



# **Resource B**

## **B1: Activity - what makes us who we are? (1 of 2)**

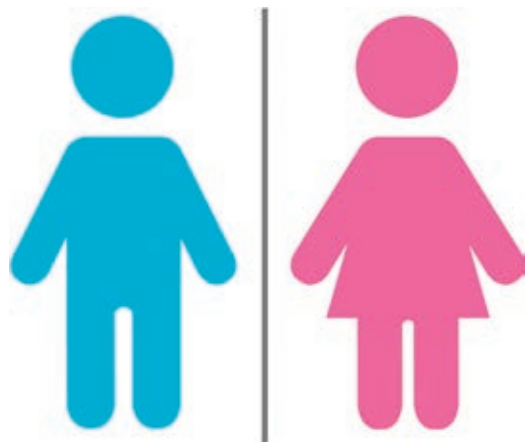
**How we are born**

## **B1: Activity - what makes us who we are? (2 of 2)**

**What happens to us**

## B2: Contributing factor cards (1 of 3)

Male or female



Where we live



Impulsivity



Things that we are told by others



Learning disability



How people respond to our feelings –  
“big boys don’t cry”,  
“don’t be silly, you’re not scared”





## B2: Contributing factor cards (2 of 3)

Risk taking



Emotional sensitivity



The way others treat us



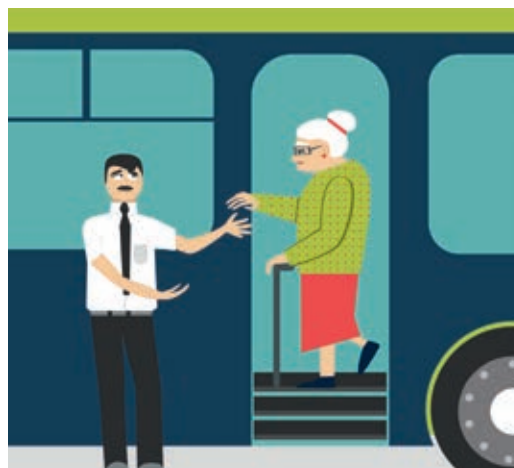
Family



Bullying

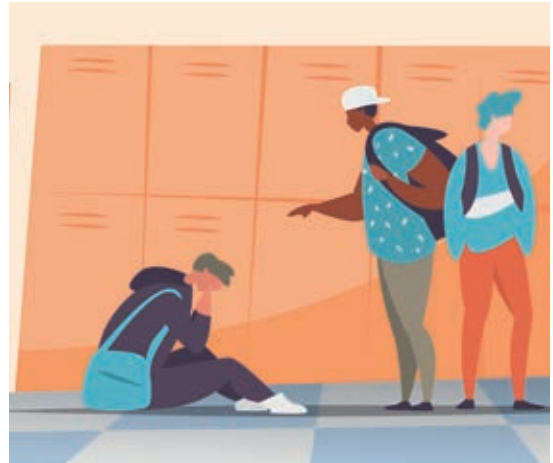


The way that we see people treat others

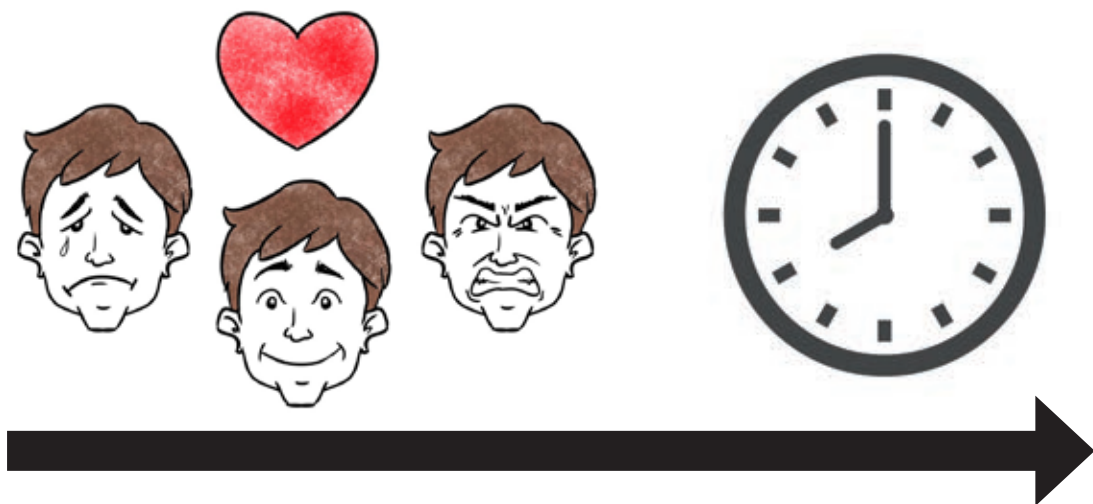


## B2: Contributing factor cards (3 of 3)

Being bullied at school



having feelings that last a long time



feelings that seem to hit you like a ton of bricks



### B3: Thought symbol (Option A)

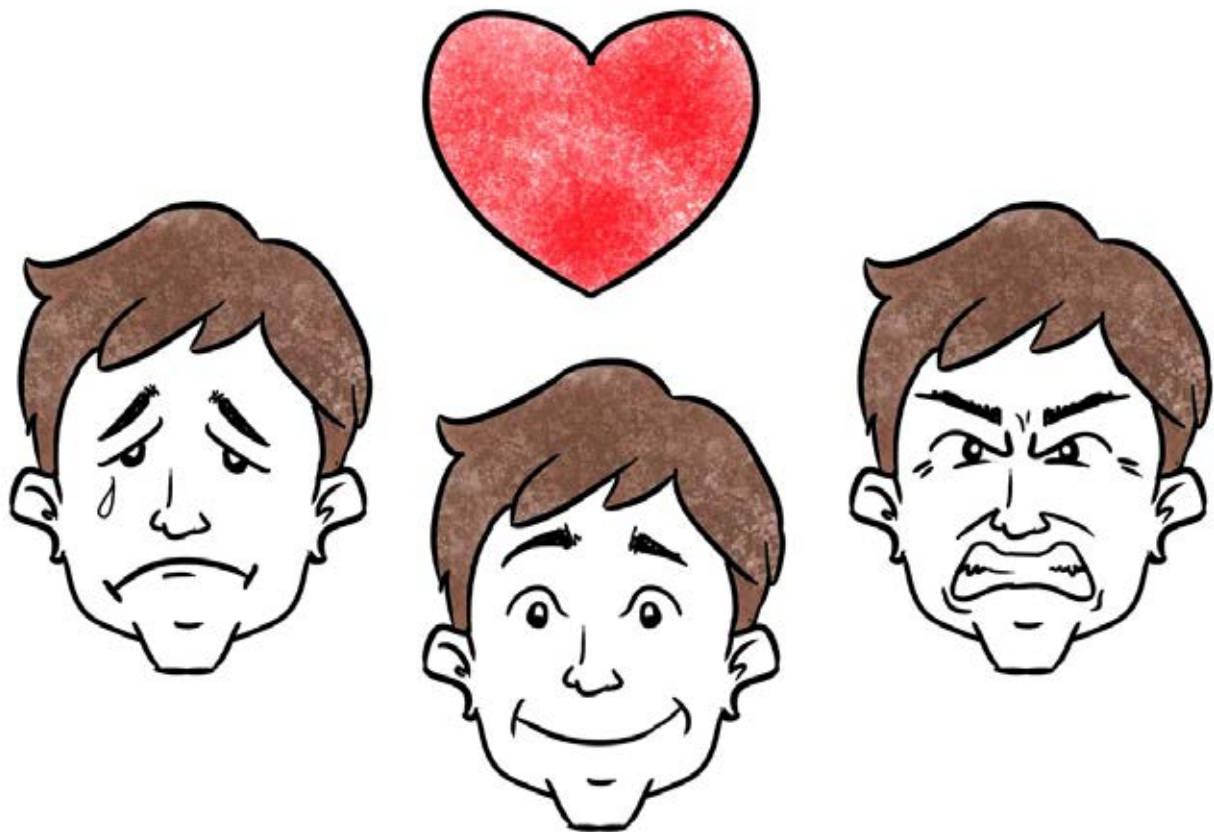


### B3: Thought symbol (Option B)

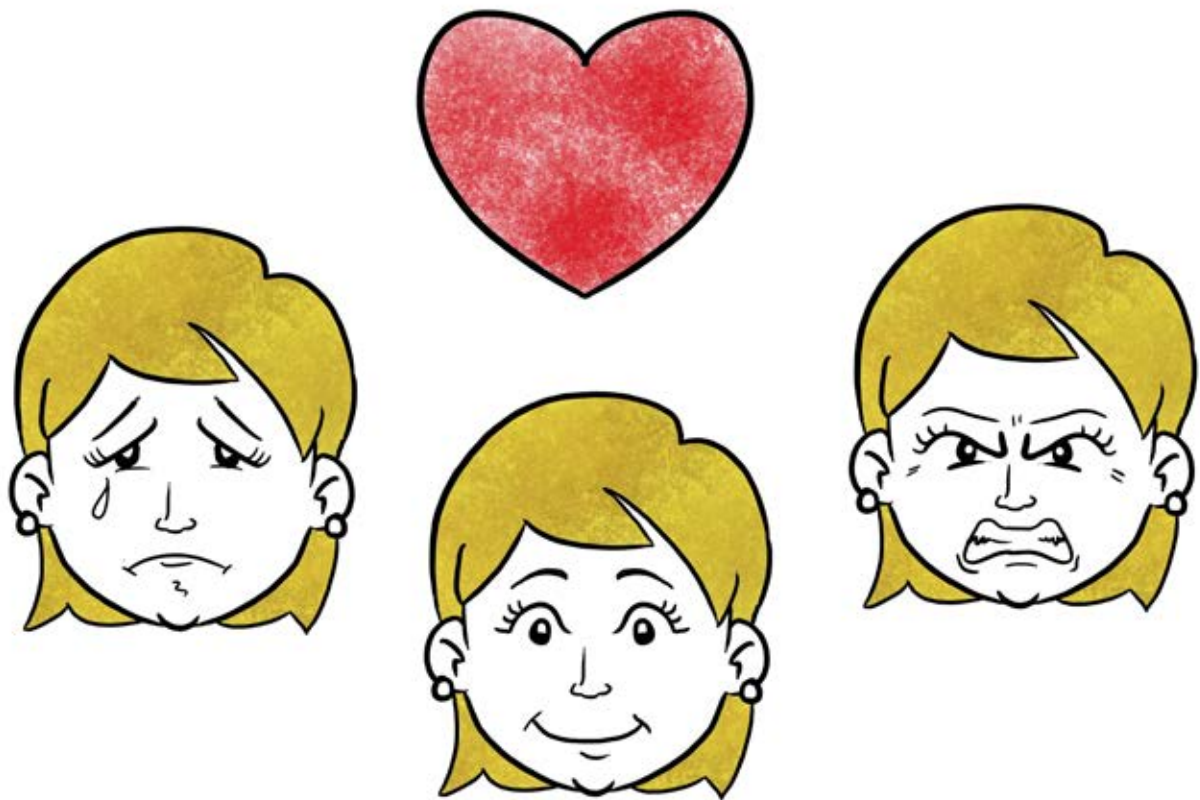




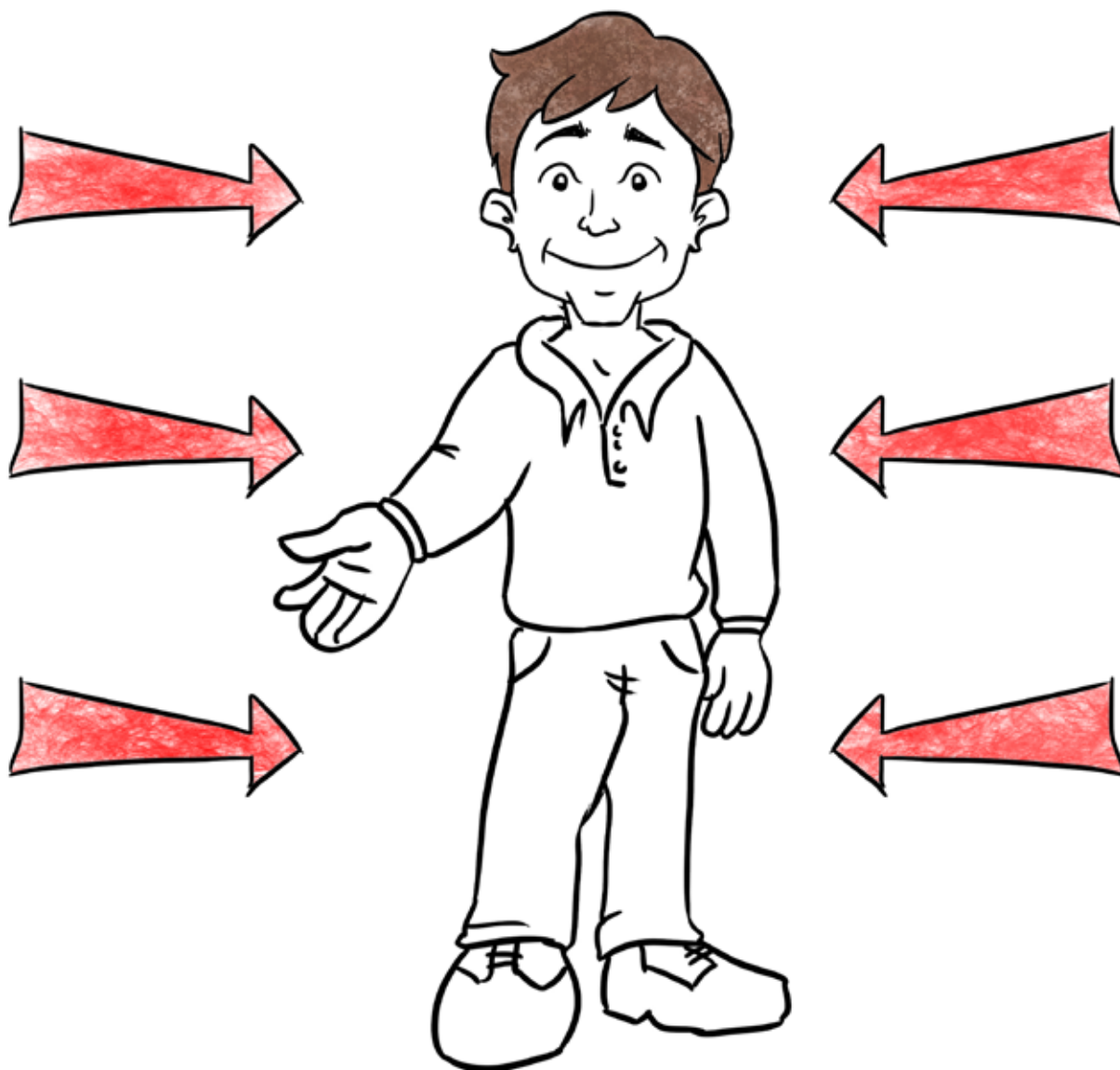
## B4: Feeling symbol (Option A)



