



**Treat yourself like  
you treat your  
pets – Being kind  
to yourself**

Andy Caress

# Talking about our feelings – keeping safe

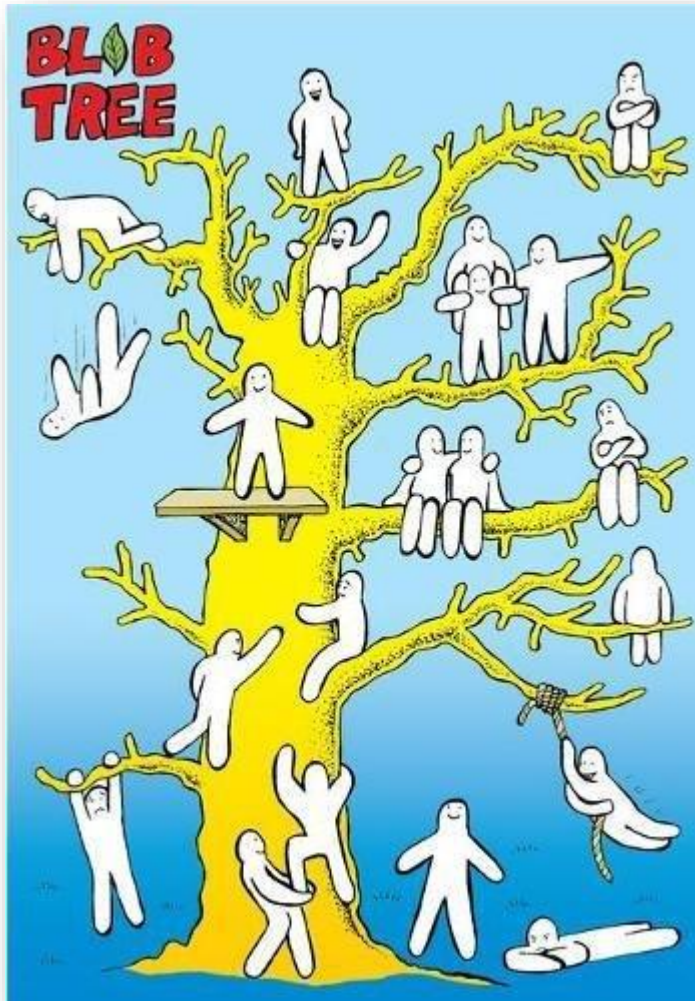
Today we are talking about our feelings

We want you all to feel happy and safe

If you feel worried or upset about anything, please speak to a teacher after the session finishes



# How are you feeling today?





# Meet Monty...



# Why do we love our pets?



They  
love  
us

They  
are  
fun

They  
calm us  
down

They  
are  
cuddly





**Monty gets scared sometimes...**





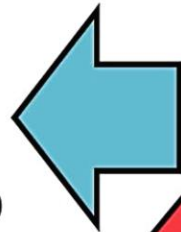
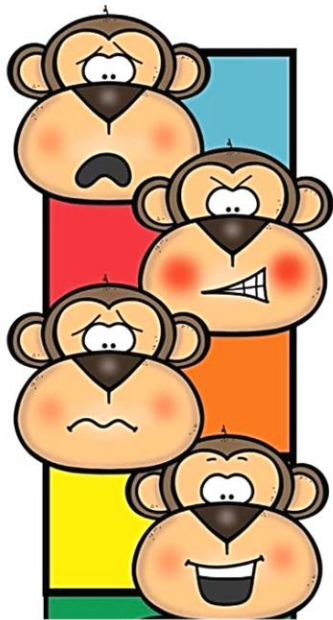
# Do your pets ever get scared or get things wrong?



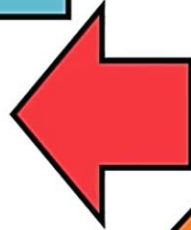
# How do you feel when you make a mistake?



