



**Give us  
a break!**

**Resource sheet 13a,b**  
**Feelings bingo boards**

These should be photocopied onto card and cut up into boards each containing 12 words/phrases

**13a**

<b>Thoughtful</b>	<b>Snappy</b>	<b>Jolly</b>
<b>Stunned</b>	<b>Lost</b>	<b>Miserable</b>
<b>Angry</b>	<b>Afraid</b>	<b>Depressed</b>
<b>Worried</b>	<b>Tearful</b>	<b>Bothered</b>

**13b**

<b>Down in the dumps</b>	<b>Joyous</b>	<b>Apprehensive</b>
<b>Devastated</b>	<b>Ecstatic</b>	<b>Mad</b>
<b>Surprised</b>	<b>Relieved</b>	<b>Depressed</b>
<b>Annoyed</b>	<b>Frightened</b>	<b>Inconsolable</b>



**Give us  
a break!**

**Resource sheet 13c,d**  
**Feelings bingo boards**

These should be photocopied onto card and cut up into boards each containing 12 words/phrases

**13c**

<b>Miserable</b>	<b>Thrilled</b>	<b>Friendless</b>
<b>Puzzled</b>	<b>Pleased</b>	<b>To blame</b>
<b>Guilty</b>	<b>Baffled</b>	<b>Dejected</b>
<b>Petrified</b>	<b>Mad</b>	<b>Relaxed</b>

**13d**

<b>Despairing</b>	<b>Crushed</b>	<b>Jolly</b>
<b>Thoughtful</b>	<b>Surprised</b>	<b>Depressed</b>
<b>Glad</b>	<b>Upset</b>	<b>Grumpy</b>
<b>Thrilled</b>	<b>Miserable</b>	<b>Ecstatic</b>



**Give us  
a break!**

**Resource sheet 13e,f**  
**Feelings bingo boards**

These should be photocopied onto card and cut up into boards each containing 12 words/phrases

**13e**

<b>Mortified</b>	<b>Ashamed</b>	<b>Cheeky</b>
<b>Wonderful</b>	<b>Confused</b>	<b>Devastated</b>
<b>Hurt</b>	<b>Proud</b>	<b>Snappy</b>
<b>Uncomfortable</b>	<b>Cross</b>	<b>Excited</b>

**13f**

<b>Fed up</b>	<b>Pleased</b>	<b>Amazed</b>
<b>Bad-tempered</b>	<b>Mortified</b>	<b>Broken-hearted</b>
<b>Miserable</b>	<b>Ashamed</b>	<b>Worried</b>
<b>Afraid</b>	<b>Grumpy</b>	<b>Insecure</b>



**Give us  
a break!**

**Resource sheet 13g,h**  
**Feelings bingo boards**

These should be photocopied onto card and cut up into boards each containing 12 words/phrases

**13g**

<b>Disappointed</b>	<b>Shocked</b>	<b>Terrified</b>
<b>Bothered</b>	<b>Gloomy</b>	<b>Fed up</b>
<b>Troubled</b>	<b>Lonely</b>	<b>Wonderful</b>
<b>Amazed</b>	<b>Uneasy</b>	<b>Abandoned</b>

**13h**

<b>Joyous</b>	<b>Worried</b>	<b>Embarrassed</b>
<b>Tense</b>	<b>Friendless</b>	<b>Cross</b>
<b>Baffled</b>	<b>Down in the dumps</b>	<b>Bored</b>
<b>Concerned</b>	<b>Thrilled</b>	<b>Calm</b>



**Give us  
a break!**

**Resource sheet 14a**  
**Things you can change**



**Give us  
a break!**

**Resource sheet 14b**  
**Things you cannot change**

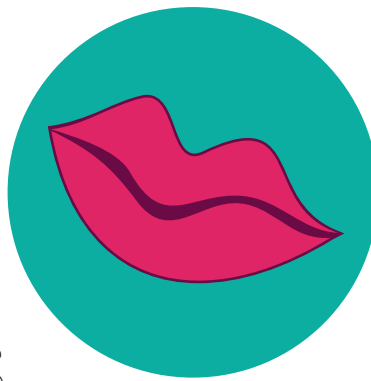
# Give us a break!

