

How to  
**GET UP AND GO**  
when you're feeling low

Top tips for  
**feeling good!**



The aim of this booklet is to help children think about what helps them when they feel upset or stressed

# All children feel upset from time to time

How to  
**GET UP AND GO**  
when you're feeling low



- This booklet lists things that we know can help children your age feel better when they feel upset or stressed.
- We are all different. The important thing to find out is what works for you!
- You might like to fill this in with someone close to you like your mum, dad or the person who looks after you at home. Or you might like to do it yourself.
- If you don't want to fill it in at all then that is fine too!



## **Top tips**

**Talk to someone**

**Do something you enjoy**

**Find ways to relax**

**Remember the good things**

**Getting more help**

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If you feel upset or stressed it might be helpful to...

## Talk to someone

Talk to someone you know and trust:

- ✓ parents
- ✓ grandparents
- ✓ brothers and sisters
- ✓ uncles
- ✓ aunts
- ✓ cousins
- ✓ friends
- ✓ teachers
- ✓ carer

Draw a picture of someone you know and trust



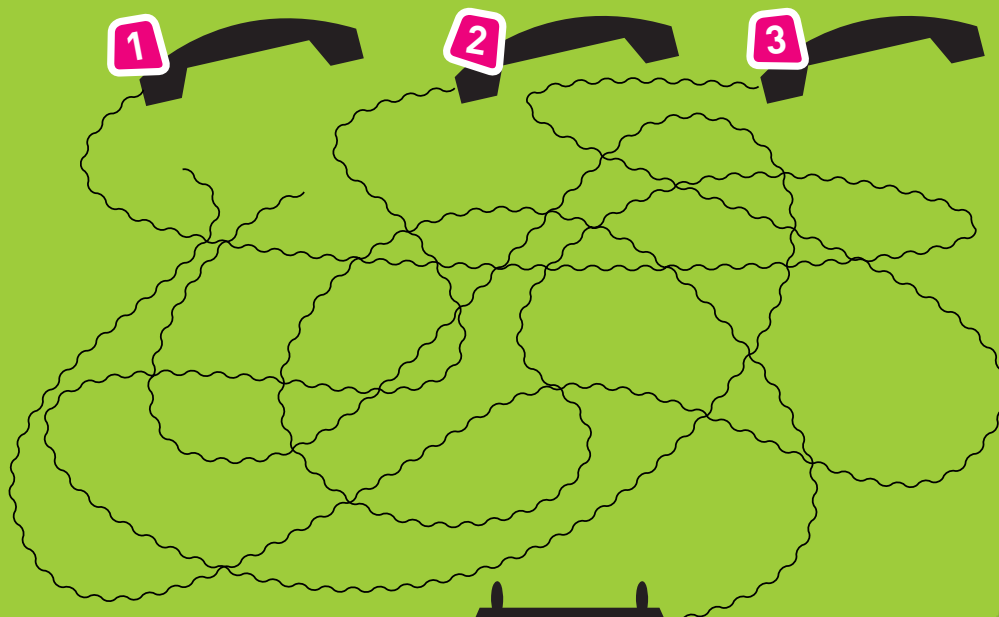
- If you cannot talk to anyone close to you, you could call Childline on 0800 1111. They will not tell anyone you have called.
- The call will be free from most house phones and most mobiles.
- The call will not be listed on the telephone numbers dialled from your phone line.

**Childline:**  
**0800 1111**  
*If for some reason you can't get through try again or you can call Samaritans:*  
**0845 909090**



**They will not tell anyone you called**

**Can you find the phone that leads to Childline?**



**Tick which phone you think it is**



**5**

If you feel upset or stressed it might be helpful to...

## Do something you enjoy

Here's a list of things you could try:

- ✓ meeting with friends
- ✓ going out
- ✓ doing something by yourself
- ✓ taking a bubble bath
- ✓ watching a favourite film
- ✓ talking to a particular friend



*What else do you enjoy doing?*





*Draw some of the things you enjoy doing*

**Try to do something  
you enjoy every day**



If you feel upset or stressed it might be helpful to...

## Find ways to relax



Try physical exercise:

- ✓ star jumps, press ups, running in the garden
- ✓ play a game such as football or frisbee

Try slow deep breathing to help make you feel calm:

- 1 slowly take a deep breath
- 2 hold it for 5 seconds
- 3 very slowly let it out

Try relaxing your body.  
Sit or lie somewhere quiet  
and comfortable.

- 1 Stretch out your arms  
and make a fist, then relax
- 2 Push your legs out,  
wiggle your toes, then relax
- 3 Shut your eyes tight and  
pull a scrunched-up face,  
and then relax

Try to do  
some exercise







**Think of calming images.**

- ✓ Imagine somewhere you feel safe and good such as a beach or a park
- ✓ Imagine the sun on your face and the wind in your hair



**Relax by:**

- ✓ reading a book
- ✓ watching TV
- ✓ listening to music
- ✓ going for a walk
- ✓ taking a bubble bath



**Can you find ways to relax in the wordsearch below? There are 4 to find.**

b	o	o	k	d
a	k	f	l	s
t	v	x	a	o
h	m	n	w	p
m	u	s	i	c



If you feel upset or stressed it might be helpful to...

# Remember the good things

Sometimes people find it easier to remember things that have gone wrong rather than all the things that have gone well!

Make a list of things you are happy about

Each night, list things you enjoyed.  
Things I enjoyed today:



Draw the things that you are happy about



Remember the things that have gone well





**Getting  
more help**

# Here are some websites that have more information

## Getting more information

[www.childline.org.uk](http://www.childline.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.youngminds.org.uk/children](http://www.youngminds.org.uk/children)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

[www.getconnected.org.uk](http://www.getconnected.org.uk)

This booklet is written by adults  
whose job it is to find out what  
helps children when they feel  
upset or stressed.

For more information visit  
[www.help4pupils.org](http://www.help4pupils.org)

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