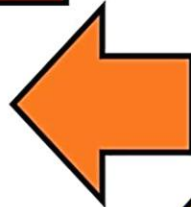




**Cold:** *like ice* - unable to move, think, or feel



**Hot:** *like fire* - uncontrollable and unsafe



**Wobbly:** *like jelly* - agitated, unable to settle



**Fizzy:** *like the sun* - sparky with lots of different emotions firing off





Cold

Tired

Sad

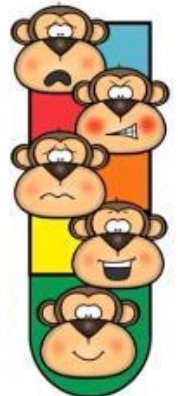
Scared



Small

Numb

Alone





Angry

Hot

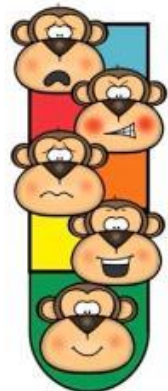
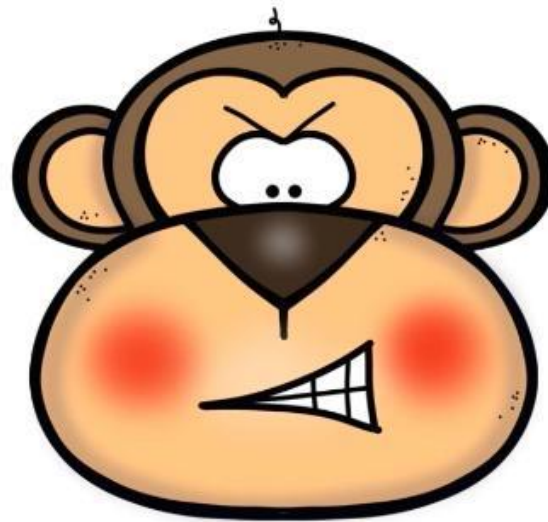
Mad