## Resource sheet 14c

These 2 pages should be copied, cut into individual pictures and placed in an envelope. There should be a set for each group member.



Parent's job



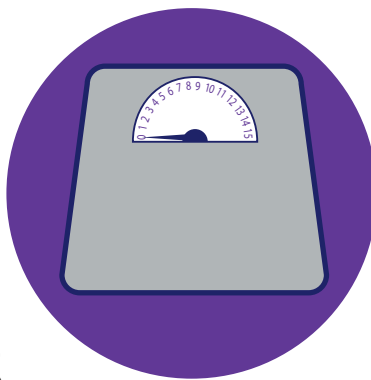
Your appearance



Death



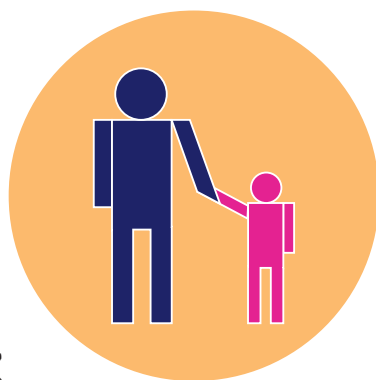
Clothes



Your weight



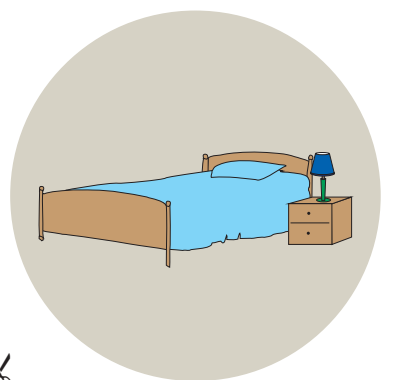
Moving from primary to secondary school



Divorce



Family



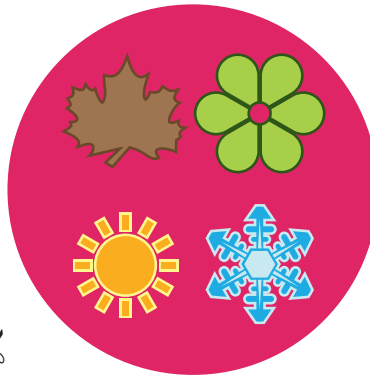
Your bedroom

# Give us a break!

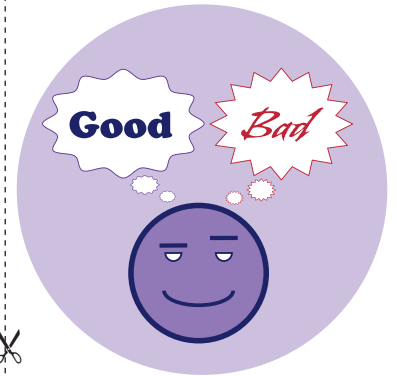
## Resource sheet 14d



The way you feel



Seasons



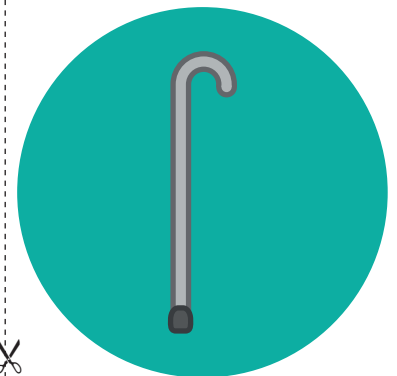
Behaviour



Friends



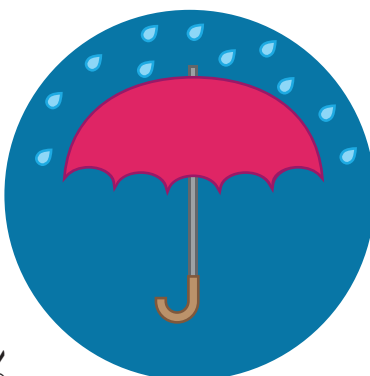
Day and night



Growing old



Moving house



Weather



Hobbies



**Give us  
a break!**

**Resource sheet 15**  
**My ideal tomorrow**



**Describe your ideal tomorrow:**

A large, empty rectangular box with a thin yellow border. It is positioned below the text 'Describe your ideal tomorrow:' and is intended for the user to write their response.

