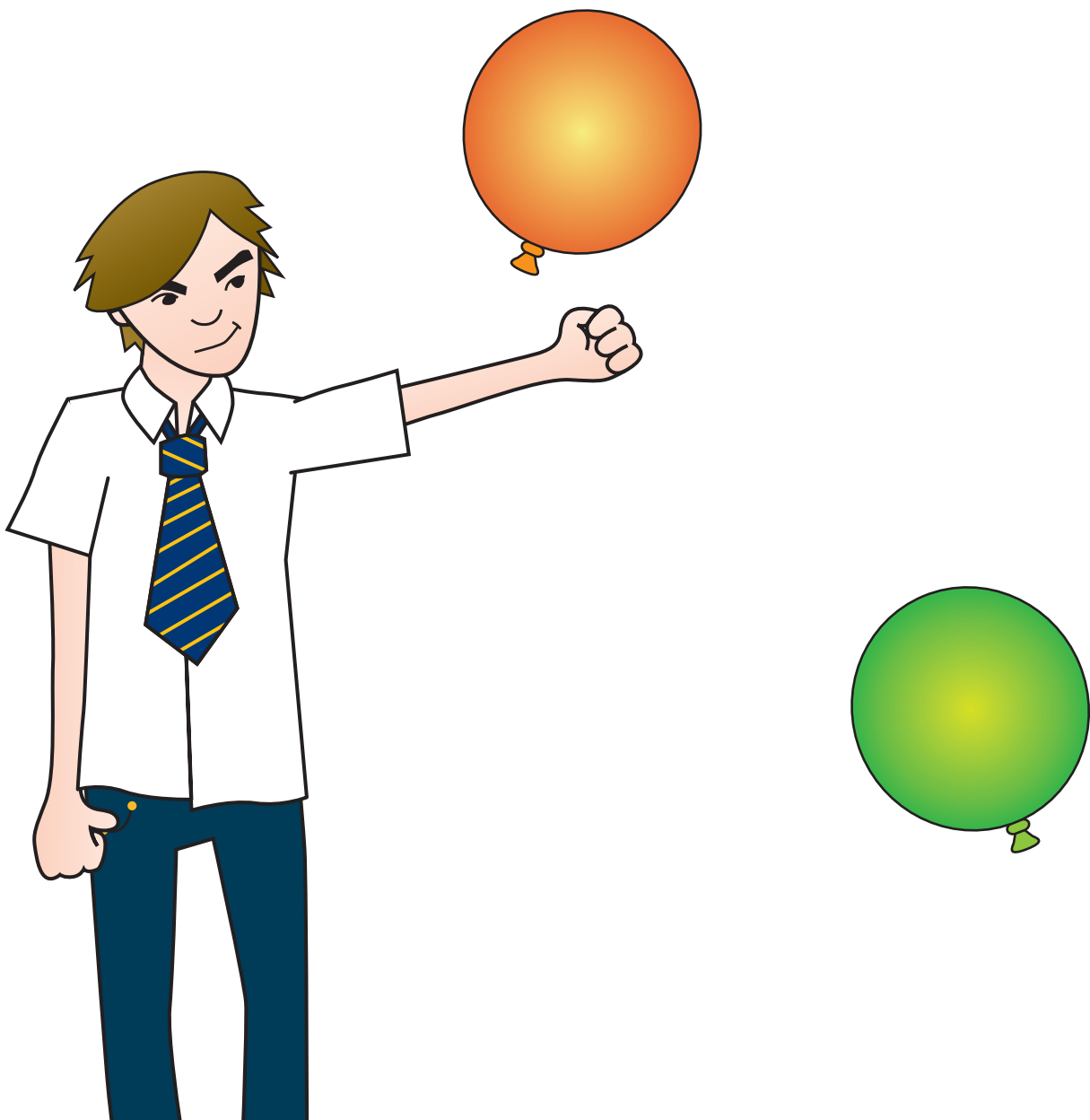
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Resource sheet 8 Balloon juggle

Start by using one (inflated) balloon per person and 1 extra. Challenge the group to keep all balloons in the air. This gets the group moving and co-operating. Once they've got the hang of it make it harder by adding more balloons or placing restrictions e.g. no hands, hop on one foot etc.

The game ends after 3 balloons (or as many as you decide) have touched the floor.

You can use a stopwatch for this game and see whether the group can better its record with another attempt. To make this a fair 'contest' you will need to add the extra balloons and restrictions at the same regular intervals, e.g. every 5 seconds, for all attempts.