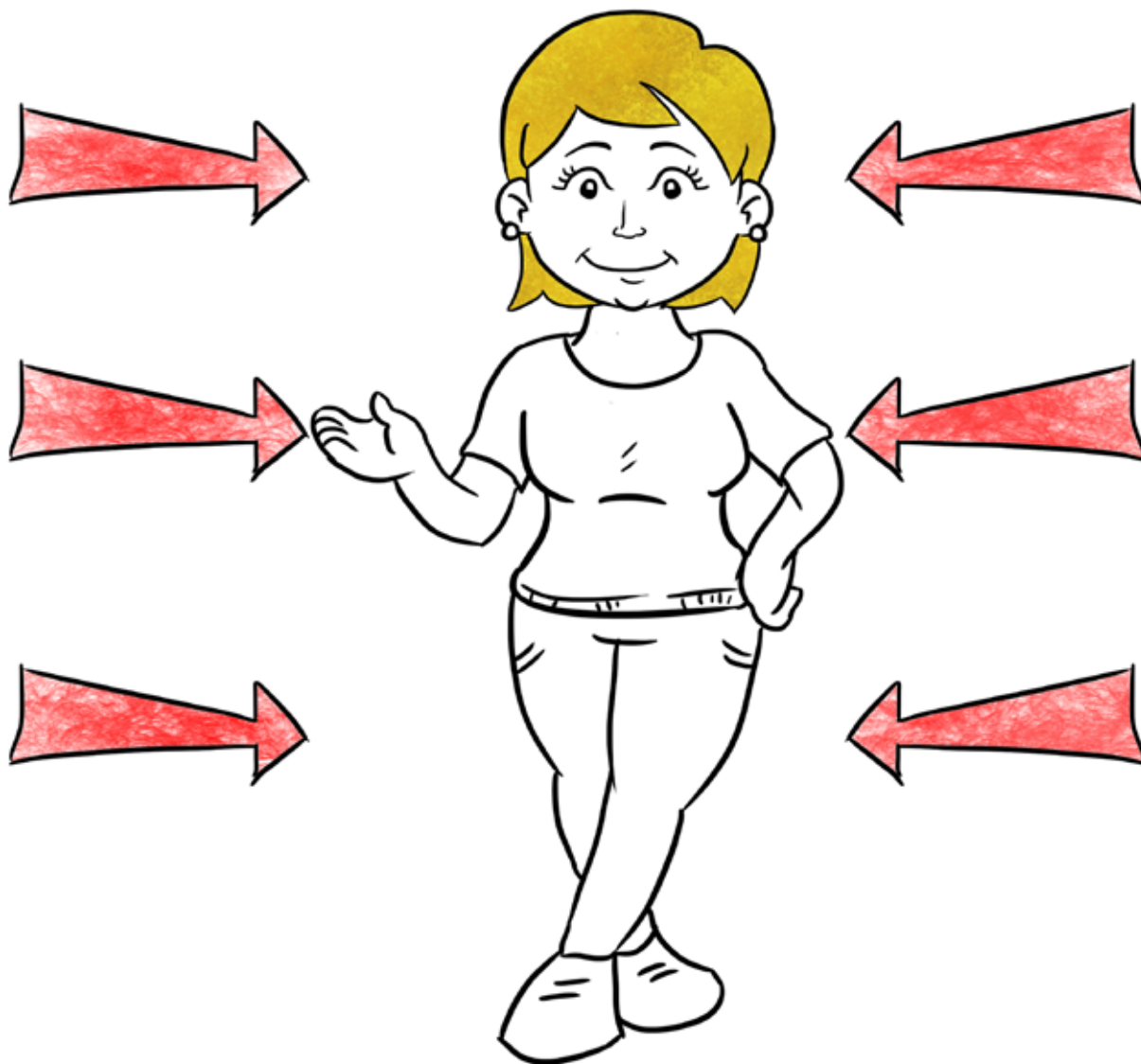
## B4: Feeling symbol (Option B)



## B5: Body feelings (Option A)



## B5: Body feelings (Option B)

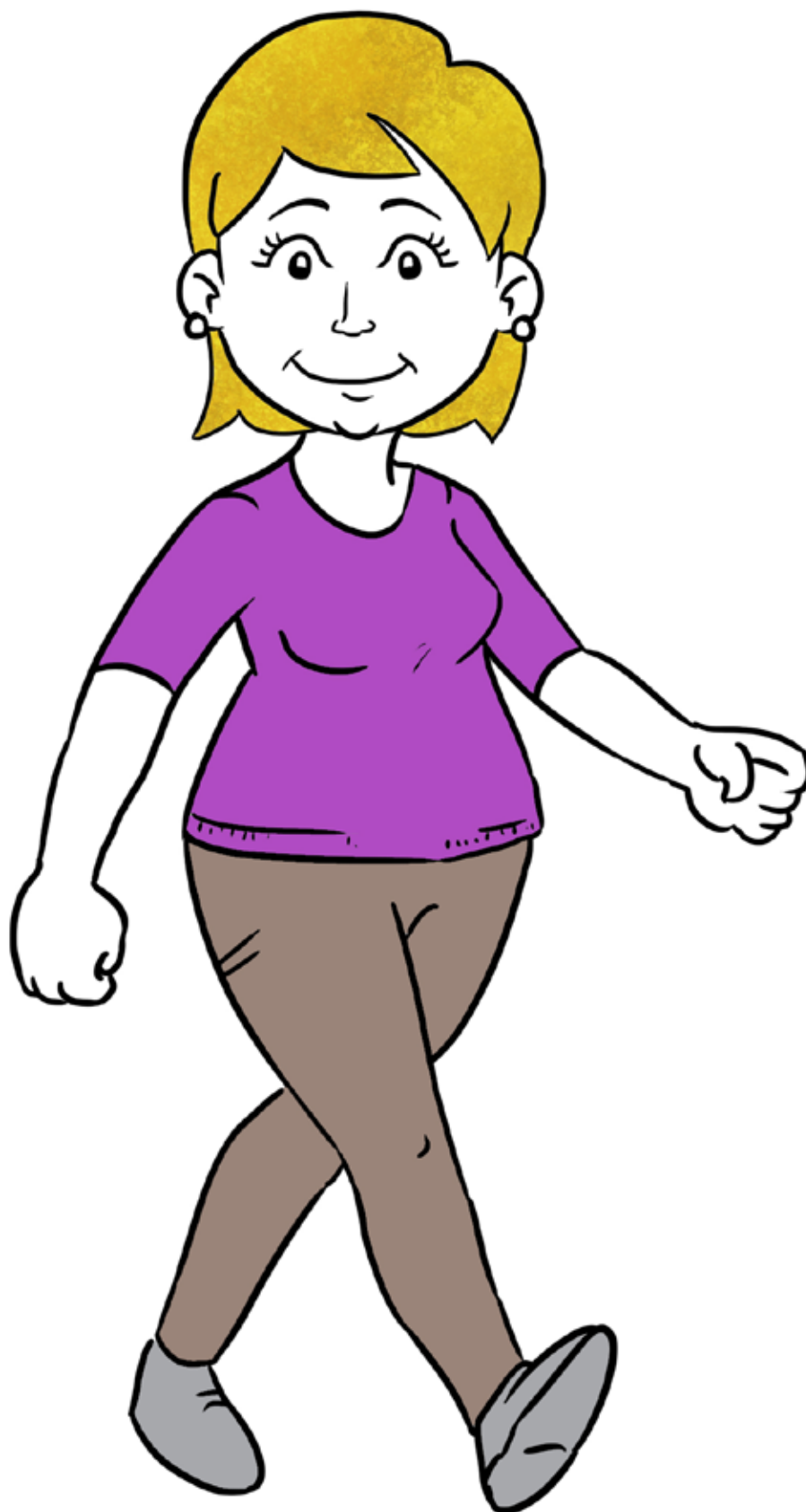












## B6: Action symbol (Option A)



## B6: Action symbol (Option B)



## B7: Feelings cue cards (Option A)

<b>Nervous</b> 	<b>Grumpy</b> 
<b>Scared</b> 	<b>Down</b> 
<b>Proud</b> 	<b>Upset</b> 
<b>Unsure</b> 	<b>Interested</b> 