	1	2	3	4	5
What did you notice?					
Where were you?					
Who were you with?					
What were you doing?					
What day and time was it?					



**Resource sheet 16**  
**Noticing task**



**Give us  
a break!**

## **Resource sheet 17**

### **Mental relaxation**

1. Make yourself comfortable, lying or sitting down.
2. Begin by clenching your right hand into a tight fist and at the same time taking a deep breath, take a really deep breath and hold it – feel the tension in your right hand and forearm and in your lungs – hold your breath – feel all the tension – and breathe out and relax your hand and feel your body relax. Close your eyes and relax comfortably – feel heavy, warm and relaxed, without any effort.
3. Let your whole body relax more and more deeply as you breathe smoothly and slowly, using your stomach. Feel yourself becoming more heavy, relaxed and warm each time you breathe out slowly and smoothly using your stomach.
4. Relax your muscles deeply as I name the different parts of your body.
5. Relax your forehead; your face; your eyebrows; your eyelids are heavy and relaxed; relax your mouth; your tongue and your jaw.
6. The more you relax, the heavier your body will become. All your muscles become heavier and heavier – a feeling of warmth and heaviness is spreading throughout your whole body.
7. Relax your neck; let your shoulders drop and feel heavy, warm and relaxed.
8. Let the relaxation spread to your arms, all the way out to the tips of your fingers.
9. Let it spread through your back and lower part of your body. Notice the feeling of complete relaxation. Breathe smoothly and slowly from your stomach, feeling more heavy, limp and slack each time you breathe out slowly and smoothly from your stomach.
10. Let all thoughts and noises drift through your mind like passing clouds. Nothing disturbs your deep relaxation – there is nothing that makes you feel worried or uneasy. Everything feels calm and peaceful.



**Give us  
a break!**

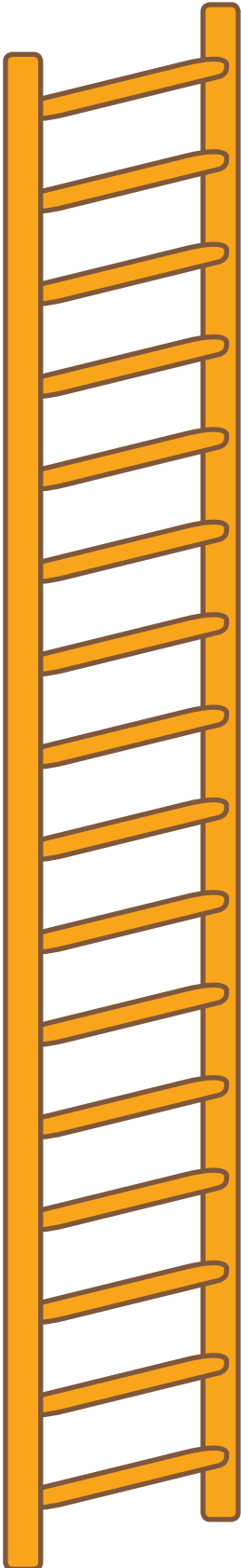
## **Resource sheet 17**

### **Continued**

11. Notice how heavy and relaxed your body has become. When your body is completely relaxed you cannot be bothered to move a single muscle.
12. Continue to breathe slowly and smoothly, using your stomach. Each time you breathe out, you feel as if you are sinking down deeper and deeper. It feels good to let things drift through your mind like passing clouds – and to let yourself drift deeper into a heavy, warm and comfortable feeling of relaxation.
13. Continue to relax on your own for a while (2 minute pause).
14. Now you can listen to me again. Each time you relax like this you will find that it becomes easier and quicker for you to relax more deeply. You will notice that this type of relaxation gives you complete rest, both physically and mentally. After each session you will feel rested, calm and alert.
15. 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.