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Resource sheet 9

Progressive muscle relaxation

1. Make yourself comfortable, lying or sitting down.
2. Now close your eyes and be aware of the sounds around you (10 second pause).
3. Become aware of your breathing and notice that breathing in makes a different sound to breathing out (15 second pause).
4. Now clench both hands into tight fists and take a deep breath at the same time, holding it in for a count of 5 – one, two, three, four, five. Relax and breathe out slowly.
5. Let your hands and arms relax completely as you breathe slowly and smoothly. Notice the feeling of heaviness that follows relaxation. Notice how comfortably heavy your arms feel when you let them relax. Relaxed and heavy; heavy and relaxed.
6. Now focus on your face muscles. Close your eyes tightly and feel the tension (5 second pause) and then relax, without opening your eyes. Keep your eyes lightly and comfortably closed and notice the feeling of relaxation in your eyes and forehead.
7. Feel your whole face relaxing – your forehead – your eyes – your jaw – your tongue – and lips. Notice the feeling of warmth that comes with the relaxation. Your whole face is warm and heavy and relaxed.
8. Now press your head back or down as far and as hard as possible against the floor or cushion – and notice the tension in your neck – and relax. Put your head in a comfortable position again and notice the relaxed feeling. Let this relaxation deepen in your throat and neck.
9. Now pull up your shoulders towards your ears, keeping your arms and face relaxed – feel the tension in your shoulders – and relax. Breathe slowly and smoothly. Notice the comfortable feeling of having your shoulders relaxed and heavy.
10. Now focus on the lower part of your body.
11. Tense your seat and thigh muscles by pressing your heels down against the floor as hard as possible (5 second pause) – relax and notice the difference.
12. Now tense your calf muscles by pressing your toes away from your face; push your toes down and away. Notice the tension in your calf muscles. And relax your feet and calf muscles. Feel the difference.



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Resource sheet 9 Continued

13. Now tense the muscles around your shins by pulling your toes up, pointing them towards your face (pause) – and relax. Continue to relax for a while, letting heaviness and warmth spread throughout the lower part of your body. Feel relaxed and heavy; heavy and relaxed.
14. Now pull your stomach muscles in and be aware of tension. Keep breathing with your chest. And relax. Notice how you begin to breathe naturally with your stomach. Breathe even more with your stomach and notice how relaxed your chest and stomach feel.
15. Use stomach breathing and feel your stomach and chest becoming warm, heavy and relaxed. Breathe slowly and smoothly and notice the difference between breathing in and out – feel your relaxation increasing as you breathe out.
16. Breathe in and fill your lungs. Take a deep breath and hold it. Hold your breathe and feel the tension increasing in your chest and stomach. And breathe out. Feel yourself relaxing; let your chest muscles become loose, letting the air out without any effort. Notice the relaxed feeling of heaviness and warmth that follows each time you breathe out.
17. Keep relaxing; breathing slowly and smoothly with your stomach. Relax your chest and shoulder muscles, letting your stomach rise with every breath in and allowing your stomach to sink slowly and smoothly with every breath out. Let your relaxation deepen with every breath out. Don't try to relax – just let it happen. (pause 30 secs).
18. Each time you practise this way you will be able to relax more deeply. You will feel a deeper relaxation and it will take a shorter time to relax each time you practise. You will learn the difference between tense and relaxed muscles and what relaxation really means. You will also notice a feeling of calmness which comes each time you relax. Relaxation helps you to be more calm and confident, each time you practise. After each session you will feel rested and alert and you will be able to keep your good feelings of calmness and confidence.
19. Feel yourself becoming more alert now. Before you open your eyes, take some really deep breaths and stretch your whole body like a cat. Feel completely alert and well in every way as you open your eyes.

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Resource sheet 10 Feelings poem

Choose an emotion or a feeling and use it to write an acrostic poem or use a feeling to write a list poem. eg., "I feel scared when..." or "Happiness is..."

