

My Wellbeing Workbook

A place to understand my feelings, discover what helps me, and notice my strengths.



This workbook belongs to:

There is no right or wrong way to use this workbook.

You can write, draw, colour, use stickers, talk about your answers, or ask a trusted adult to help you.

All About Me

Everyone is different. This page is about the things that make you YOU.

My name or the name I like to be called:

I am ____ years old.

People who are important to me:

Things I enjoy:

Something I am really good at, or getting better at:

My favourite colour(s), music, programme, game, book or hobby:

This Is Me

Draw yourself, make a collage, add a photo or create something that represents you. You do not have to draw a person if you do not want to.

Three words I would use to describe myself:

1.

2.

3.

Things That Matter to Me

These can be people, pets, places, activities, values, memories, goals or anything else that feels important.

1.

2.

3.

4.

5.

Something that can nearly always make me smile:

A place where I feel comfortable or safe:

My Strengths

A strength is something positive about you. It might be something you can do, a quality you have or a way you treat other people.

- kind
- funny
- creative
- brave
- curious
- helpful
- determined
- good at noticing things
- a good friend
- good at trying again

Strengths I notice in myself:

A strength someone else has noticed in me:

Helpful Words for Myself

Sometimes the way we speak to ourselves can affect how we feel. A helpful statement is a kind, believable sentence we can practise saying to ourselves.

It does not have to pretend everything is perfect. It can remind you that you are learning, coping, or growing.

- I can take this one step at a time.
- I do not have to get everything right.
- My feelings are allowed.
- I can ask for help.
- I have handled difficult things before.
- I am learning what works for me.

Helpful words I want to remember:

Understanding Emotions

Emotions are messages from our brain and body. They can give us clues about what is happening, what matters to us and what we might need.

Some emotions feel comfortable and some feel uncomfortable. None of them make you 'good' or 'bad'.

You might notice an emotion in your thoughts, face, tummy, chest, muscles, breathing, energy or behaviour. We all notice emotions in different ways.

Anger

Anger can show up when something feels unfair, frustrating, scary, overwhelming or out of our control. It is OK to feel angry. We still need to keep ourselves, other people and belongings safe.

Worry

Worry is part of the brain's protection system. Sometimes it warns us about a real problem, and sometimes the alarm becomes louder than it needs to be.

Happiness

Happiness, excitement, pride, calm and connection can help us notice what feels good and what we would like more of.

What Do My Emotions Feel Like?

Choose an emotion and show what it is like for you. You can draw it, colour it, describe it, give it a shape, sound or a character.

The emotion I chose:

I notice it in my body here:

If it had a colour, shape or sound, it might be:

It often shows up when:

Emotions, Feelings & Moods

People sometimes use the words emotion and feeling to mean the same thing. One useful way to think about them is:

- An emotion can be a quick brain-and-body response to something happening.
- A feeling is how we notice, understand or describe that experience.
- A mood can last longer and may not always have one obvious cause.

There is no test you have to pass here. The important skill is learning to notice what is happening for YOU.

Today I feel:

My body is telling me:

I think I might need:

Things That Can Help Me Feel More Settled

Different things work for different people. You can try ideas and keep the ones that help you.

- Talk to someone I trust.
- Take slow, comfortable breaths.
- Move my body: walk, stretch, dance, sport or shake out tension.
- Have some quiet time or reduce noise, light or other sensory input.
- Listen to music or use headphones if that helps.
- Draw, colour, craft, build, write or make something.
- Use a comfort object, fidget or sensory item.
- Drink some water or have a snack if I need one.
- Spend time outside.
- Use helpful words or a calming phrase.
- Ask for space, help, a break or reassurance.

Things that usually help ME:

When Feelings Get Really Big

Big feelings can make it harder to think clearly. I do not have to solve everything while I am overwhelmed.

My Pause Plan

- 1. NOTICE — What is my body doing?
- 2. PAUSE — Can I stop for a moment or move somewhere safer/quieter?
- 3. BREATHE OR MOVE — What helps my body settle?
- 4. NAME IT — What might I be feeling?
- 5. CHOOSE — What is one safe next step?
- 6. CONNECT — Is there someone I want to tell or ask for help?

If I feel I might hurt myself or somebody else, I should tell a trusted adult straight away.

A trusted adult I can go to is:

My Circle of Control

Some things are mine to choose or influence. Other things are not. Knowing the difference can save energy for the things I CAN do something about.

IN MY CONTROL	NOT IN MY CONTROL
My words	Other people's thoughts
My actions	Other people's choices
How I ask for help	The weather
How I respond	Things that already happened
What I practise	Everything happening around me
Some of my choices	

Something I am worrying about:

What part of this CAN I do something about?