**Give us  
a break!**

**Resource sheet 18a**  
**Goals ladder**



10. \_\_\_\_\_  
\_\_\_\_\_  
9. \_\_\_\_\_  
\_\_\_\_\_  
8. \_\_\_\_\_  
\_\_\_\_\_  
7. \_\_\_\_\_  
\_\_\_\_\_  
6. \_\_\_\_\_  
\_\_\_\_\_  
5. \_\_\_\_\_  
\_\_\_\_\_  
4. \_\_\_\_\_  
\_\_\_\_\_  
3. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_  
1. \_\_\_\_\_  
\_\_\_\_\_



**Give us  
a break!**

## Resource sheet 18b Goal setting

Where are you on the goals ladder, if your ideal future is at step 10?

---

---

What could you do to move towards the next rung on the ladder?

List some possible solutions:

Choose one task and write it here:

---

---

List how you will know if you have succeeded in your task:



**Give us  
a break!**

## Resource sheet 19

### Relaxation - “The secret room”

1. Make yourself comfortable and relax in a seated position, breathing slowly and smoothly using your stomach.
2. Close your eyes and imagine you are back at home in your own bedroom. Try to see your bedroom as clearly as possible. What is on the walls? What things can you see as you look around the room as if someone was looking at it for the first time?
3. Suddenly as you are looking around your room, you see a handle that you've never seen before, then a door. A new door has appeared on one wall of your room.
4. You approach this door and put your hand on the handle and are aware of the temperature of the handle and how it feels.
5. When you open the door slowly you find yourself in a new room, one you have never seen before. The room has some windows at the far end. Have a look around this room which has a warm and friendly atmosphere (pause).
6. Now decide how you can make this room just the way you would like it. Nothing is too outrageous. Use your imagination to create a room that is entirely yours.

Decide on the light you would like in the room. Will it be natural light, sunshine or another form of lighting? Decide where the windows should be and how many you want. How big is your room? It can be as big as a football field if you wish. Just make it happen the way you would like it to happen.

How would you like your room decorated? Carpets? Paint? Just see it done the way you would like. Posters? Music? Listen for it and you will hear the music you like. Be as daring as you can be. Make this room really yours, unmistakably yours, the way you would like it.

You can have anything from outside in your room if you like; waterfalls, trees, rivers, the choice is yours. You can choose exactly what you want to see from your windows. Mountains? Forests? Loch? There are absolutely no limits on the way you can shape this secret room to your own personality.



**Give us  
a break!**

## **Resource sheet 19** **Continued**

7. Once you've finished shaping your secret room, sit back on a chair or whatever you want to sit back on and enjoy the creation of your own imagination (pause). As you relax, decide how you will use your secret room. You could solve your problems here or just relax and be yourself completely (pause).
8. Now stand up and have a brief look around your secret room before you leave it. You can return when you want to relax and use the room in the ways you choose. Now close the door behind you as you find yourself back in your familiar room, nice and relaxed. Now stretch and take a few deep breaths as you open your eyes and feel fully alert and refreshed.
9. If pupils want to share their experiences in their secret room, they should be encouraged to do so.