**Excited**



**Surprised**



**Shocked**



**Frustrated**



**Bored**



**Embarrassed**



**Happy**



**Sad**





**Anxious**



**OK**



**Angry**



**Tired**



## B7: Feelings cue cards (Option B)

**Nervous**



**Grumpy**



**Scared**



**Down**



**Proud**



**Upset**



**Unsure**



**Interested**



**Excited**



**Surprised**



**Shocked**



**Frustrated**



**Bored**



**Embarrassed**



**Happy**



**Sad**



**Anxious**



**OK**



**Angry**

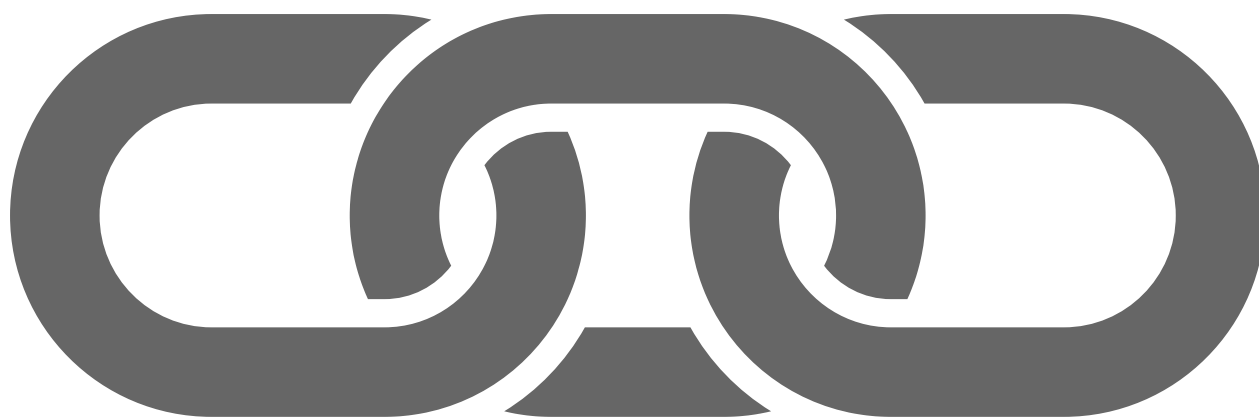


**Tired**

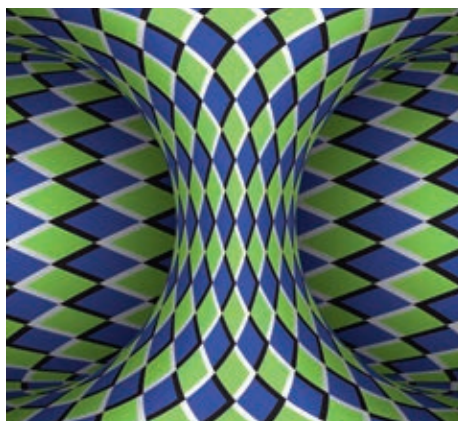




## B8: Chain resource

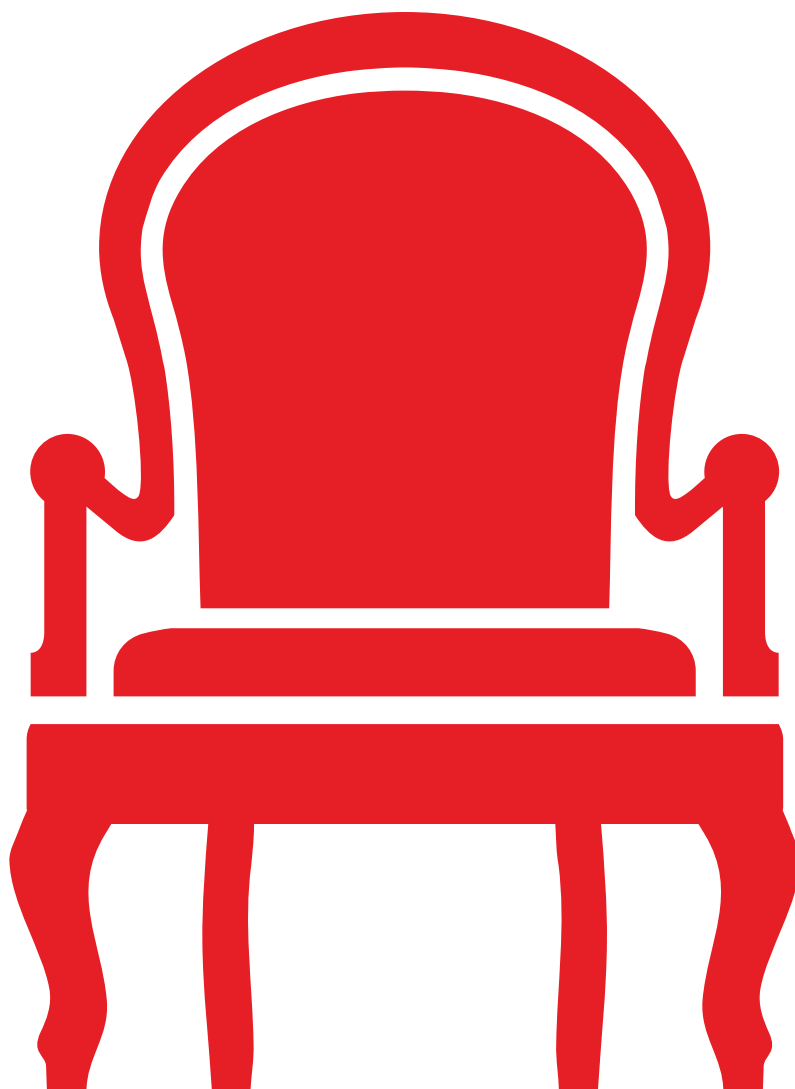


## B9: Mindfulness images

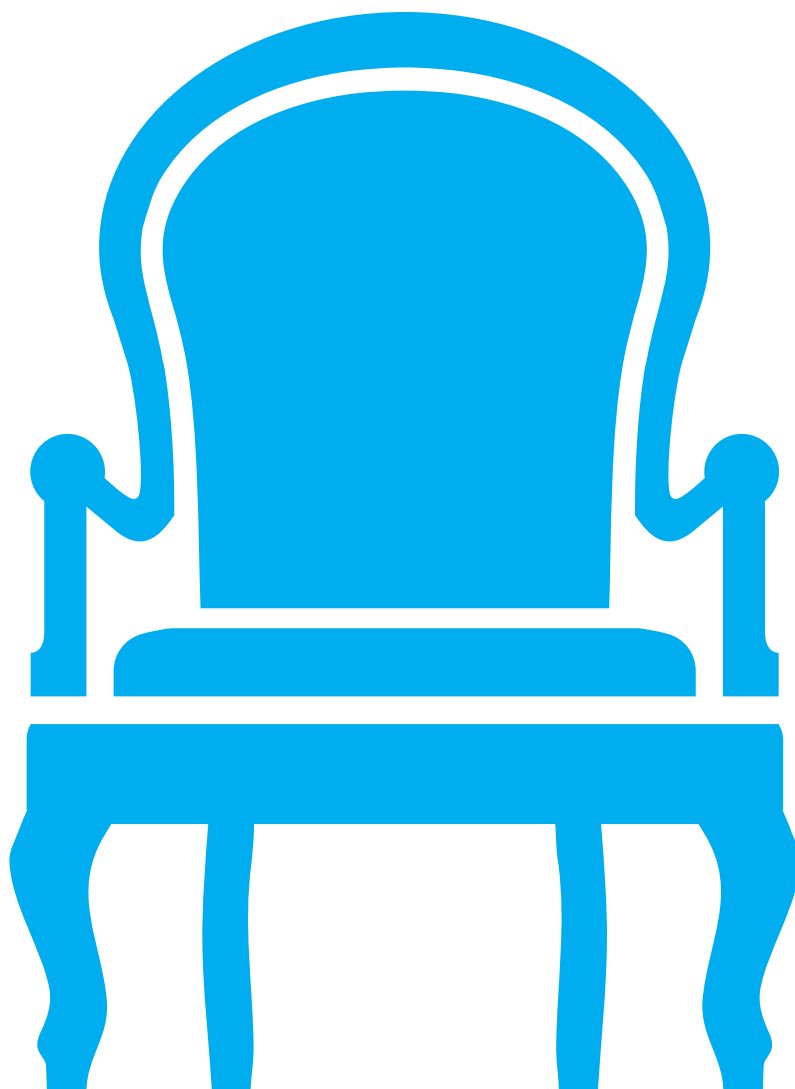


## **B10: Three chair role play**

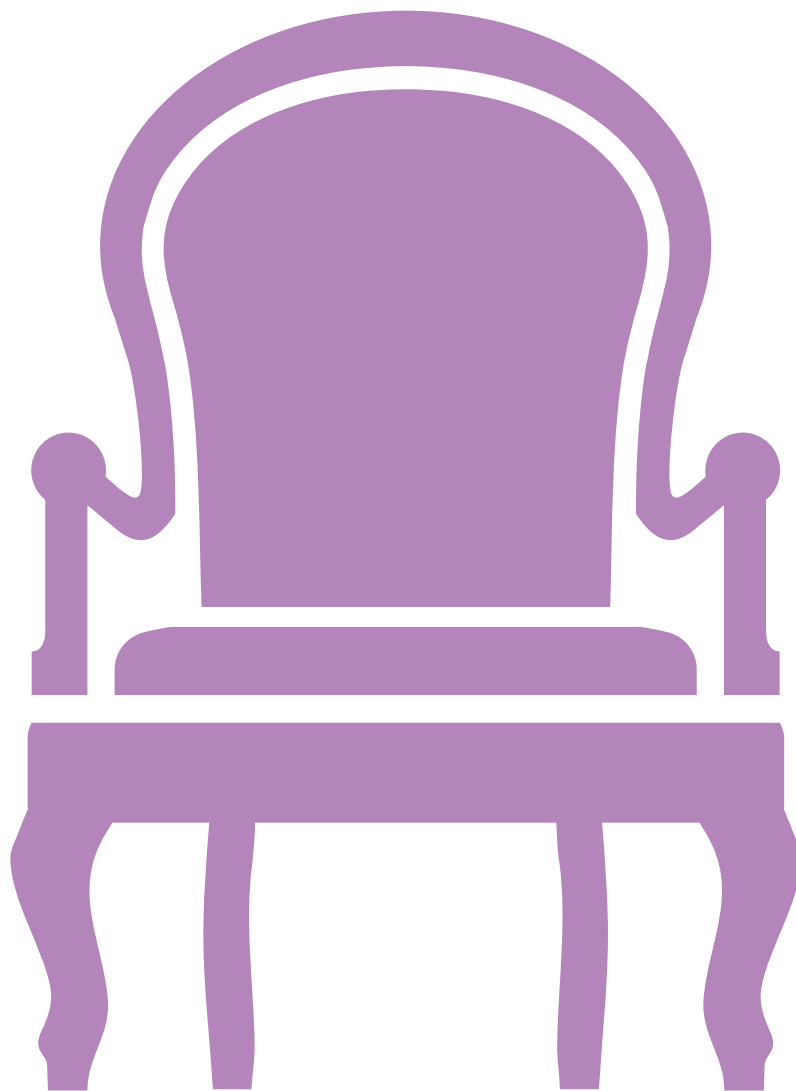
# **HOT**



# COLD

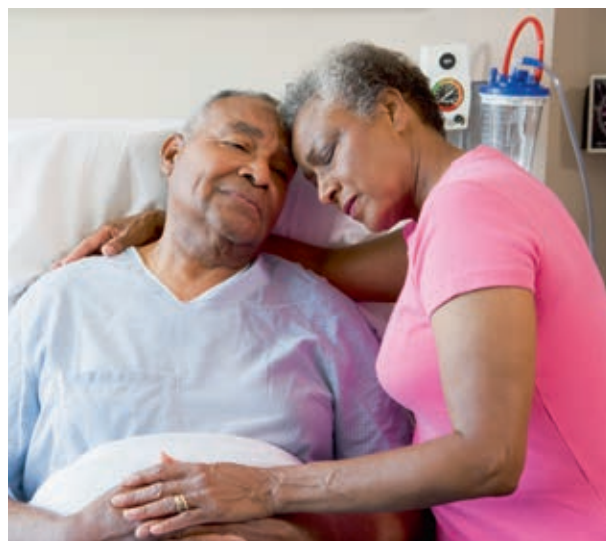


