

# WHERE'S YOUR HEAD AT?



**THE BOYS'  
BRIGADE**  
> the adventure begins here  
Northern Ireland District



*ANCHORS & JUNIORS  
LEADERS BOOKLET*



**Important:**  
Our aim is to make talking about emotions normal for the boys.

You may find it useful to split the boys into smaller groups when using the booklet and chatting through the answers.

# A HEALTHY MIND

Having a healthy mind means that you are able to deal with your emotions in a positive way.

*IF YOUR EMOTIONS ARE MAKING YOU FEEL UNHAPPY OR UNWELL YOU NEED TO TELL SOMEONE.*

*Emotions are how we feel. They can change throughout the day and they can be positive or negative.*


What do you do when you feel unwell?

Go to bed

Go to the doctor

Take a day off school

Take medicine

Draw 3 emoji emotions: 

**Encourage:**  
Encourage the boys to see their mental health the way they see their physical health.

**Ask your leader!**  
*What do they do when they feel unwell?*

**Share:**  
Let the boys see that you can struggle as well.

**Bible:**  
Following Jesus doesn't mean that we wont struggle with our mental health. But Jesus can help us with our struggles.





**Important:**  
We can all feel stressed at times. It is very normal and not something to be afraid of.

**Ask:**  
Ask them about their answers. What is it about these things that causes them to feel stressed?

# STRESS

*Stress is how we feel when we are under pressure. Too much stress can leave us feeling unwell.*

What makes you feel stressed? 

- |        |                          |         |                          |
|--------|--------------------------|---------|--------------------------|
| School | <input type="checkbox"/> | Family  | <input type="checkbox"/> |
| Tests  | <input type="checkbox"/> | Illness | <input type="checkbox"/> |
| Sport  | <input type="checkbox"/> | Friends | <input type="checkbox"/> |

*STRESS CAN BE CAUSED BY:  
A SPORTS MATCH, A CLASS TEST,  
MEETING NEW PEOPLE OR MOVING SCHOOL.*

*GOOD NEWS!  
WE CAN REDUCE OUR STRESS!*

Stress can make you feel:



Draw what you do to relax? 

**Encourage:**  
Encourage the boys to talk to someone when they encounter these issues and feel stressed.



**Ask:**  
Ask the boys what helps them to de-stress?

**Share:**  
Share what relaxes you with the boys.

MADE FOR MORE  
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**Encourage:**

Let the boys know that if they are worried about anything it is important that they share it with an adult they know and trust.

**Share:**

Share a time where you have been anxious / worried with the boys.

**Encourage:**

Encourage the boys that talking about their worries can help to reduce them.

# WORRY

**Encourage:**

Encourage the boys to look out for these signs.

*Worry is a feeling of unease or fear. It can be caused by something that happens or something that you think could happen.*

**What do you worry about?**



- |          |                          |              |                          |
|----------|--------------------------|--------------|--------------------------|
| Homework | <input type="checkbox"/> | Sport        | <input type="checkbox"/> |
| Family   | <input type="checkbox"/> | Being Lonely | <input type="checkbox"/> |
| Friends  | <input type="checkbox"/> | Illness      | <input type="checkbox"/> |

**Worry can make you:**

- Unable to sleep
- Become easily annoyed
- Become easily upset

*IF YOU ARE WORRIED ABOUT ANYTHING,  
YOU NEED TO LET SOMEONE KNOW.*

*Draw your own worried emoji:*



**Draw what helps you when you are worried:**



**Bible:**

Share Bible stories and verses to encourage the boys about anxiety/ worry.

**Ask:**

Ask the boys what they struggle with and how do they reduce their worry?



**Ask:**  
Ask the boys what makes them angry and why?

**Share:**  
Share a time when you were angry.  
How did you cope?

**Ask:**  
Ask the boys how do they cope with their anger?

# ANGER

*ANGER IS AN EMOTION THAT WE ALL FEEL AT TIMES. IT IS IMPORTANT THAT WE LEARN TO CONTROL OUR ANGER.*

*BEING ANGRY FOR A LONG TIME CAN MAKE US FEEL UNHAPPY AND UNWELL.*

## What makes you angry?

Losing at Xbox

Being bullied

Being told off

Fighting with your family

When homework is hard

Losing at sport

It's important to deal with your anger in a healthy way that doesn't harm you or anyone else.

Draw your own angry emoji:



What can you do to help you when you feel angry?



**Important:**  
Being angry can sometimes be a sign that something else is going on to cause you stress or worry.



# SADNESS



**Important:**  
It is important that the boys check in mentally and ask themselves how long have they felt sad / down for.

