

Read the passage and fill in the blanks with words from the selection below.

Strong emotions can upset us and make it difficult for us to do the things we want or need to do. Some common strong emotions are anger, sadness and stress.

When we are worried or stressed about something, it can make our tummy feel fluttery. A little bit of stress is good for us - it can help us perform our best and reach our goals. But too much stress for too long is bad for our bodies. It can make it difficult to sleep or concentrate. We can reduce our levels of stress by taking deep breaths and breathing out slowly.

When we are angry, it can make us feel hot and full of energy. If something suddenly makes us feel angry, we can try counting to 10 to help us think before we react. We can also try taking deep breaths and use a calming breathing technique.

Techniques like Square Box Breathing, Rainbow Smiley Breathing, 5, 4, 3, 2, 1 or meditation can help us feel calmer. Being calm when we have strong emotions will help the emotions pass. It is important to remember that all emotions end eventually. No matter how upset you feel, you will feel better again in future.

Talking to a trusted adult or friend is also a great way to deal with difficult emotions.

**perform breaths better difficult stressed
slowly sleep friend calmer strong breaths
angry tummy calm reduce end**

There are lots of ways we can help ourselves feel better when we're feeling too much. For each of the techniques you've learned about below, draw a SmileyWorld icon of which emotions the technique can help with. Remember that some techniques are very useful for LOTS of things! And some people may find a technique works better or differently for them so your answers might be a bit different from your friends'.



Joy



Sadness



Anger



Fear



Excitement



Guilt



Anxiety



Envy



Confusion

	Technique	Emotions it can help with
1.	Four By Four Box Breathing Breathe in for a count of 4 (through your nose if you can). Hold your breath for a count of 4. Breathe out for a count of 4 (through your mouth). Wait for a count of 4. Repeat by breathing in for a count of 4 again.	Anxiety, Fear, Shock, Anger, Stress This technique is useful anytime you want to feel calmer, including being over-excited or too happy.
2.	Count to 10 If you are reacting without thinking, count to 10 before you speak or act.	Anger
3.	Apologize If you hurt someone or did something wrong, apologizing can make you feel better.	Guilt, sometimes Anger
4.	Move Move your body by walking, running, jumping, dancing, punching the air.	Anger, Anxiety, Sadness, Fear Moving your body is always good for you!
5.	Gratitude List List things you are grateful for.	Sadness Even when we're sad, there are good things in our lives!
6.	Shout it out If you're in a place where it's okay to make a lot of noise, you can shout or scream to get rid of emotion.	Anger
7.	Talk it out Talk through your emotions with someone you trust.	Sadness, Stress, Anxiety, Fear, Joy - ALL emotions! Talking can help us understand all our emotions.
8.	Breathe it out Breathe out more slowly than you breathe in to relax your body and mind.	Stress, Anxiety, Fear
9.	5, 4, 3, 2, 1 Find 5 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.	Anxiety, Stress
10.	SMILE: Stop, Mull, Investigate, List, Express Before reacting to something that upsets you, stop, mull over what happened, investigate your options, list all the possible ways the situation could be made better and then decide on the best reaction and express yourself!	Anger, Stress, Fear, Anxiety