# WARM WISE



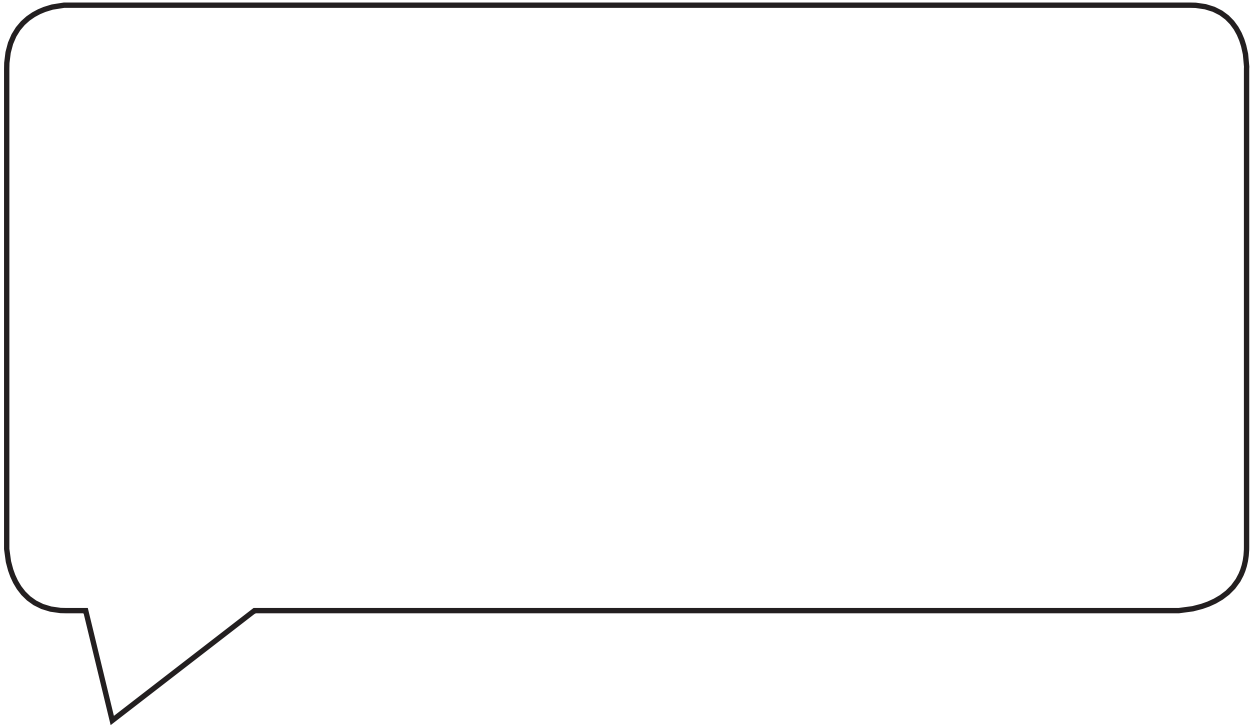


## B11: Action cue cards

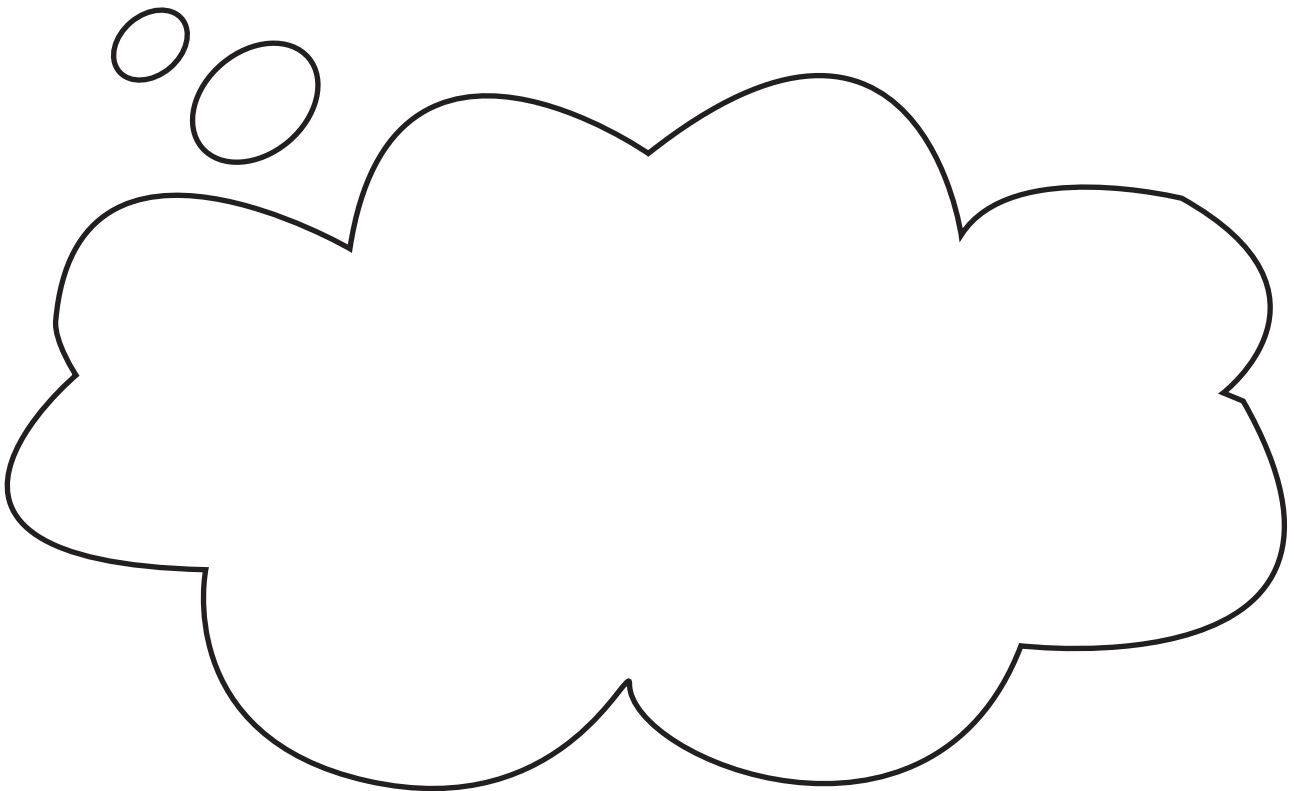


## B12: Fact or judgement symbols

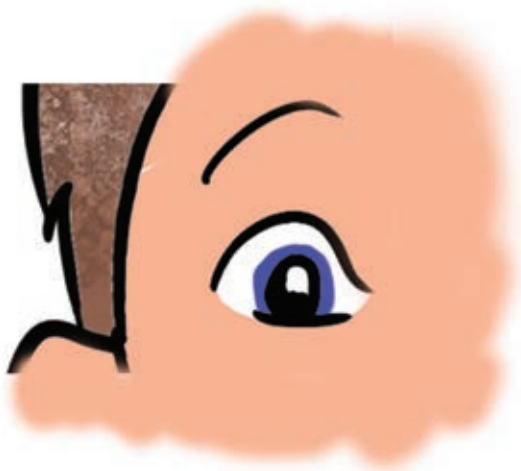
What do I see happening?

A large, empty speech bubble with a rectangular body and a pointed tail at the bottom left, intended for writing a response to the question above.

What do I think is happening?

A large, empty thought bubble with a cloud-like, irregular shape and two small circles leading to it from the top left, intended for writing a response to the question above.

## B13: What we do and how we do it



## B14: Body map (Option A)



## B14: Body map (Option B)



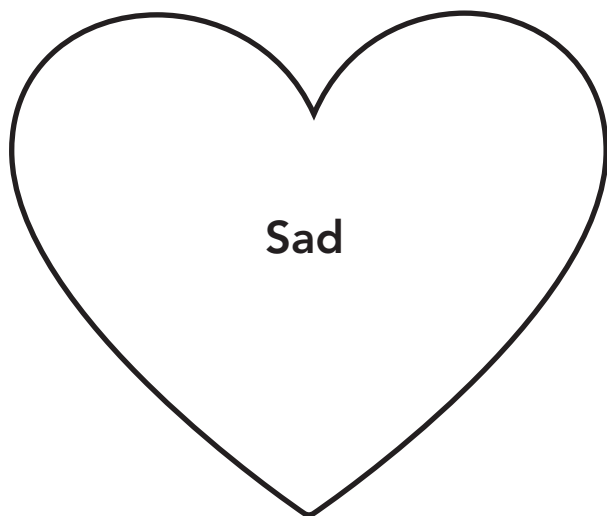
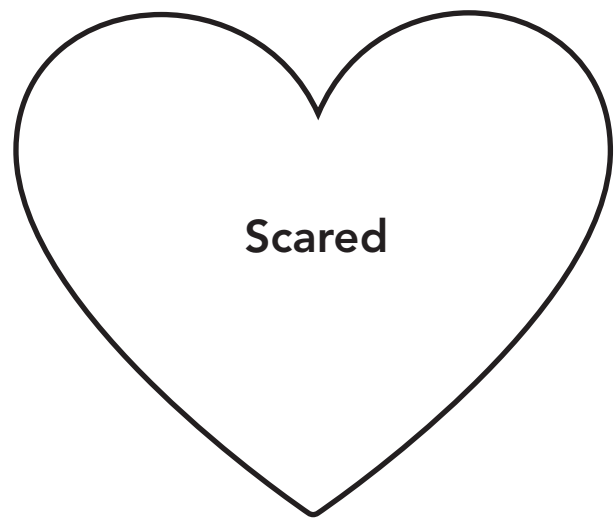
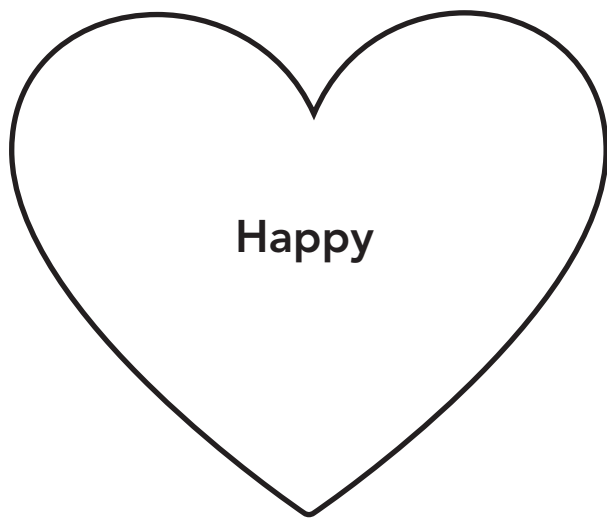