**Encourage:**  
It is important you encourage the boys to speak to someone they know and trust if they're struggling.

Sadness is an emotion we will all feel at times. It can be caused by:

- The death of a pet
- A family member getting sick
- Leaving Primary School

*Sometimes people can feel sad for a long time. They may not always know why they are sad.*

What are some of the things that can make you sad?



*If you feel sad all the time it is important you tell an adult you know & trust.*

Feeling sad can make you behave differently. You may:

- Stop enjoying your hobbies
- Want to be on your own a lot

What are some of the things that can make you happy?



*WHEN WE FEEL SAD WE CAN TALK TO GOD. HE IS THERE FOR US AND HE LISTENS TO US.*

**Important:**  
Everyone is different and can be affected in different ways.

**Important:**  
Remember to let the boys know you are there for them if they need to talk.

This link takes you to the childline website for more details.



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**Ask:**

Ask the boys who they would speak to and why?

**Share:**

Share with the boys who you would speak to when you are struggling.



*IF YOU ARE STRUGGLING WITH YOUR EMOTIONS IT IS IMPORTANT YOU TALK TO SOMEONE YOU KNOW AND TRUST. THEY MAY ALSO BE KNOWN AS YOUR 'SAFE PERSON'.*

Who is your Safe Person/ People?

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Talking about how you feel is a great way to help you feel better.

**Important:**

It is really important to highlight to the boys that they need to have one person they know they can turn to.

SCAN ME





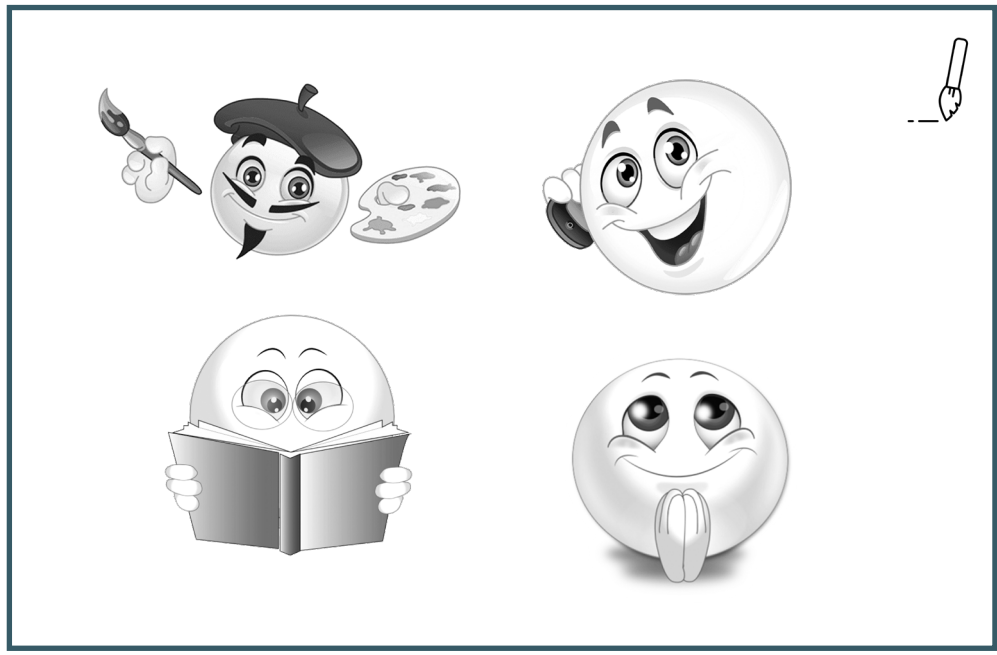
# COPING WITH YOUR EMOTIONS

**Encourage:**  
Encourage the boys to use these strategies every day to help them cope.

**1. Talk**  
Talk to someone every day about how you are feeling. Let them know how your day was & what you did.

**4. Learn Verses**  
Learn Bible verses that encourage you. Write them down and keep them with you.

**2. Draw**  
Drawing can be great fun and can help you to relax. It can also let you express how you feel.



**3. Pray**  
God wants to hear from you. Talk to Him & let Him know how you feel. Ask for His help and strength each day.

**Ask:**  
Ask the boys about any coping strategies they currently use already.



**Share:**  
Share with the boys any strategies you use to help you cope with your mental health.



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## 5 STEPS TO A HEALTHY MIND

1. SPENDING TIME  
WITH PEOPLE

2. BE ACTIVE

3. LEARN  
NEW SKILLS

4. HELP  
OTHER PEOPLE

5. BE  
MINDFUL

THESE STEPS ARE  
QUICK & EASY!

YOU CAN DO THEM  
EVERYDAY!



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SCAN ME





**Important:**  
Remind the boys that BB is all about connecting with others.

**Ask:**  
Ask the boys who they like to connect with and why.




# 1. SPENDING TIME WITH PEOPLE


Spending time with friends is important for a healthy mind!

