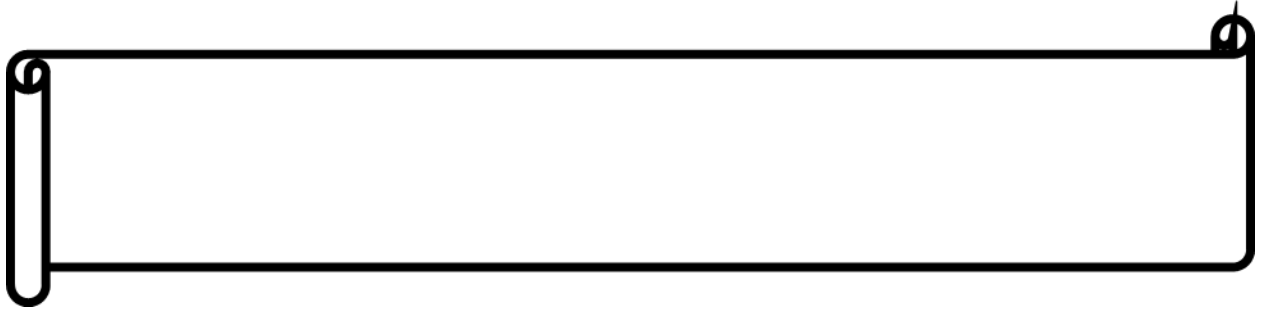




Havens
Hospices



My Safe Haven Journal



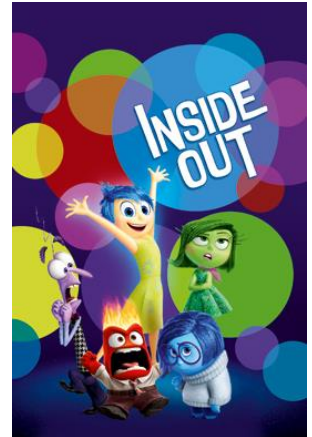
Every one of us
Making every day count.

Registered Charity Number 1022119

We will be learning about our feelings and how to keep look after yourself on the inside and out. This is also a safe place to talk about anything that has been worrying you.

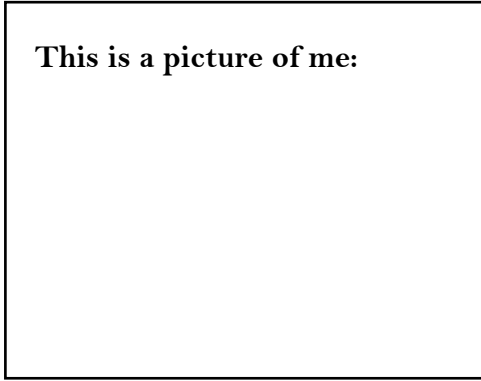
Have you watched the film 'Inside Out'?
If not, you can find it on Netflix!

Which of the characters do you feel like today?

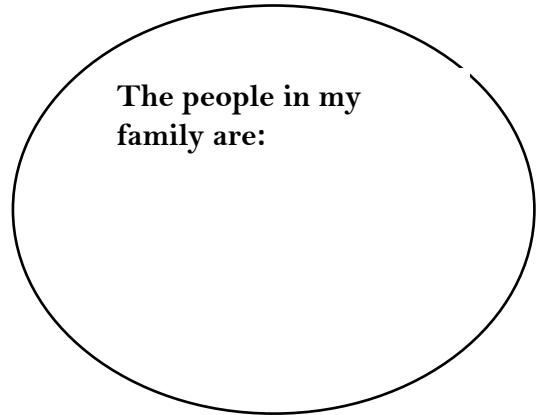


All About Me

This is a picture of me:



The people in my family are:



Things that make me..

Angry..



Disgusted..



Scared..



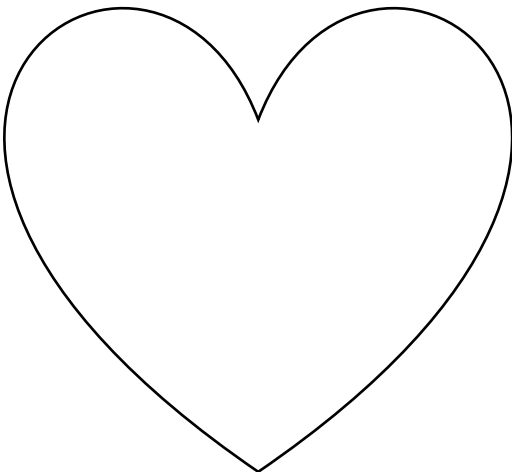
Sad..