## **B15: Labels for body map**

### **Thoughts**



## Feelings



## Body feelings

shaking

sweating palms

tense

heavy

heart beating fast

dizzy

tight chest

hot

## Actions

shout

scream

run away

kick out

punch

cry

yawn

smile

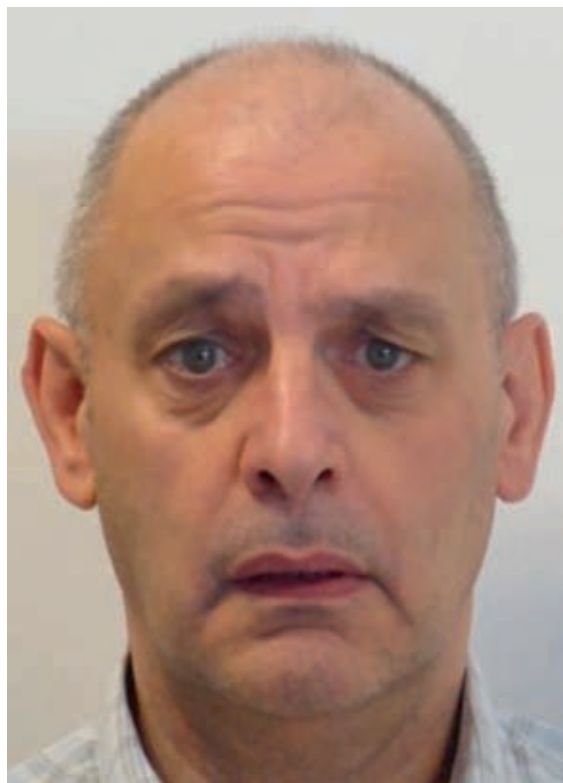
laugh

## **B16: Emotions cue cards (Option A)**

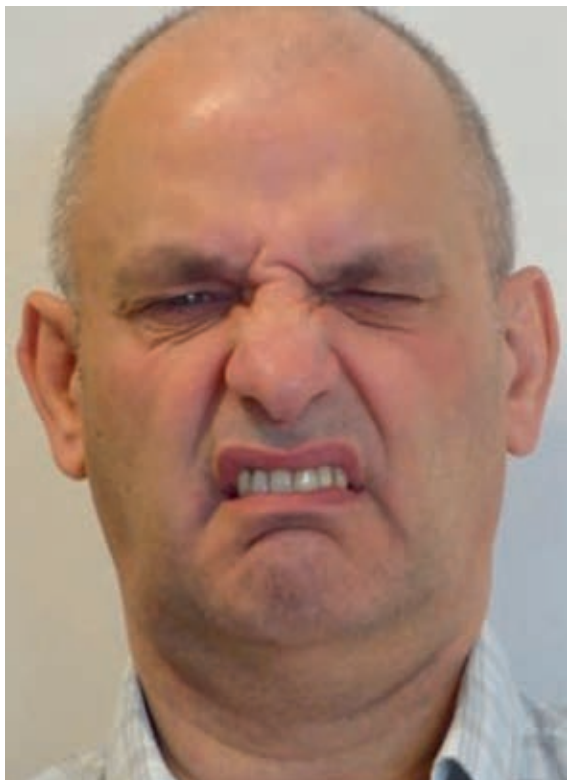
**Angry**



**Anxious**



**Disgusted**

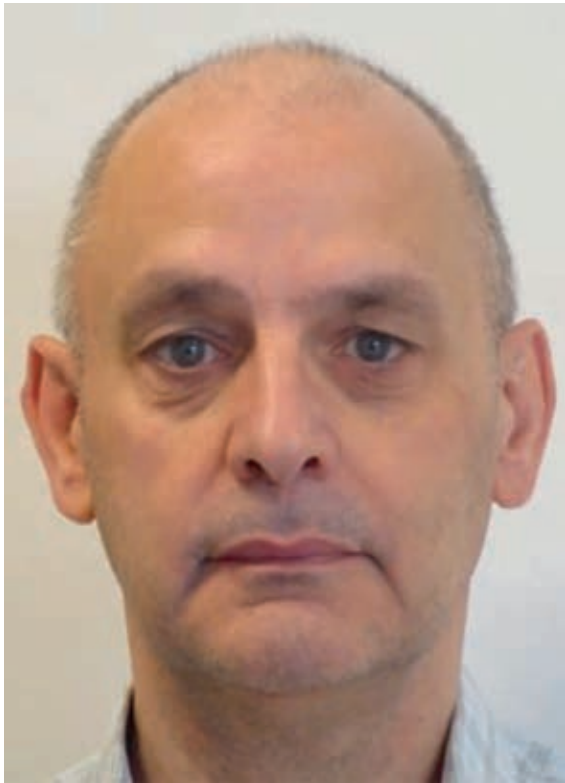


**Happy**

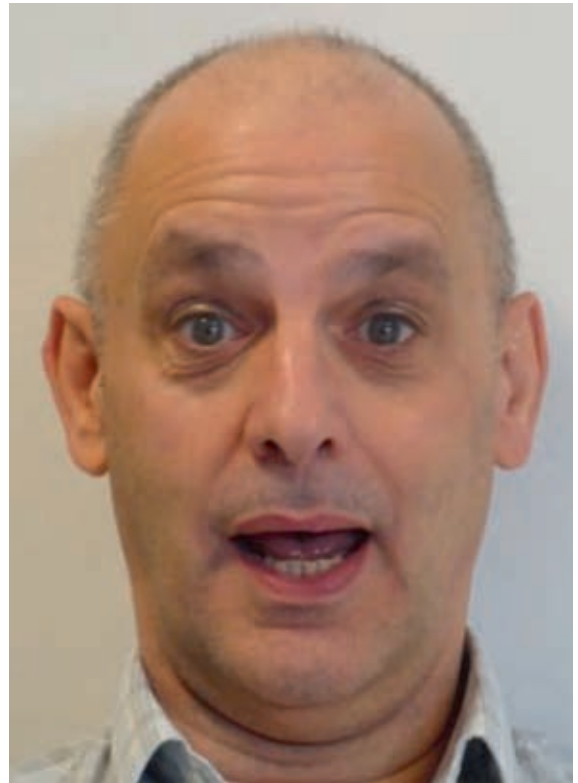




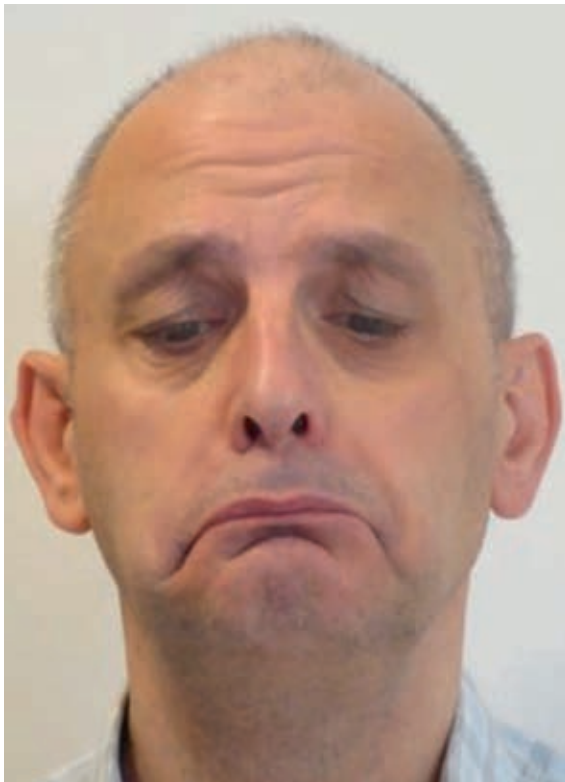
**Neutral**



**Surprised**



**Sad**



## B16: Emotions cue cards (Option B)

**Angry**



**Anxious**



**Disgusted**



**Happy**



**Neutral**



**Surprised**

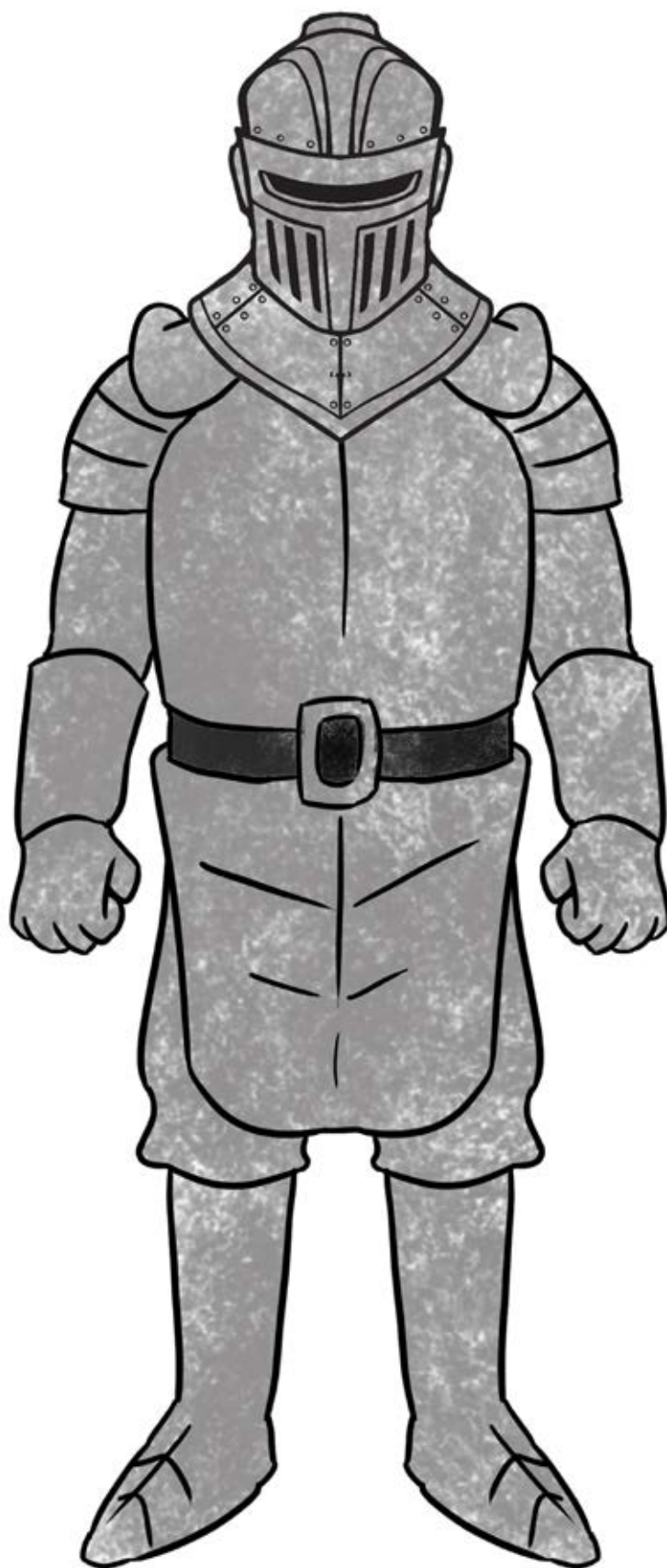


**Sad**

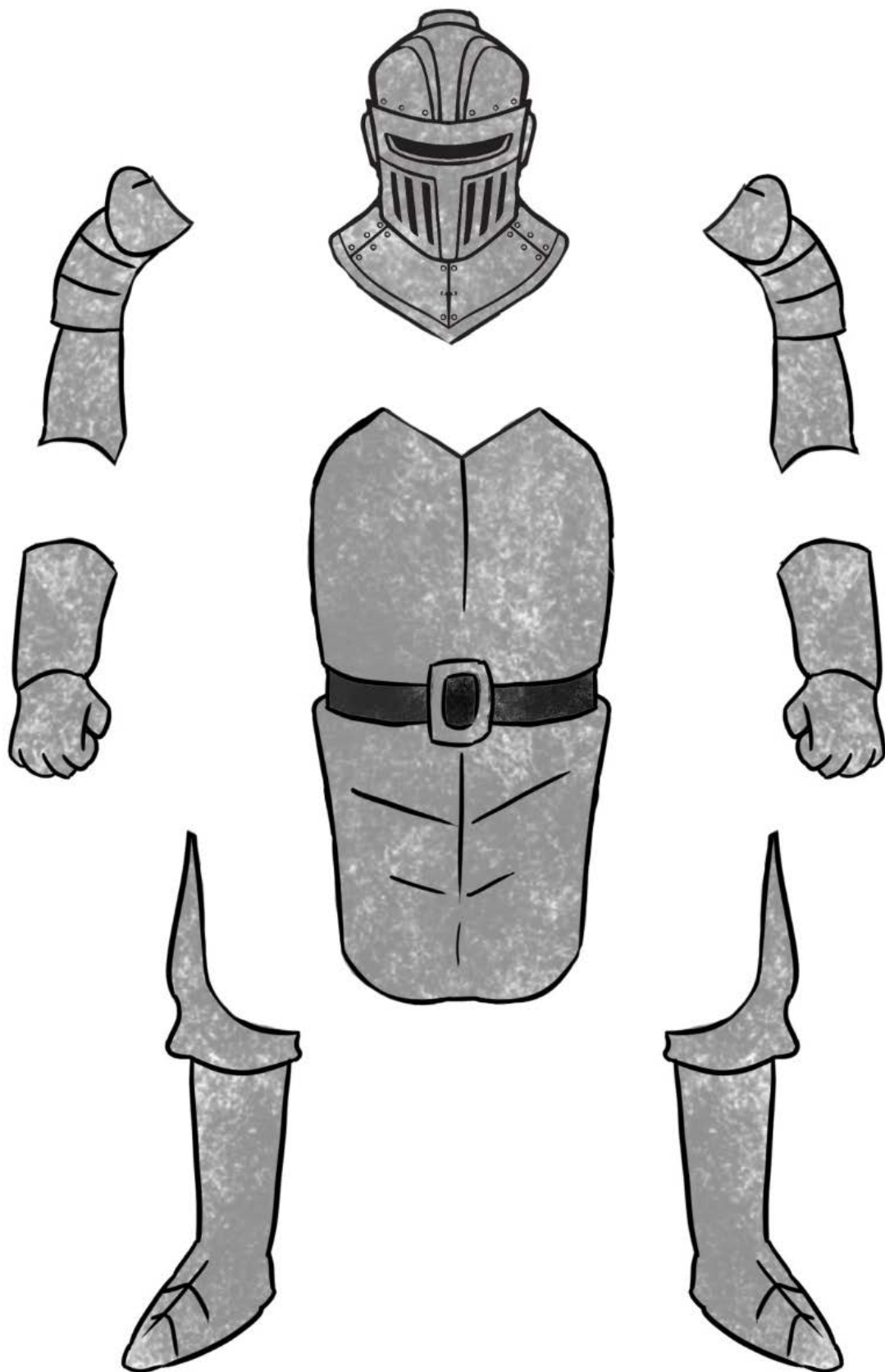




## B17: Suit of armour



## B18: Suit of armour pieces

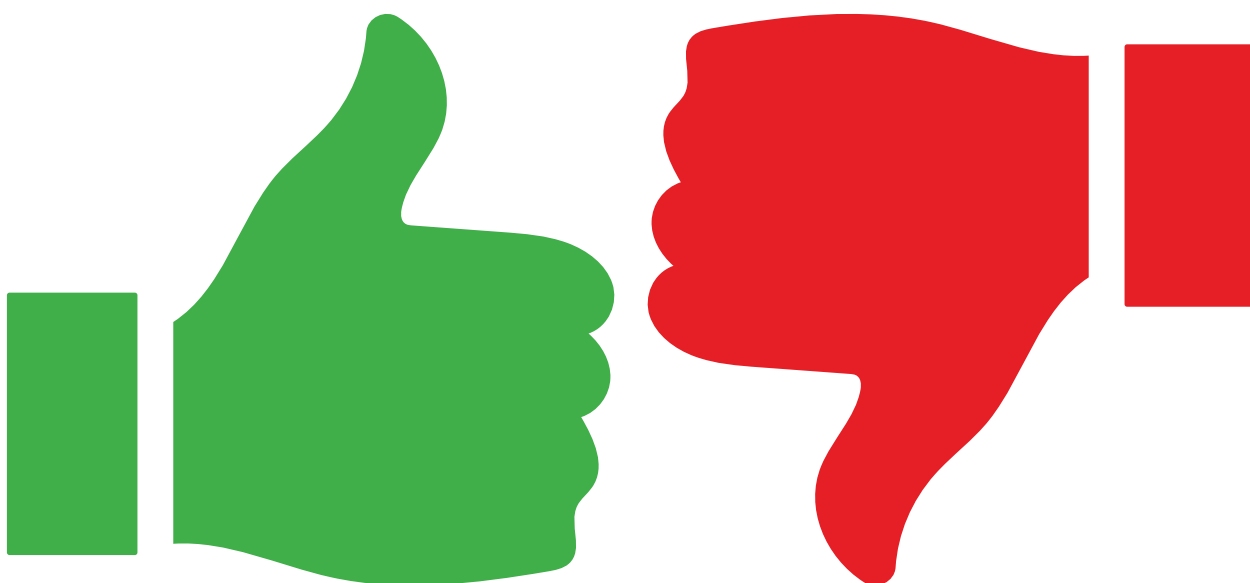




## **B19: Feel-good factor exercise**

**Building up the feel-good factor**

**A healthy mind and body for healthy emotions**



**Place the cards on the side of the thumbs up or down dependent on whether you think this would build up or reduce your 'feel-good factor'**