Raged

Fuming

Cross

Unsafe







Annoyed

Worried

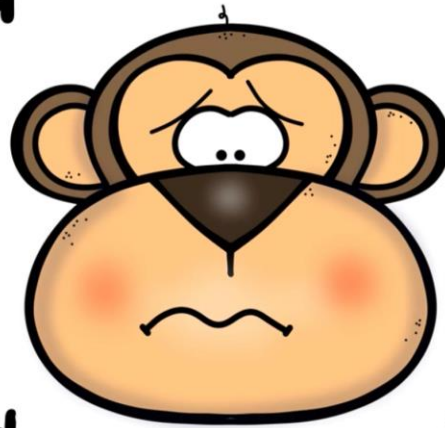
Silly

Unsettled

Frustrated

Avoiding

Wobbly





FIZZY

Jittery

Nervous

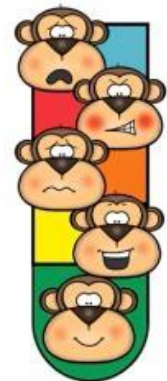
Unsettled



Excited

Sparky

Giddy



# How do we make our pets feel better?



We  
stroke  
them

We  
give  
them  
treats

We  
play  
games

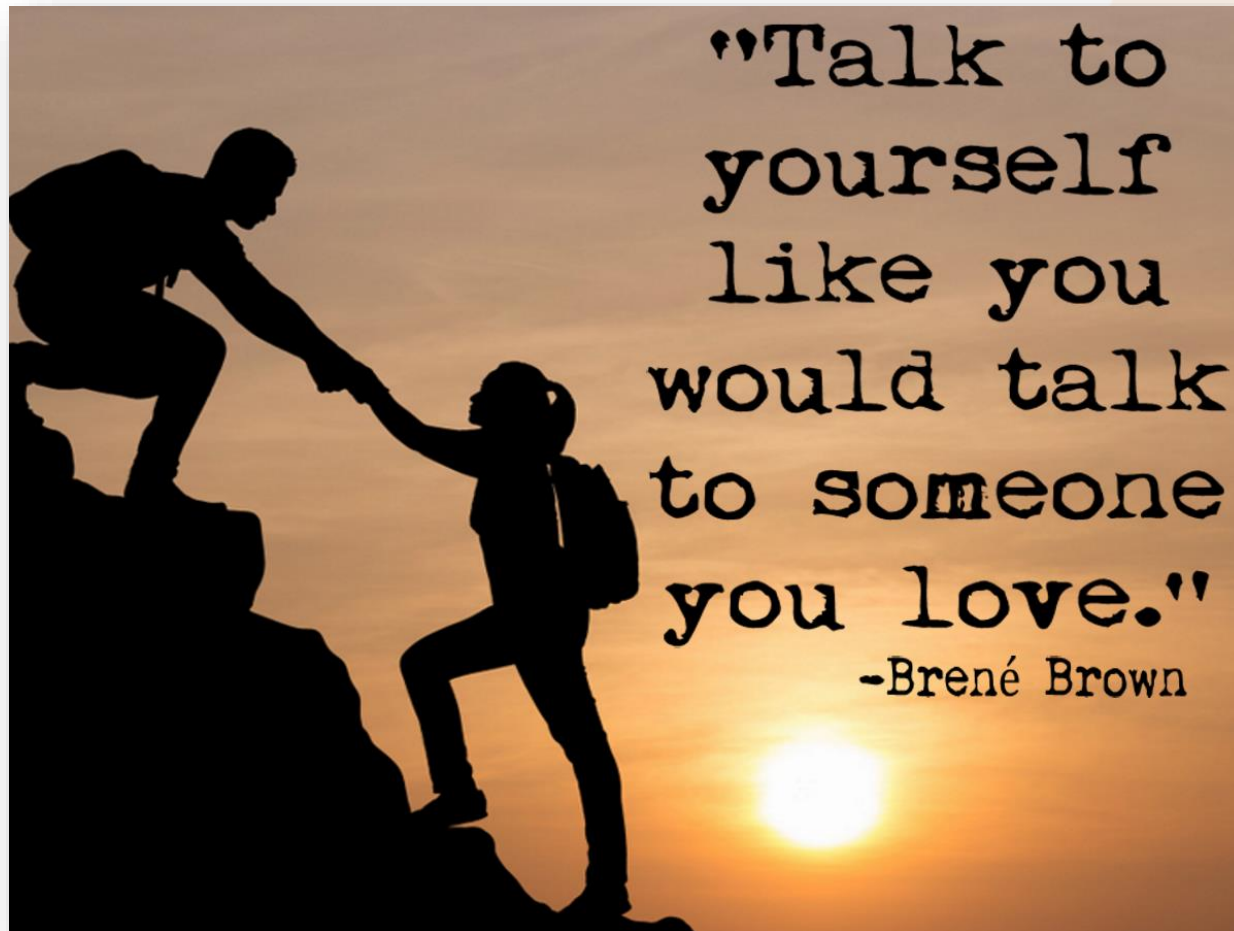
We talk  
kindly  
to them







# Being kind to ourselves



# Talking kindly to ourselves



<https://www.youtube.com/watch?v=pC4WTc3CT5w>









# Connect





## Keep learning







## Be active





# Give





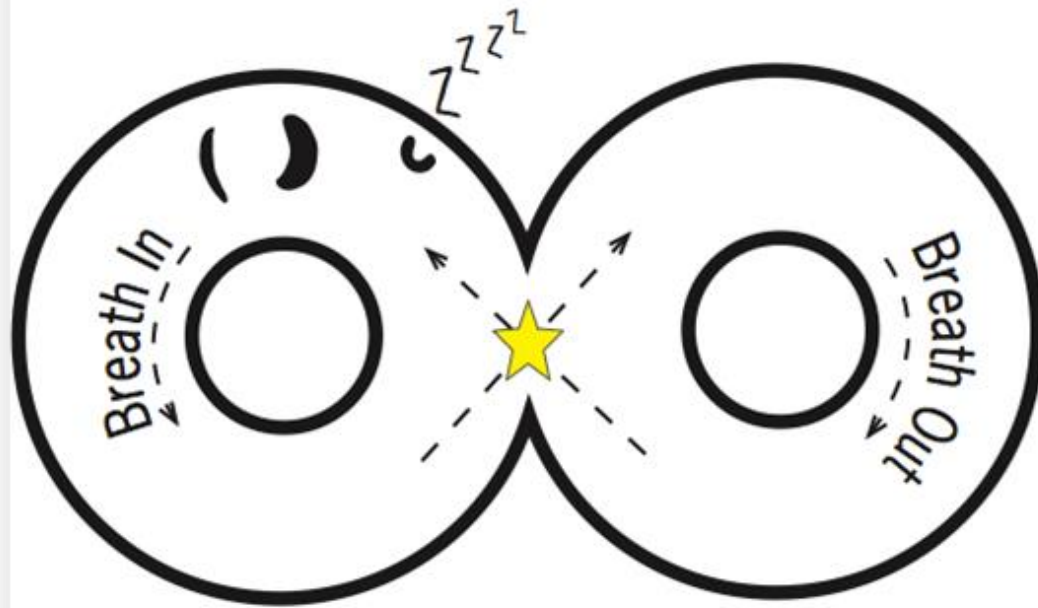