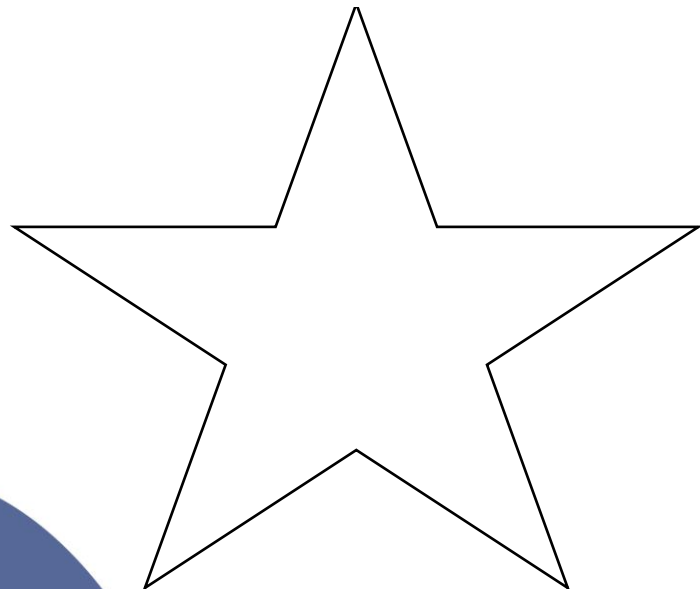
Happy..



I show others I care by...



I am a star because...





My Family Picture

My family are special because...

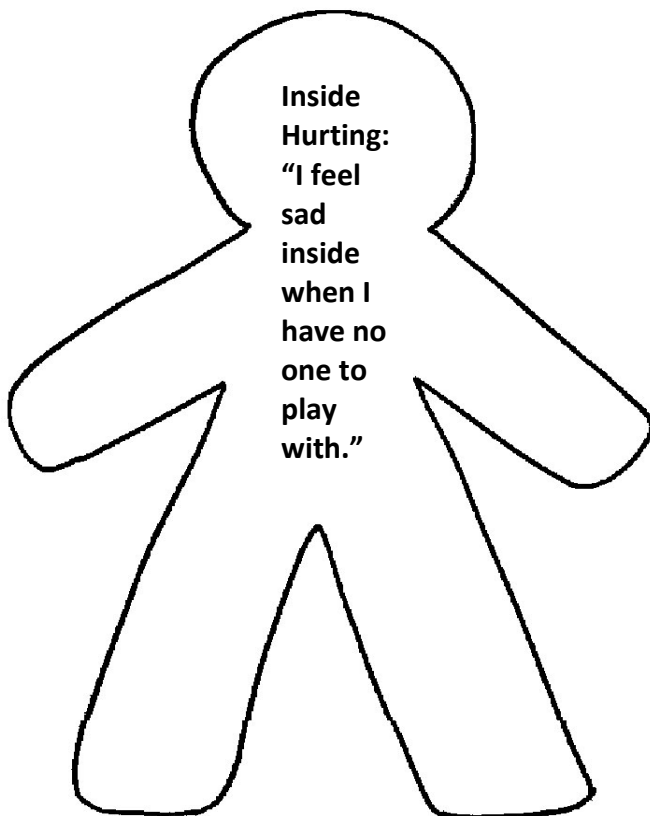


Inside and Outside feelings

Let's learn more about inside and outside feelings!

Inside feelings are the things we keep inside and find hard to speak about. We try and express these feelings in lots of different ways. Let's look at the difference between inside and outside hurting.

Can you think of different types of inside and outside feelings?



Outside Hurting:
When we hurt our bodies, we hurt on the outside. "I fell over and hurt my knee."



Task: Make a feelings box, a place to put all your inside feelings. Send us a picture wellbeing@havenshospices.org.uk and we will pick a winner!



Hand Washing

Can you watch the NHS how to wash your hands song on
<https://www.youtube.com/watch?v=S9VjeIWLnEg>

Finish the song!

Wash your hands, one two.....

.....

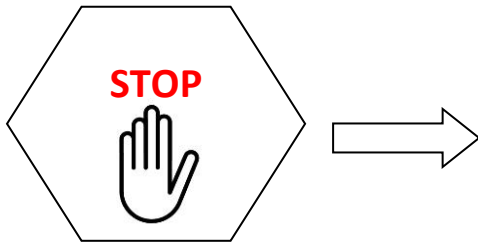
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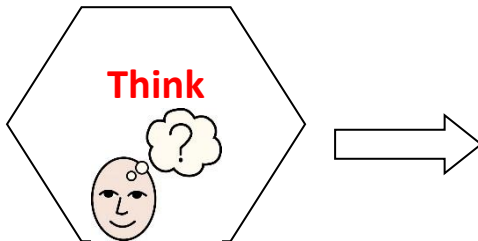
My photo of me washing my hands:

It is ok to feel worried but try to remember these steps:

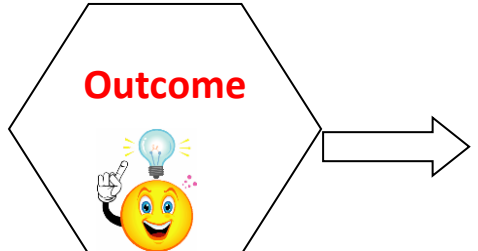
REMEMBER... STOP!