**Sleeping for 10 hours every night**

**Drinking 10 cups of coffee every day**

**Eating chocolate three times a week**

**Drinking two litres of cola a day**

**Being on my own a lot of the time**

**Not joining in activities**

**Watching TV all night**

**Getting a check-up every year**

## **Feel-good factor cards**

**Wearing nice clothes**

**Playing sport in a team**

**Having five hours' sleep a night**

**Not taking my medication regularly**

**Skipping my meals**

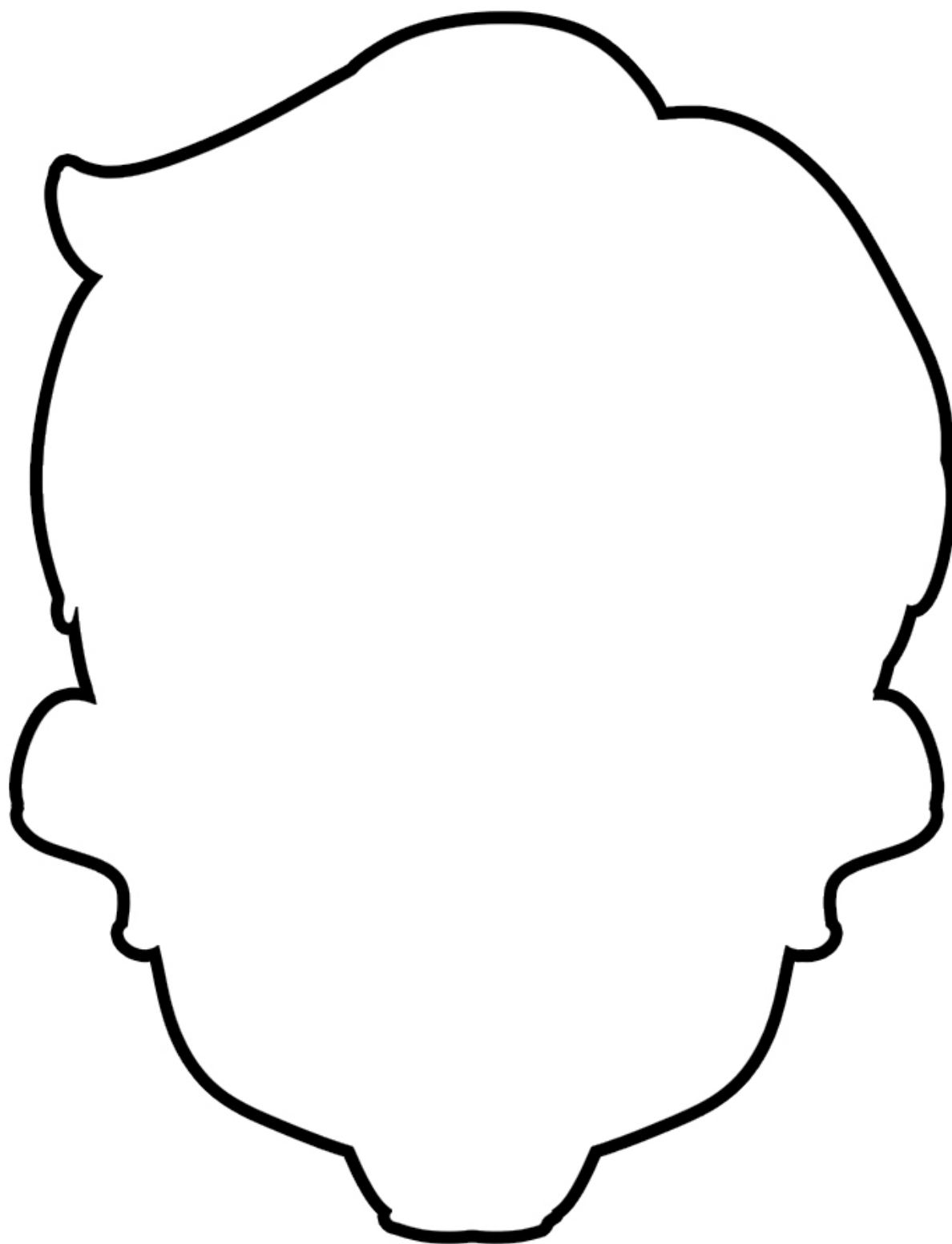
**Ignoring my personal hygiene needs**

**Brushing my teeth twice a day**

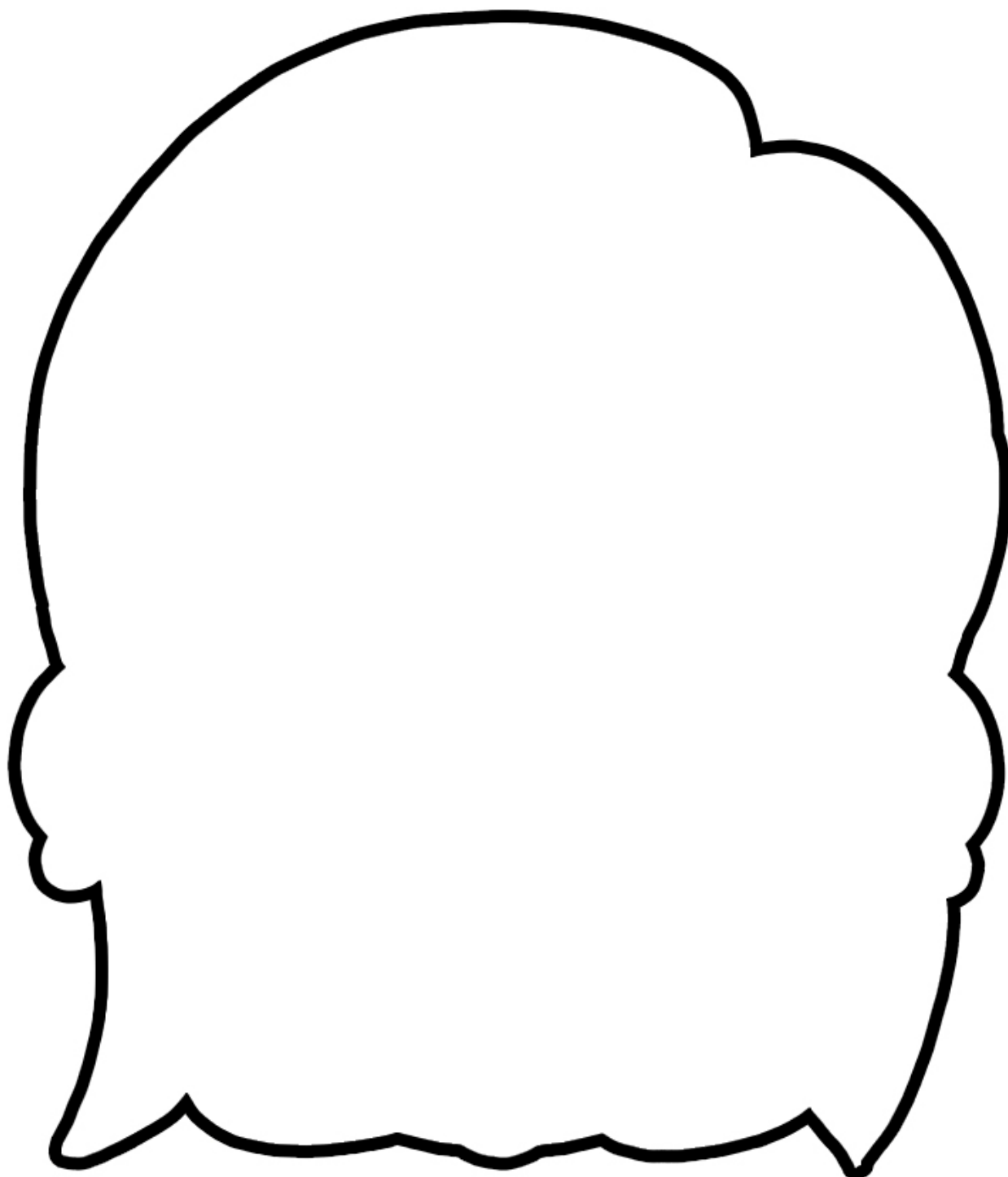
**Helping someone out**

**Taking painkillers every day when I don't need them**

## B20: Sam's head (Option A)



## B20: Sam's head (Option B)



## B21: Rating scale

Emotion name: .....

**High intensity**

**Medium intensity**

**Low intensity**



## **B22: Statements**

**I don't know how to make friends**

**I don't know what to talk about**

**I don't listen to other people**

**I struggle with eye contact**

**I struggle with personal space**

**People say I'm rude**

**I don't know what a healthy relationship is**

**I don't take turns in conversation**








**I don't stand up for myself**

**I boss people around**

## B23: Diary card (all skills) (Option A)

Mindfulness		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Mindfulness								
<b>Managing feelings</b>								
Fun activities								
Reacting differently								
Maintain the feel good factor								
Future goals								
Kind actions								
Accept my feelings								
Change problem situation								
<b>Coping in Crisis</b>								
SNAPP out of it!								
Do something different								
Imagine a safe place								
Self-talk								
Think about something else								
Resist action urges								
Acceptance								
Count your blessings								
Think about the pros and cons								
Self-soothing								
Plan ahead								
<b>People skills</b>								
Participate								
Explain								
Observe								
Polite								
Listen								
Equal								








## B23: Diary card (all skills) (Option A)

		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Urges	Self-harm 							
	Violent 							
Feelings	Worry 							
	Sad 							
	Boredom 							
	Anger 							
	Happy 							

## B23: Diary card (all skills) (Option B)

Mindfulness		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Mindfulness								
<b>Managing feelings</b>								
Fun activities								
Reacting differently								
Maintain the feel good factor								
Future goals								
Kind actions								
Accept my feelings								
Change problem situation								
<b>Coping in Crisis</b>								
SNAPP out of it!								
Do something different								
Imagine a safe place								
Self-talk								
Think about something else								
Resist action urges								
Acceptance								
Count your blessings								
Think about the pros and cons								
Self-soothing								
Plan ahead								
<b>People skills</b>								
Participate								
Explain								
Observe								
Polite								
Listen								
Equal								

## B23: Diary card (all skills) (Option B)

		Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Urges	Self-harm 							
	Violent 							
Feelings	Worry 							
	Sad 							
	Boredom 							
	Anger 							
	Happy 							

## B24: Skills flash cards (Option A)

# Skills flash cards

## Mindfulness

### Training 'Mind', the dog





## B24: Skills flash cards (Option A)

### Mindful activity examples

- Breathing
- Eating
- Listening
- Walking
- Listening to music
- Playing Xbox
- Touch
- Doing a word search
- Drawing
- Washing hands
- Colouring in
- Brushing teeth
- Showering
- Washing hair
- Painting
- Drinking

### Mindfulness

#### What we do and how we do it

- Notice
- Join in
- One thing at a time
- Don't judge



## B24: Skills flash cards (Option A)

### States of mind

#### COLD MIND

- Focus on the facts.
- Don't let feelings get in the way
- COOL approach to problems.



#### HOT MIND

- Feelings rule!
- Don't see things clearly.
- Jumping to conclusions.



#### WARM (WISE) MIND

- Mix of cool and hot minds.
- Balancing feelings and facts.
- Making wise choices.

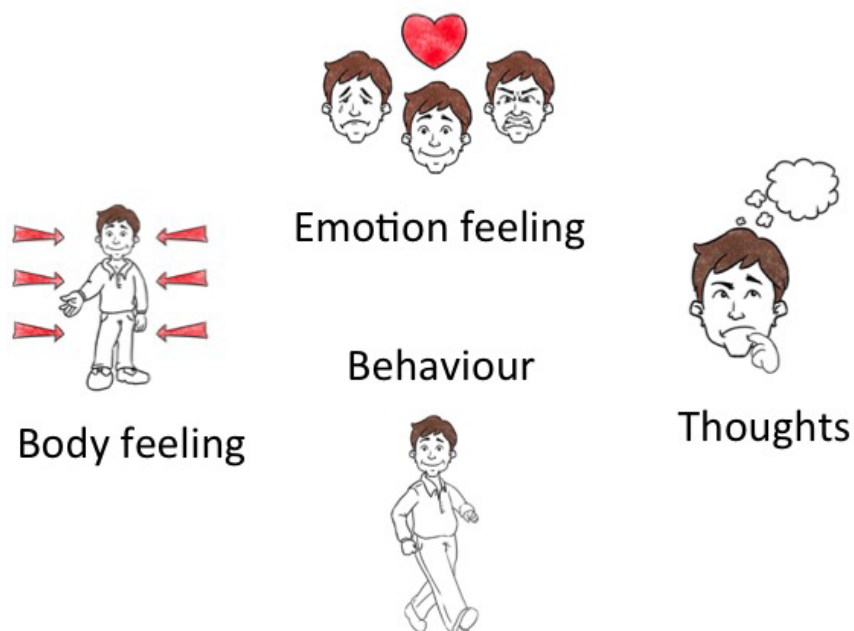


### Skills flash cards

### Managing feelings

## B24: Skills flash cards (Option A)

### Recognising and labelling feelings



### Thoughts

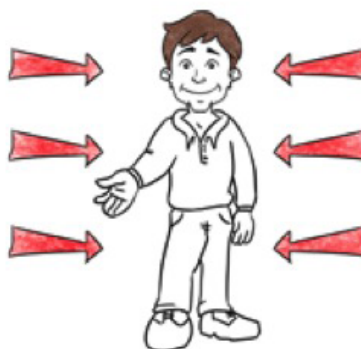
- A thought is something which happens in our **heads** or **minds**.
- We **can't** see thoughts.
- They can be in **words** or **pictures**.



## B24: Skills flash cards (Option A)

### Body feelings

- Body feelings are **physical sensations** we have **all over** and **inside** our **bodies**.
- Examples include feeling butterflies in our stomach, heart racing, sweaty palms.



### Emotion feelings

- Emotions are names we give to our **feelings**.
- Examples include happy, sad, angry, guilty, scared or anxious.



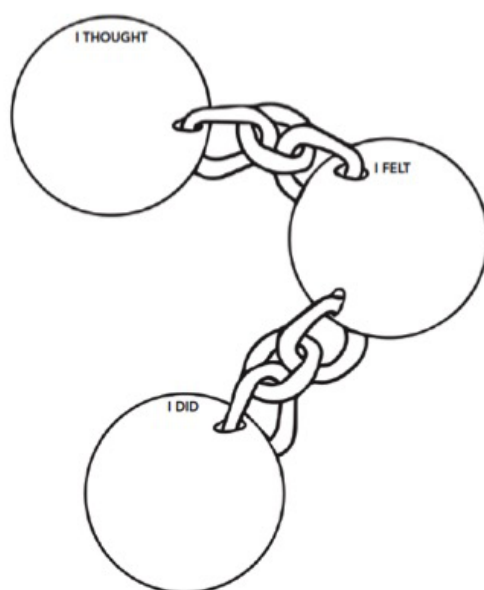
## B24: Skills flash cards (Option A)

### Behaviours

- Behaviours are our **actions**, the things we choose to do.
- Examples include hitting someone, walking away, watching TV, self harming, speaking to staff.



### Behaviour chain



## B24: Skills flash cards (Option A)

### Why do we have feelings?

- Communication



- Protection



- Information



### Beliefs about feelings

My myth	My challenge
Being angry will make me feel better!	Is my feeling based on facts?



## B24: Skills flash cards (Option A)

### Building up our armour

- ☐ Mindfulness to feelings
- ☐ Fun and positive experiences
- ☐ Reacting differently
- ☐ Feel good factor
- ☐ Future goals
- ☐ Kind actions
- ☐ Accept feelings
- ☐ Change problem situations



### Fun activity examples

- Swimming
- Playing card games
- Drawing a picture
- Planning a holiday
- Watching a comedy
- Cooking a meal
- Playing video games
- Bowling
- Planning a surprise
- Playing sport
- Going for a walk
- Online shopping
- Going to the cinema
- Reading a book
- Writing a letter
- Playing an instrument
- Daydreaming

## B24: Skills flash cards (Option A)

### React differently – decision tool

#### Questions to ask yourself...

- ☐ Is my feeling based on facts?
- ☐ Is my feeling helping me to keep safe?
- ☐ Will reacting differently to my feeling urge cause harm?