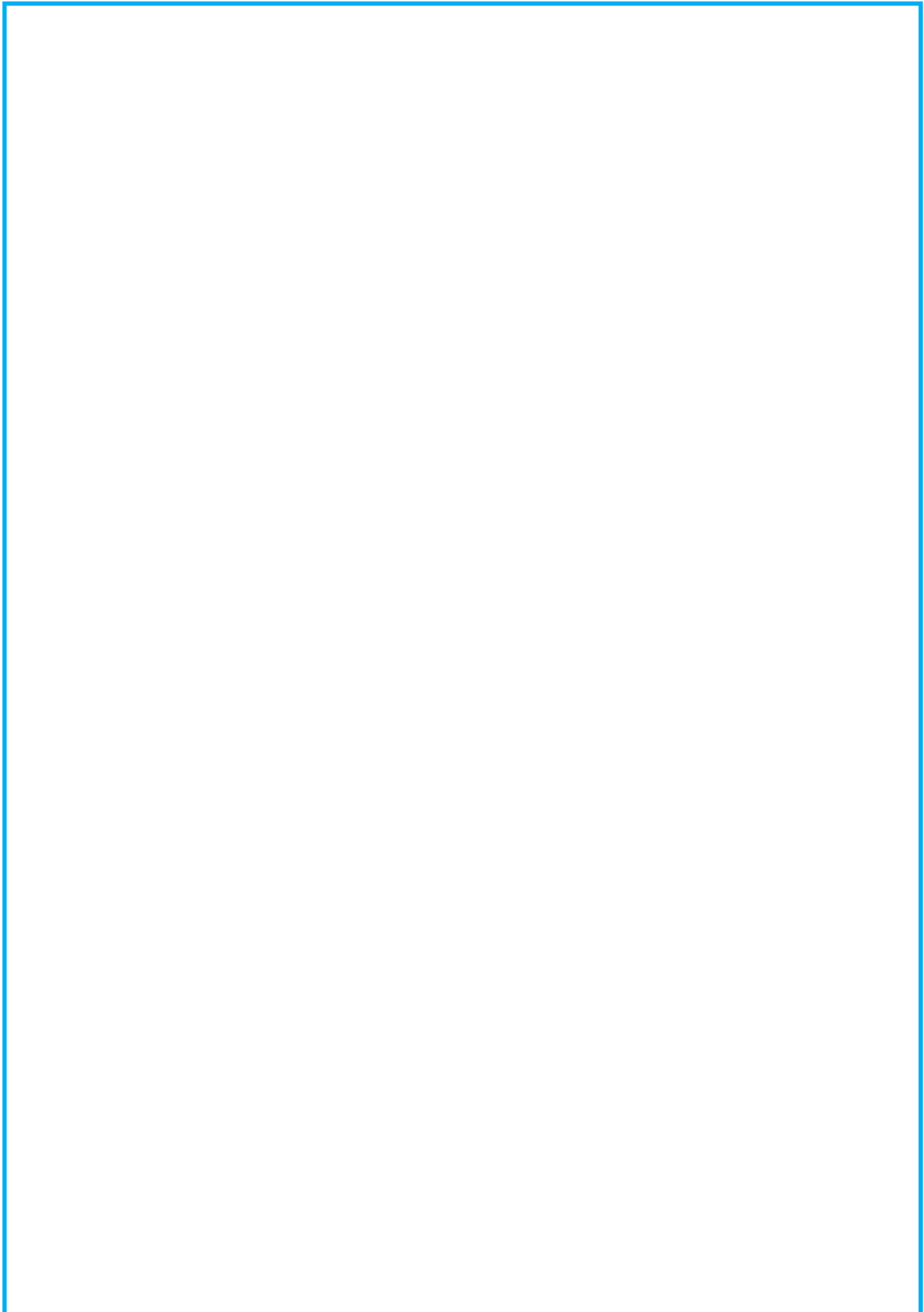
A large empty rectangular box with an orange border, intended for writing a poem.