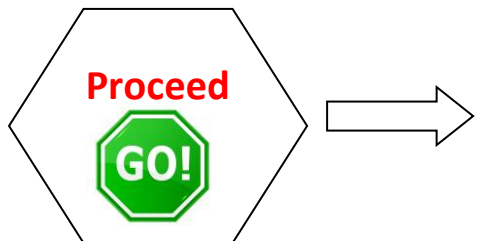
What is the problem?



What can I do?
Make a plan!



What would happen if I do each
thing on my plan?



Do the best thing for you to stay
safe!



My Safety Plan

This is my safety plan _____ (name of child)

If I feel **worried**, this is what I can do to make myself feel better:

1. .
2. .
3. .
4. .

This is me and my safe
person

In my house my safe person is..

.....



If I need emergency help then I will call: **999**

I will say...

My name:

My Address/where I am:

What is happening:



People I would share my safety plan with:

Please draw around your hand and put your safe people on each finger!



Do you remember a time where you could have used your safety plan?

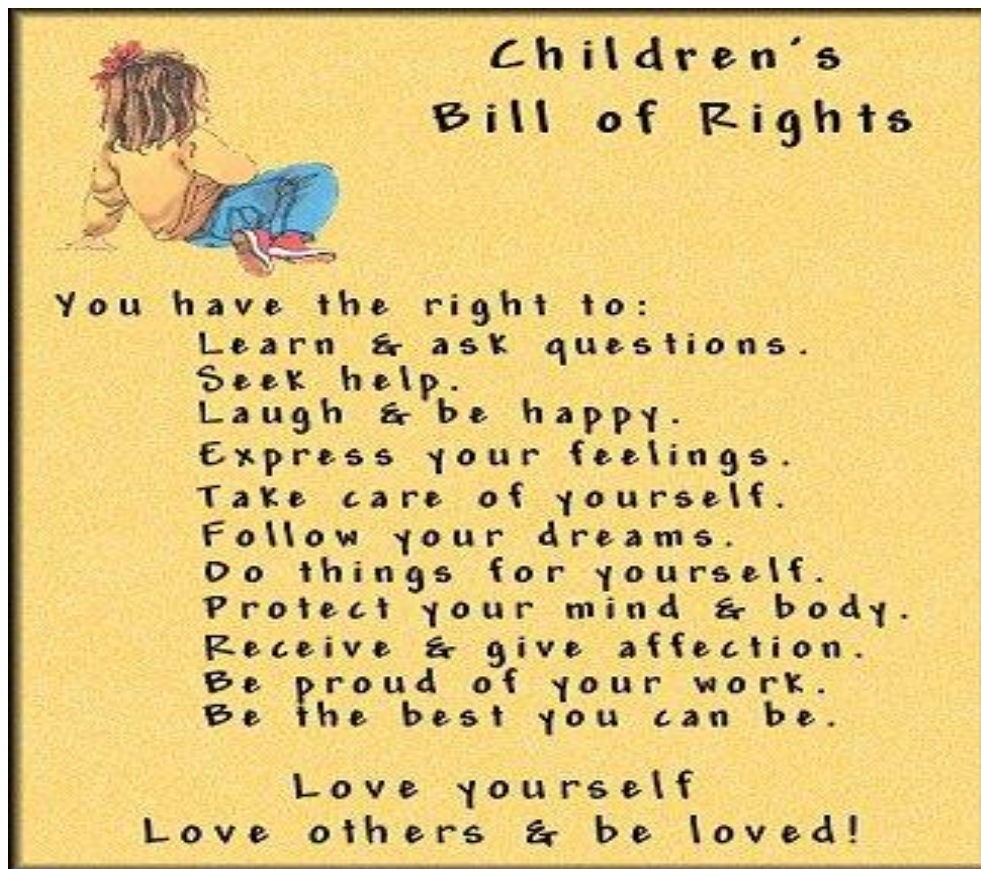
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Blame and Responsibility

I understand the only person's behaviour I am responsible for is my own.

I have RIGHTS! I have the right to feel safe and free to express my emotions.





Dealing with Changes

What things have changed in my life:

-
-
-
-
-

Before

After

Changes can be worrying but these things can help you to feel better, ask a grown up to help.

Guided meditation can help you to relax and feel calmer:

<https://www.headspace.com/meditation/kids>

Can you draw a picture of yourself doing meditation?

Hold Relaxing Rocks

Find smooth stones that fit comfortably into your hand for this exercise. Breathe in deeply and squeeze the stone as hard as you can. Say “I am sending all the negative emotions I am feeling into the stone. Slowly exhale and relax your fingers, once you have squeezed as hard as you can, your feelings are now trapped in the stone.

Blow Bubbles

Take a deep breath in, and then blow out all of your worries and bad feelings into your bubble. As you watch your bubble float away, you can imagine your troubles disappearing too.

Wear Eye Pillows

To help you relax

Stretch and Breathe

<https://www.cosmickids.com/>

Write a positive diary

Can you write a diary for a whole week? But you must put in one positive thing that has happened each day.

Fill the page with positive things about you