If you answered **Yes** to any of the questions...

**Try using another one of your skills**

If you answered **No** to all of the questions...

**Try reacting differently to your feeling urge**





### Reacting differently


Situation	Urge	Different reaction
Argument with my friends	Shout at them	Make them a nice card
Missing my family	Be on my own and cry	Watch a comedy film


## B24: Skills flash cards (Option A)


### Maintain the feel-good factor


Look after my health 


Do tasks that make me feel good about being me 

Have a good diet 

Keep myself fit and active 

Avoid substances that can change my mood 

Get a good night's sleep 



### Future goals



What can I work towards in the future?

What can I work towards now?

## B24: Skills flash cards (Option A)

### Kind actions

Hold a door open for  
somebody.

Say please and thank  
you to people.

Make  
someone a  
drink.

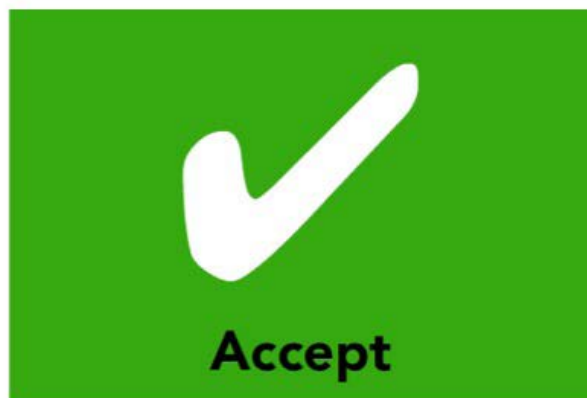


Send  
someone a  
card.

Pay somebody a  
compliment.

Offer to help  
somebody with a task.

### Accept feelings



## B24: Skills flash cards (Option A)

### Change problem situations

1. What is the **problem situation**?
2. What do I want to **achieve**?
3. Do I have all the **facts**?
4. List **ideas** that might help.
5. Choose the **best** idea.
6. Put the best idea into **action**!



## Skills flash cards

### Coping in crisis

## B24: Skills flash cards (Option A)

### SNAPP skill

- ☐ **S**plash cold water
- ☐ **N**ow!!
- ☐ **A**ctivate your body
- ☐ **P**aced breathing
- ☐ **P**aired muscle relaxation



### DISTRACTS

- D**o something different
- I**magine my safe place
- S**elf-talk
- T**hinking differently
- R**esisting action urges
- A**cceptance
- C**ounting blessings
- T**hinking about pros and cons
- S**elf-soothing



## B24: Skills flash cards (Option A)

### Do something different

- Think of all the **different** things you could do...
  - Go for a walk.
  - Watch a film.
  - Do some exercise (badminton, pool, football, catch, running, go to the gym).
  - Talk to someone about something else.
  - Listen to music.
  - Plan your next meal.
  - Play Xbox.



### Imagine your **SAFE PLACE**



## B24: Skills flash cards (Option A)

### Self-talk



Try to say something to yourself that **makes you feel better** like...

- ‘I can cope.’
- ‘This feeling will not last forever.’
- ‘I can get through this.’

### Thinking differently

Try to think about times that **make you feel better** like...

- when you felt good
- when you got a compliment
- when you had fun

## B24: Skills flash cards (Option A)

### Resisting action urges



### Acceptance

- Acceptance **does not** mean giving in.
- Acceptance **does not** mean approval.
- The **fight** is often the **problem**.



## B24: Skills flash cards (Option A)



### Count your blessings

- Think of all the **basic things** you take for **granted** like...
 




  - You're in hospital getting help.
  - You have clean running water.
  - You have 3 meals a day.
  - You have shelter.
  - You can walk.






### Thinking of pros and cons

✓ Pros ✓	✗ Cons ✗

## B24: Skills flash cards (Option A)

### Self-soothing

- Think of all the things you could do to **self soothe** – remember to use all your **senses**...
  - Look at a tree outside.
  - Smell some shower gel.
  - Listen to your favourite song.
  - Eat some chocolate.
  - Have a warm bath.



### Plan ahead

1. **Describe** problem situation.
2. Pick a **skill**.
3. **Imagine** problem situation.
4. Practice how well you will **cope**.
5. Practice **mindfulness**.



## **B24: Skills flash cards (Option A)**

### **Skills flash cards**

#### **People skills**

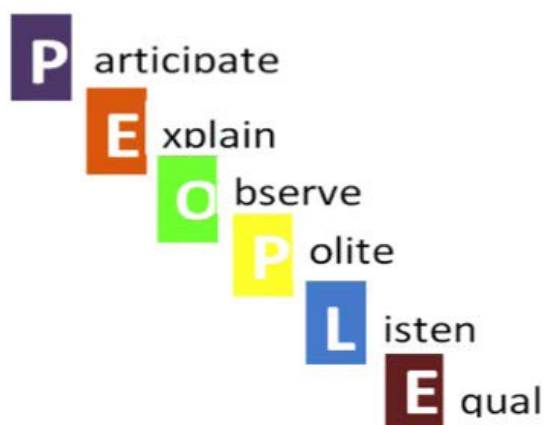
#### **People in my life**





## B24: Skills flash cards (Option A)

### PEOPLE skills



### Participate

Go to a party.

Ask someone what  
their favourite film is.

Go to a café.

Join a sports  
team.



Join a club.

Go to a  
music gig.

Ask someone how  
their day has been.

Play a board game.

Smile.

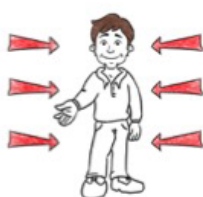
## B24: Skills flash cards (Option A)

### Explain

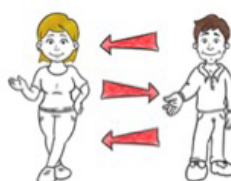
1. Explain the **situation**
2. Explain **how you feel**
3. Explain what you **want**
4. **Negotiate** (give and take)



### Observe



Body language



Personal space



Eye contact



Facial expression

## B24: Skills flash cards (Option A)

### Polite

Appropriate language

Gentle tone

Confident



Truthful

Ignore attacks and threats

### Listen

Reduce distractions.

Face the person.

Check out what they said.



Take turns.

Don't fidget.

Don't talk over people.

Write down key points.

## B24: Skills flash cards (Option A)

### Equal

Remember to be **assertive** in your:

- self-talk
- communication
- actions

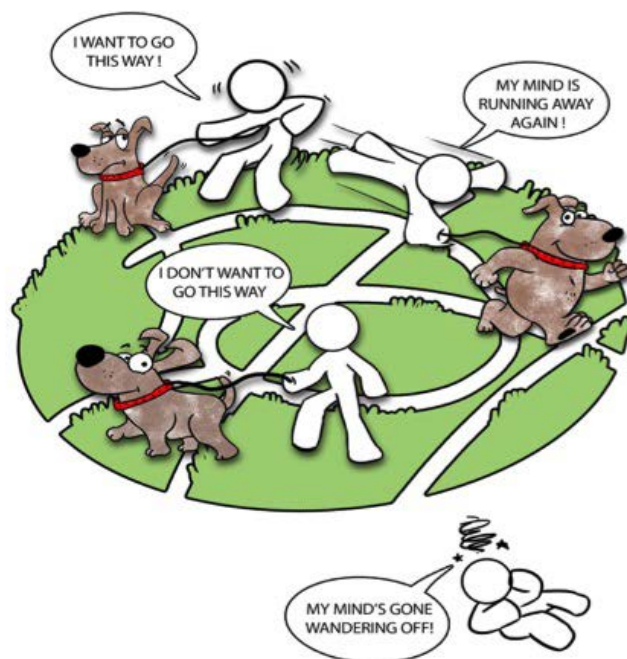


## B24: Skills flash cards (Option B)

# Skills flash cards

## Mindfulness

### Training 'Mind', the dog



## B24: Skills flash cards (Option B)

### Mindful activity examples

- Breathing
- Eating
- Listening
- Walking
- Listening to music
- Playing Xbox
- Touch
- Doing a word search
- Drawing
- Washing hands
- Colouring in
- Brushing teeth
- Showering
- Washing hair
- Painting
- Drinking

### What we do and how we do it

- Notice



- Join in



- One thing at a time



- Don't judge



## B24: Skills flash cards (Option B)

### States of mind

#### COLD MIND

- Focus on the facts.
- Don't let feelings get in the way
- COOL approach to problems.



#### HOT MIND

- Feelings rule!
- Don't see things clearly.
- Jumping to conclusions.



#### WARM (WISE) MIND

- Mix of cool and hot minds.
- Balancing feelings and facts.
- Making wise choices.



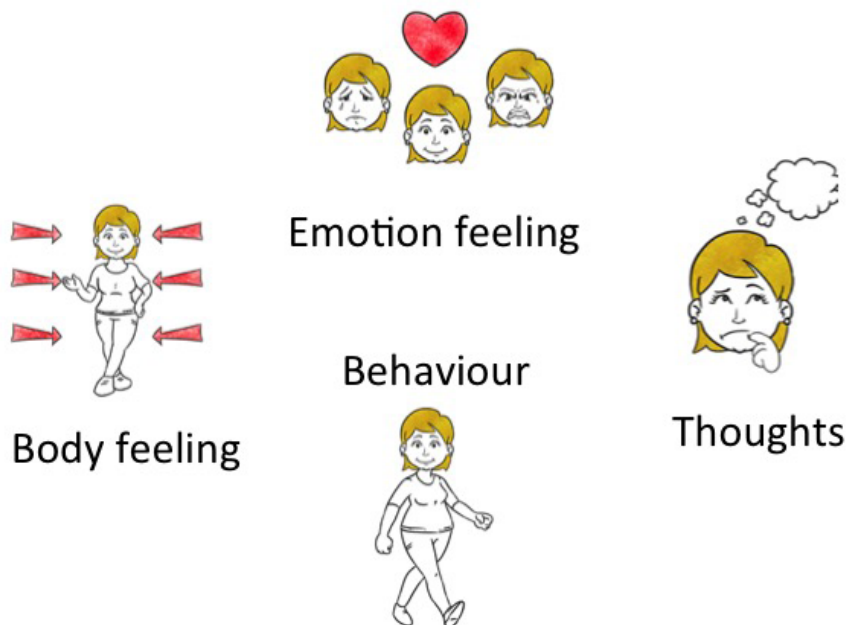
## Skills flash cards

### Managing feelings



## B24: Skills flash cards (Option B)

### Recognising and labelling feelings



### Thoughts

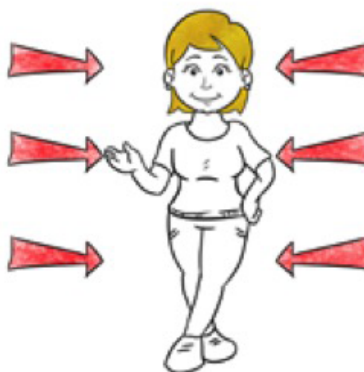
- A thought is something which happens in our **heads** or **minds**.
- We **can't** see thoughts.
- They can be in **words** or **pictures**.



## B24: Skills flash cards (Option B)

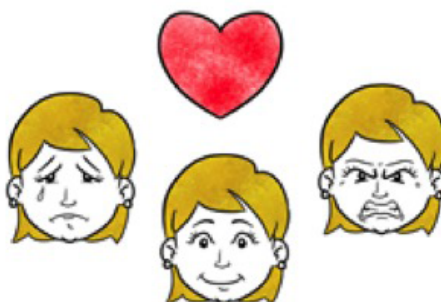
### Body feelings

- Body feelings are **physical sensations** we have **all over** and **inside** our **bodies**.
- Examples include feeling butterflies in our stomach, heart racing, sweaty palms.



### Emotion feelings

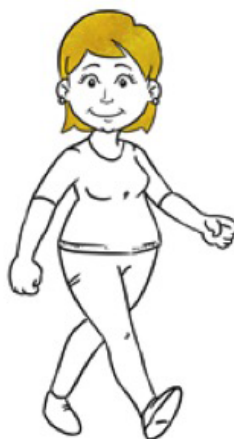
- Emotions are names we give to our **feelings**.
- Examples include happy, sad, angry, guilty, scared or anxious.



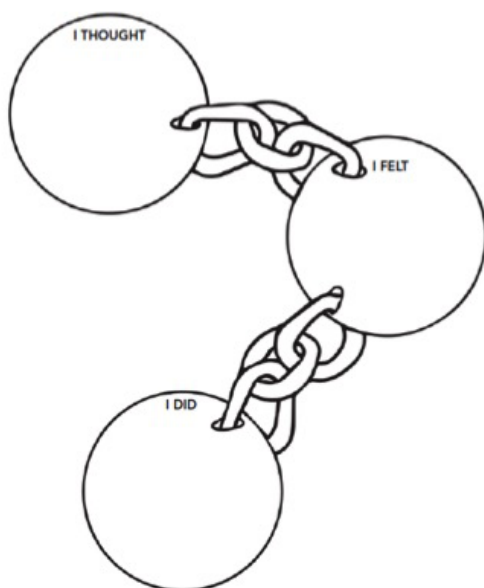
## B24: Skills flash cards (Option B)

### Behaviours

- Behaviours are our **actions**, the things we choose to do.
- Examples include hitting someone, walking away, watching TV, self harming, speaking to staff.