My Worry Page

Worries can feel huge when they stay spinning around in our heads. Putting them somewhere can make them easier to look at.

My worry is:

Is this happening now, might it happen later or is my imagination showing me a 'what if'?

What do I know for sure?

What could help me right now?

Who could help me with this?

Using Stories & Imagination

Stories can help us explore feelings, problems and possibilities without having to talk directly about ourselves all the time.

You could create a character who is your age, younger, older, human, animal, magical, futuristic—or completely made up. Your character can face a challenge and discover something that helps.

My character is:

The challenge they face is:

Who or what helps them?

What do they discover about themselves?

My Story

Use extra pages if you need to

A Quick Grounding Exercise

Grounding means helping your attention come back to the here and now. You can change this activity to suit you.

- Notice 5 things you can see.
- Notice 4 things you can feel or touch.
- Notice 3 things you can hear.
- Notice 2 things you can smell—or two smells you like.
- Notice 1 thing you can taste—or one thing you are grateful for right now.

If counting makes you feel more stressed, skip the numbers and simply notice a few things around you.

Something I noticed:

Breathing That Feels Comfortable

There is no perfect way to breathe. The aim is simply to slow things down a little if that feels helpful.

Try breathing in gently, then letting the out-breath be a little longer. You could imagine smelling something pleasant and then slowly cooling a warm drink.

Stop if you feel dizzy or uncomfortable and breathe normally again.

A picture or phrase that helps me breathe slowly:

Tapping (EFT) — An Optional Calming Tool

Some people find gentle tapping helps them pause, focus and feel calmer. Other people do not enjoy it and that is OK. You can choose whether to try it.

Before you start, rate how strong the feeling is from 0–10, where 0 means 'not bothering me' and 10 means 'as strong as I can imagine'.

My number before:

Choose a kind phrase that feels true enough for you, for example:

- Even though I feel worried, I can be kind to myself.
- Even though this is difficult, I can take one step at a time.
- I am noticing this feeling, and I am safe to pause.

Gently tap a few comfortable points such as the side of the hand, eyebrow, side of the eye, under the eye, under the nose, chin or collarbone while repeating your phrase.

After a short round, pause and notice what has changed. You do not need to make the feeling disappear. You can also repeat this until you feel you can manage the feeling.

My number afterwards:

What I noticed:

Communication & Listening

Good communication is not about doing it one 'correct' way. People communicate using words, facial expressions, gestures, body language, writing, pictures, communication aids and many other ways.

Listening also looks different for different people. Some people make eye contact; others listen better while looking away, moving, doodling or using a fidget. What matters is finding respectful ways to show we are listening and understanding.

- I can listen to understand.
- I can ask if I am unsure.
- I can say what I need.
- I can disagree respectfully.
- I can notice when someone may need space.
- I can ask for a break if I need one.

What Helps Me Communicate?

I find it easier to talk when:

I find it harder to talk when:

When I need space, I can say or show:

When I need help, I can say or show:

People can help me listen by:

We Are All Different

Different brains and bodies experience the world in different ways. Something that feels easy for one person may feel difficult for another.

We may have different needs around noise, touch, food, routines, friendships, talking, eye contact, movement, change and personal space.

Different does not mean wrong. Understanding our own needs **and** respecting other people's needs can make things easier.

Something I wish people understood about me:

Something I can do to understand other people better:

My Support Team

Everyone needs support sometimes. My support team can include family, friends, teachers, carers, professionals, coaches or other trusted adults.

At home I can talk to:

At school/college I can talk to:

Another trusted person is:

If I need urgent help, I can tell:

My Wellbeing Check-In

There are no right answers. Circle, tick, colour or write whatever fits today.

My energy today: LOW 1 2 3 4 5 HIGH

My mood today: LOW 1 2 3 4 5 HIGH

My worry today: LOW 1 2 3 4 5 HIGH

I feel connected to people: NOT MUCH 1 2 3 4 5 A LOT

One thing that has gone OK today:

One thing I need today:

One thing I am proud of:

A Note for You

This workbook belongs to you. You might use every page, only a few pages or come back to different activities at different times.

You do not have to be happy all the time. You do not have to manage everything on your own. Learning about yourself includes noticing your feelings, understanding your needs, recognising your strengths and knowing when to ask for support.

Keep the ideas that help. Change the ones that do not. And remember, you are still learning, growing and becoming more of yourself.



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UNDERSTAND SUPPORT EMPOWER THRIVE