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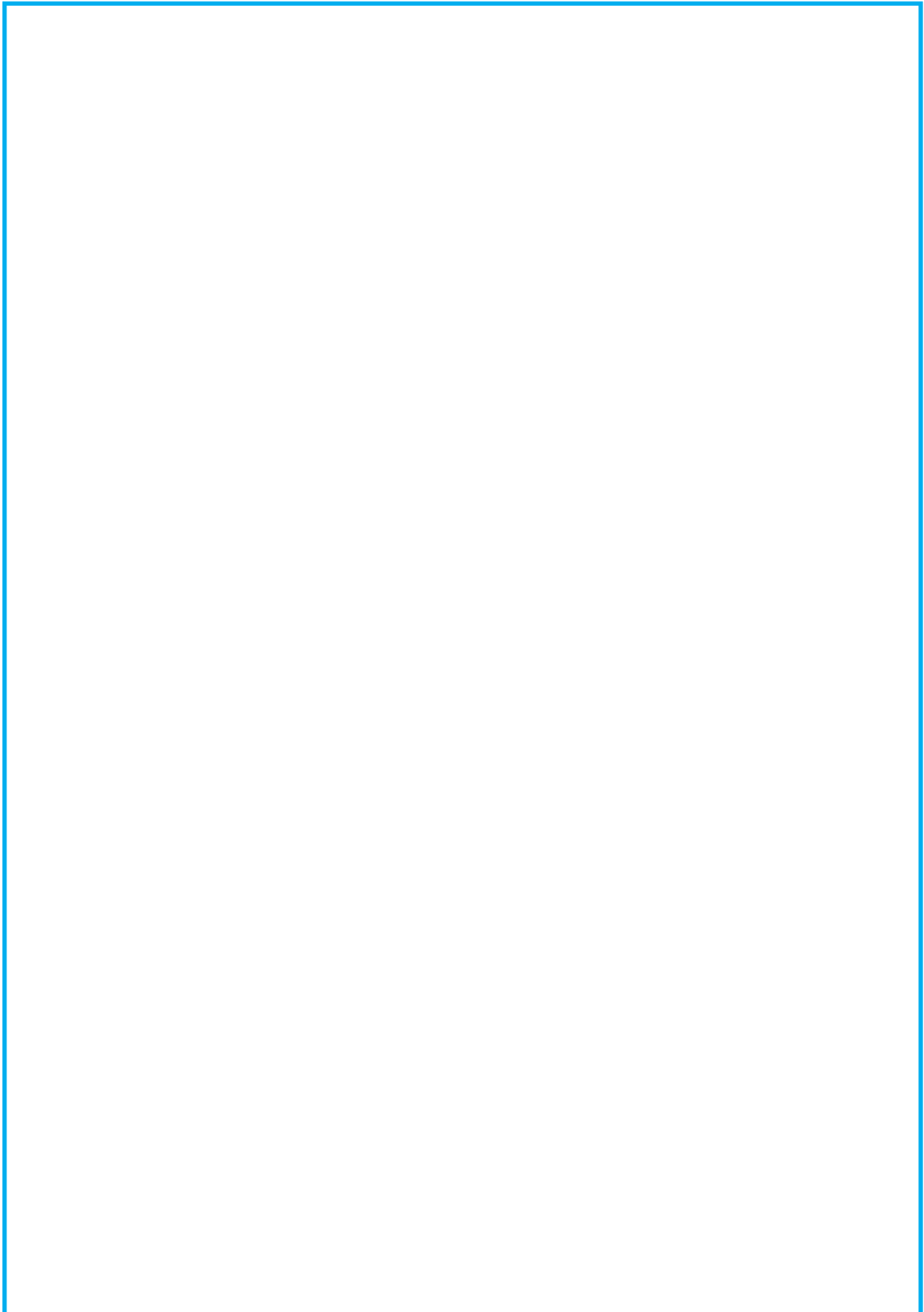
Resource sheet 11a
**My life before
things changed**





**Give us
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Resource sheet 11b
**My life after
things changed**





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Resource sheet 12a Feelings charades/ bingo cards

These should be photocopied on to card and cut up into individual cards.

Mad	Excited	Frightened
Terrified	Petrified	Scared
Shocked	Horrified	Devastated
Disappointed	Anxious	Nervous
Confused	Guilty	Tearful
Embarrassed	Tense	Angry
Afraid	Unhappy	Upset
Hurt	Relaxed	Grumpy



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Resource sheet 12b
**Feelings charades/
bingo cards**

Worried	Ashamed	Uptight
Depressed	Calm	Insecure
Mortified	Crushed	Bold
Ecstatic	Joyous	Playful
Cheeky	Elated	Thrilled
Mournful	Inconsolable	Despairing
Sombre	Broken- hearted	Lonely
Lost	Abandoned	Friendless



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Resource sheet 12c
**Feelings charades/
bingo cards**

Miserable	Dejected	Down In The Dumps
Bothered	Troubled	Concerned
Fearful	Uneasy	Fretful
Responsible	Humiliated	To Blame
Self-Conscious	Uncomfortable	Distressed
Gloomy	Snappy	Irritable
Cross	Bad-tempered	Annoyed
Livid	Baffled	Puzzled



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Resource sheet 12d
**Feelings charades/
bingo cards**

Timid	Bewildered	Surprised
Pleased	Aggressive	Bored
Thoughtful	Satisfied	Proud
Jolly	Wonderful	Fed Up
Glad	Relieved	Stunned
Amazed	Agitated	