### Behaviour chain



## B24: Skills flash cards (Option B)

### Why do we have feelings?

- Communication



- Protection



- Information



### Beliefs about feelings

My myth	My challenge
Being angry will make me feel better!	Is my feeling based on facts?

## B24: Skills flash cards (Option B)

### Building up our armour

- ☐ Mindfulness to feelings
- ☐ Fun and positive experiences
- ☐ Reacting differently
- ☐ Feel good factor
- ☐ Future goals
- ☐ Kind actions
- ☐ Accept feelings
- ☐ Change problem situations



### Fun activity examples

- Swimming
- Playing card games
- Drawing a picture
- Planning a holiday
- Watching a comedy
- Cooking a meal
- Playing video games
- Bowling
- Planning a surprise
- Playing sport
- Going for a walk
- Online shopping
- Going to the cinema
- Reading a book
- Writing a letter
- Playing an instrument
- Daydreaming

## B24: Skills flash cards (Option B)

### React differently – decision tool

#### Questions to ask yourself...

- ☐ Is my feeling based on facts?
- ☐ Is my feeling helping me to keep safe?
- ☐ Will reacting differently to my feeling urge cause me harm?
- ☐ Will reacting differently to my feeling urge cause anyone else harm?



If you answered yes to any of the questions...

**Try using another one of your skills.**

If you answered No to all of the questions...

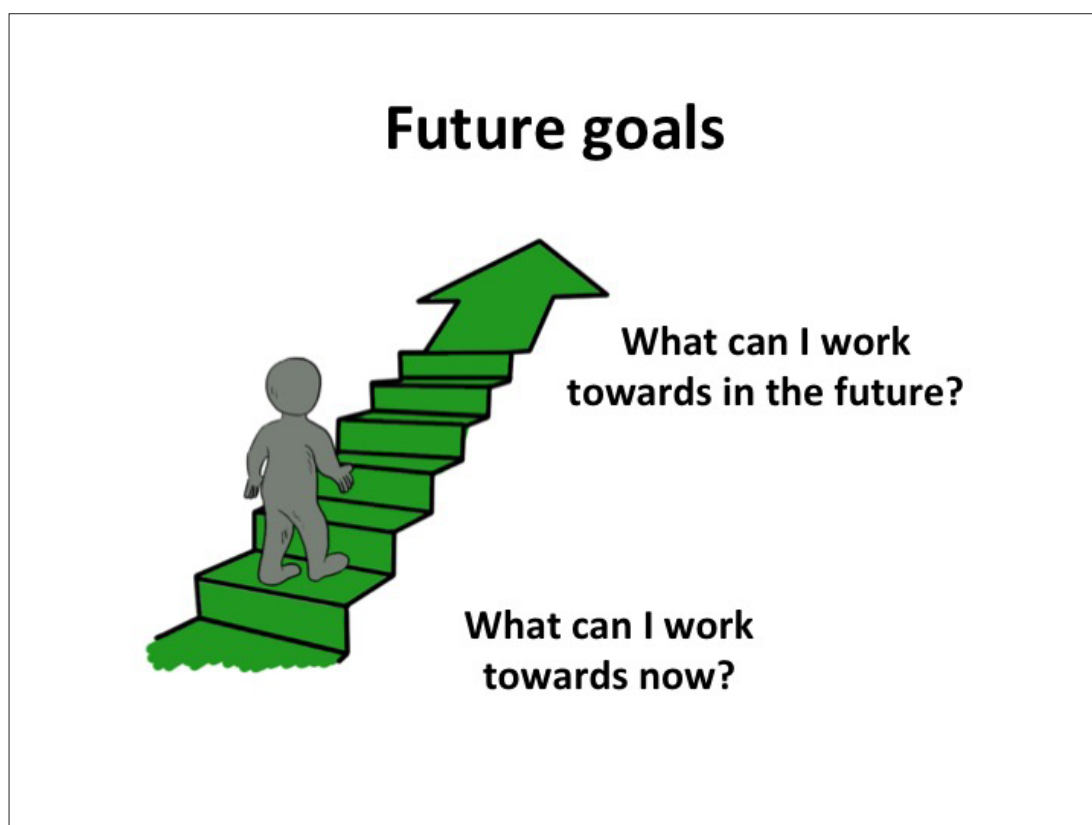
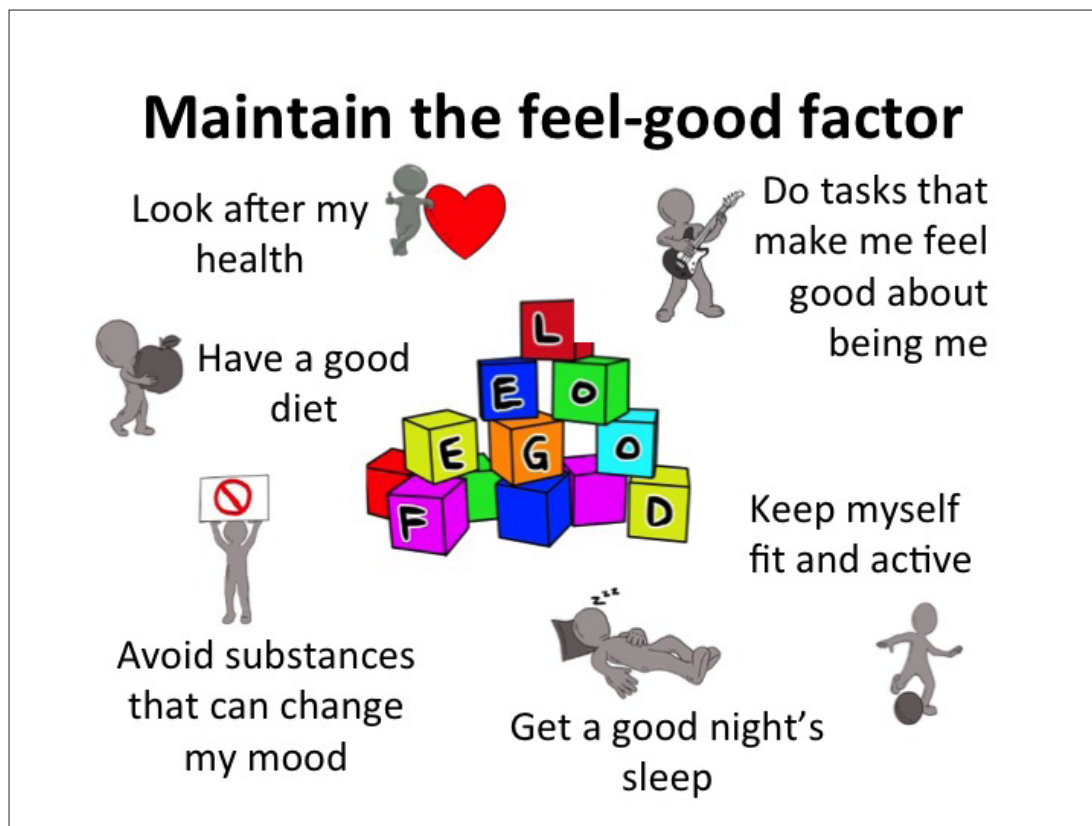
**Try reacting differently to your feeling urge.**



### Reacting differently

Situation	Urge	Different reaction
Argument with my friends	Shout at them	Make them a nice card
Missing my family	Be on my own and cry	Watch a comedy film

## B24: Skills flash cards (Option B)





## B24: Skills flash cards (Option B)

### Kind actions

Hold a door open for somebody.

Say please and thank you to people.

Make someone a drink.

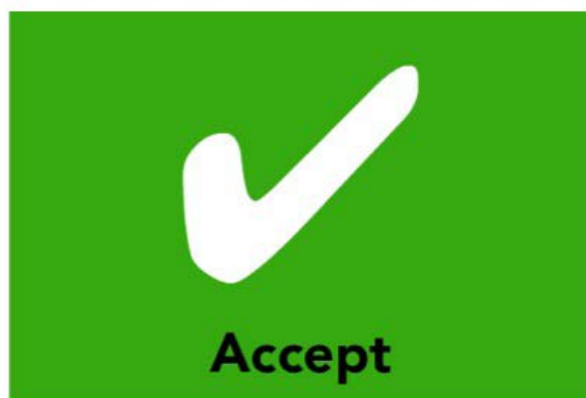


Send someone a card.

Pay somebody a compliment.

Offer to help somebody with a task.

### Accept feelings



## B24: Skills flash cards (Option B)

### Change problem situations

1. What is the **problem** situation?
2. What do I want to **achieve**?
3. Do I have all the **facts**?
4. List **ideas** that might help.
5. Choose the **best** idea.
6. Put the best idea into **action**!



## Skills flash cards

### Coping in crisis

## B24: Skills flash cards (Option B)

### SNAPP skill

- ☐ **S**plash cold water
- ☐ **N**ow!!
- ☐ **A**ctivate your body
- ☐ **P**aced breathing
- ☐ **P**aired muscle relaxation



### DISTRACTS

- D**o something different
- I**magine my safe place
- S**elf-talk
- T**hinking differently
- R**esisting action urges
- A**cceptance
- C**ounting blessings
- T**hinking about pros and cons
- S**elf-soothing

## B24: Skills flash cards (Option B)

### Do something different

- Think of all the **different** things you could do...
  - Go for a walk.
  - Watch a film.
  - Do some exercise (badminton, pool, football, catch, running, go to the gym).
  - Talk to someone about something else.
  - Listen to music.
  - Plan your next meal.
  - Play Xbox.



### Imagine your **SAFE PLACE**



## B24: Skills flash cards (Option B)

### Self-talk



Try to say something to yourself that **makes you feel better** like...

- ‘I can cope.’
- ‘This feeling will not last forever.’
- ‘I can get through this.’

### Thinking differently

Try to think about times that **make you feel better** like...

- when you felt good
- when you got a compliment
- when you had fun

## B24: Skills flash cards (Option B)

### Resisting action urges



### Acceptance

- Acceptance **does not** mean giving in.
- Acceptance **does not** mean approval.
- The **fight** is often the **problem**.



## B24: Skills flash cards (Option B)



### Count your blessings

- Think of all the **basic things** you take for **granted** like...
 




  - You're in hospital getting help.
  - You have clean running water.
  - You have 3 meals a day.
  - You have shelter.
  - You can walk.






### Thinking of pros and cons

✓ Pros ✓	✗ Cons ✗



## B24: Skills flash cards (Option B)

### Self-soothing

- Think of all the things you could do to **self soothe** – remember to use all your **senses**...
  - Look at a tree outside
  - Smell some shower gel
  - Listen to your favourite song
  - Eat some chocolate
  - Have a warm bath



### Plan ahead

1. **Describe** problem situation.
2. Pick a **skill**.
3. **Imagine** problem situation.
4. Practice how well you will **cope**.
5. Practice **mindfulness**.



## **B24: Skills flash cards (Option B)**

### **Skills flash cards**

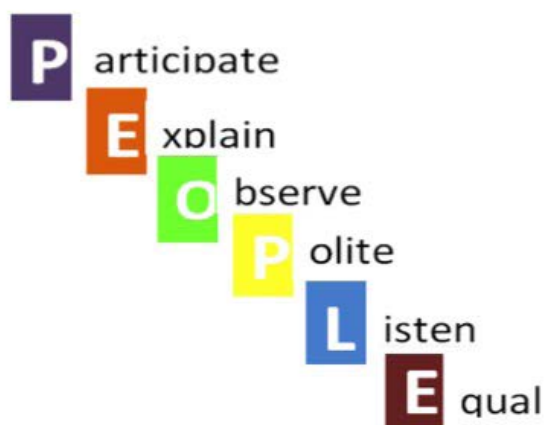
#### **People skills**

### **People in my life**



## B24: Skills flash cards (Option B)

### PEOPLE skills



### Participate

Go to a party.

Ask someone what  
their favourite film is.

Go to a café.

Join a sports  
team.



Join a club.

Go to a  
music gig.

Ask someone how  
their day has been.

Smile.

Play a board game.

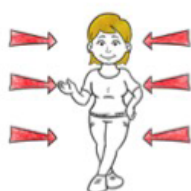
## B24: Skills flash cards (Option B)

### Explain

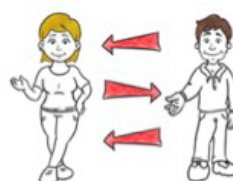
1. Explain the **situation**.
2. Explain **how you feel**.
3. Explain what you **want**.
4. **Negotiate** (give and take).



### Observe



Body language



Personal space



Eye contact



Facial expression

## B24: Skills flash cards (Option B)

### Polite

Appropriate language

Gentle tone

Confident



Truthful

Ignore attacks and threats

### Listen

Reduce distractions.

Face the person.

Check out what they said.



Take turns.

Don't fidget.

Don't talk over people.

Write down key points.

## B24: Skills flash cards (Option B)

### Equal

Remember to be **assertive** in your

- self talk
- communication
- actions