## Take notice





## Lazy 8 **Breathing**





# Stay Calm ♥ Stay Safe ♥ Stay Present



- Look **around** you.
- Find *five* things you can **see**, *four* things you can **touch**, *three* things you can **hear**, *two* things you can **smell**, and *one* thing you can **taste**.

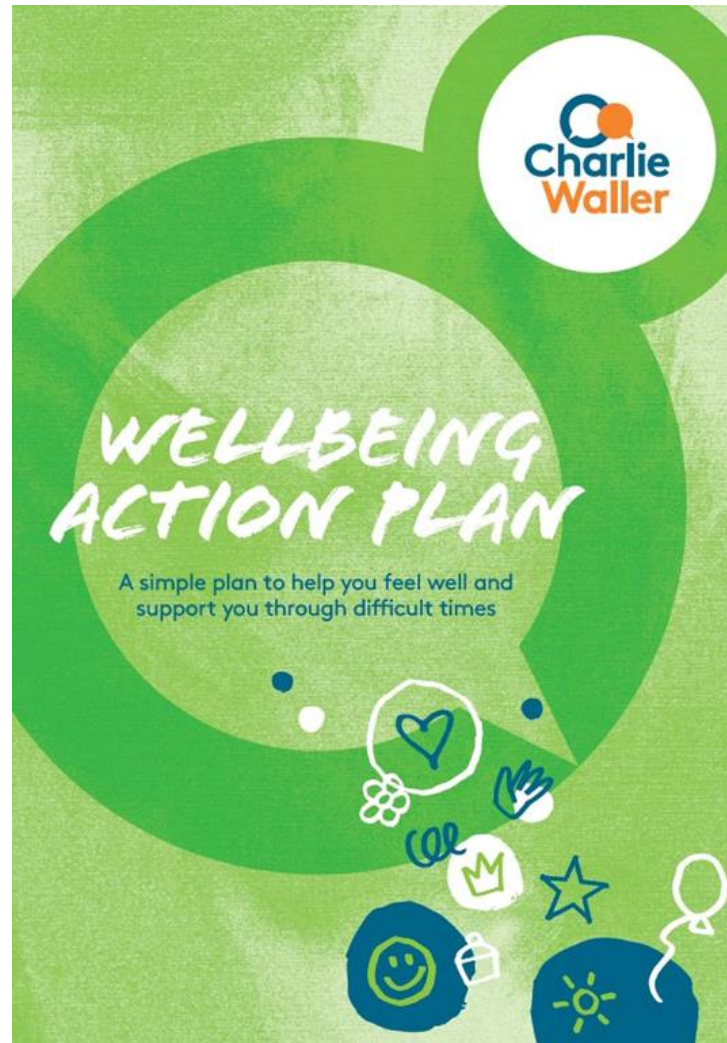


# Bubble mindfulness

<https://www.youtube.com/watch?v=UEuFi9PxKuo>



## Recommended resource for teachers



<https://charliewaller.org/resources/wellbeing-action-plan-child>



BE KIND TO  
*yourself*

Thank you for listening!