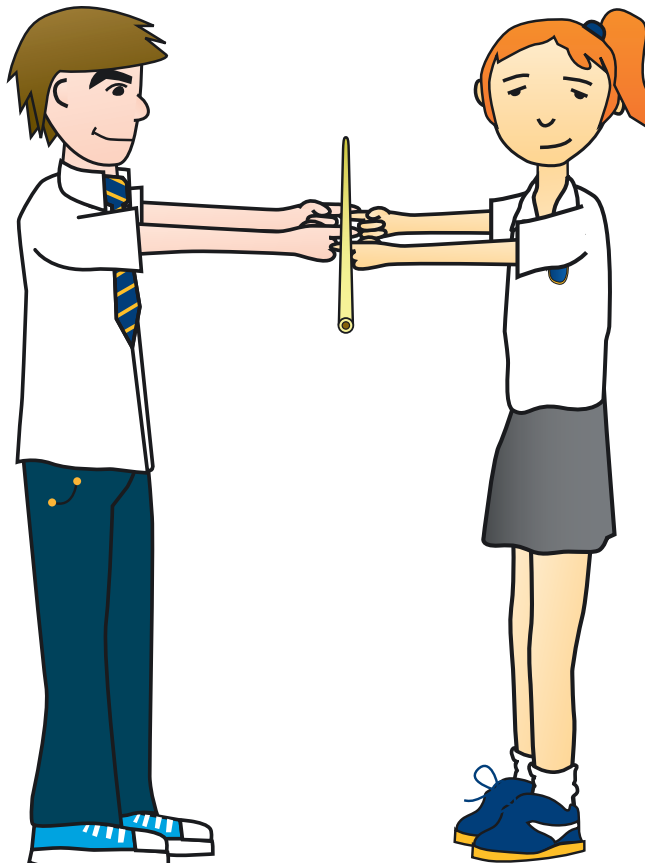
# Give us a break!

## Resource sheet 20 Helium stick

You will need a thin stick about 1.5-2.0 metres in length.  
A thin piece of dowelling or a garden cane is ideal.

- The group forms two lines facing each other about 50 cms apart. An odd number doesn't matter.
- They extend their hands towards each other with forefingers outstretched. Palms face down or inwards – not up.
- When all forefingers are in line the stick is placed on top of them.
- The group is instructed to work together to lower the stick to the floor.
- There is only one rule: everyone must keep both fingers in contact with the stick at all times.

(What happens is that the stick inexplicably rises up instead of going down. After a few attempts ask the group to try and think of a strategy that might help. In the discussion that follows ask the group which strategy worked best/worst and why they think this is.)





**Give us  
a break!**

**Resource sheet 21**  
**What I've achieved**



**What I am most proud of:**



**What I did that I didn't think I could do:**



**Give us  
a break!**

## **Resource sheet 22**

### **Trust game**

Place two chairs at either end of the room and clear the space of any obstacles.

Ask for two volunteers – one to be a ‘Guide’ and the other a ‘Follower’.

Seat the ‘Follower’ on one chair and place a blindfold over their eyes.

The aim is for the ‘guide’ to walk the ‘follower’ to the other side of the room and seat them safely.

The ‘guide’ should lead the ‘follower’ using only touch (arm to arm; finger to finger) OR only verbal calls (forward/back; left/right; up/down).

The remaining group members should use themselves and/or ‘safe’ objects to create an obstacle course.

Everyone in the group should be allowed to have a turn.

### **Adaptations**

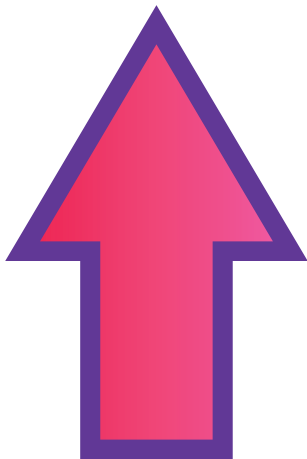
In pairs, in a clear space, ‘guides’ and ‘followers’ should be decided. ‘Followers’ should close their eyes. ‘Guides’ should travel around the room with their ‘follower’, using only touch, keeping them safe. The ‘follower’ must follow the ‘guides’ every move. After a period, pairs should switch roles to allow everyone the opportunity to guide/follow.

# Give us a break!

[www.giveusabreak.org.uk](http://www.giveusabreak.org.uk)

1 2 3 4 5 6 7 8 9 10





**Give us  
a break!**

This certificate is presented to

for taking part in a  
***Give us a break!***  
group with other young people



Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**WE ARE  
MACMILLAN.**  
CANCER SUPPORT

**NHS**  
Lanarkshire

**SOUTH  
LANARKSHIRE  
COUNCIL**