Good friends can help you:

- Feel happy
- Have fun
- Talk about how you feel

Who do you enjoy spending time with? 

*Is there someone you know who might be lonely or sad and need YOU to spend time with them?*

How do you spend time with people every day? 

In school <input type="checkbox"/>	In the Playground <input type="checkbox"/>
At Sport <input type="checkbox"/>	At the Park <input type="checkbox"/>
At Home <input type="checkbox"/>	On my Xbox <input type="checkbox"/>

*WHAT CAN WE LEARN FROM JESUS ABOUT SPENDING TIME WITH PEOPLE?*

**Challenge:**  
Ask the boys who they could talk to / connect with who might be lonely. Maybe a classmate or a grandparent.



**Bible:**  
Jesus was always connecting with people. He always had time for others. Share a Bible story to highlight this.





**Important:**  
It doesn't always have to be playing a sport.

**Share:**  
Let the boys know what physical activity you like to do.  
How does it make you feel?

## 2. BE ACTIVE

Being active is a great way to keep our bodies fit & keep our minds healthy.

*You should try and do 30 minutes of exercise every day.*

Physical activity can also:

- Make us feel happy
- Help us have fun
- Help us make new friends

What physical activity do you like to do?



Colour in the emoji:



Why not ask your friends and family to be more active with you!

**Ask:**  
Ask the boys how they like to be physically active and why.

**Activity:**  
Do a circuit with the boys. Get them moving!





**Important:**

Learning a new skill distracts us from our struggles and can reduce stress.

**Share:**

Tell the boys about a skill that you have learnt. How did it go?

**Important:**

Make sure you emphasize the importance of it being for fun.

### 3. LEARN NEW SKILLS

Learning a new skill really helps us keep a healthy mind.

Learning a new skill is all about having fun!

Learning a new skill can:

- Make you feel good about yourself
- Build your confidence
- Help you make new friends

Draw or write about the new skills you would like to learn:



**Encourage:**

Encourage the boys to be creative and think outside the box!

What skills have you already been learning?

- |                      |                          |           |                          |
|----------------------|--------------------------|-----------|--------------------------|
| A musical instrument | <input type="checkbox"/> | Drawing   | <input type="checkbox"/> |
| Football             | <input type="checkbox"/> | Spanish   | <input type="checkbox"/> |
| Rugby                | <input type="checkbox"/> | Lego      | <input type="checkbox"/> |
| Swimming             | <input type="checkbox"/> | BB Badges | <input type="checkbox"/> |

Ask a friend or family member to learn the new skill with you!

**Activity:**

Teach the boys a new skill.  
Something fun.  
E.g Juggling, Cooking.

**Ask:**

Ask the boys what skills they would like to learn and why.

**Important:**  
Helping others takes the focus off yourself and your own struggles.

**Bible:**  
Share a Bible story with the boys about helping others.  
E.g The good samaritan.



## 4. HELP OTHER PEOPLE

Helping other people is a great way to keep a healthy mind.

Helping others can:

- Make other people feel happy and loved
- Make us feel good
- Teach us the importance of loving others

Draw different ways you can help people:



*Try and do one thing every day to help someone else!*

Have you ever helped anyone before?

How did it make you feel?



Give the boys an example of when you helped give to others. How did you feel ?

*How can you and your BB help other people?*

What did Jesus say in the Bible about helping people?

**Encourage:**  
Encourage the boys to keep it simple and think of something easy to do!

**Activity:**  
Plan an opportunity for the boys to give to others and serve.



**Important:**  
If you think that you are struggling it is important to take action and ask for help!

**Encourage:**  
Encourage the boys to make this a daily habit.

## 5. BE MINDFUL

Being mindful means thinking about how you are feeling!

*Being mindful is quick & easy!  
You can do it everyday.*

For example:

- How do I feel today?
- Why do I feel that way?
- Do I need to talk to someone about it?

Colour in the mindful emoji



Have a think about some of the emotions you felt today:

Happy	<input type="checkbox"/>	Angry	<input type="checkbox"/>
Sad	<input type="checkbox"/>	Lonely	<input type="checkbox"/>
Frustrated	<input type="checkbox"/>	Excited	<input type="checkbox"/>
Worried	<input type="checkbox"/>	Bored	<input type="checkbox"/>

*Ask your leader for more examples on how to be mindful.*

**Share:**  
Share with the boys when you are mindful. What do you do?

**Activity:**  
Get the boys to try it for one minute and share with the group!

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**Share:**  
Fill in the boxes yourself and  
share your answers with the boys.



# HEALTHY MIND PLAN

Create your own Healthy Mind Plan!

3 things I will do to help me feel happy:



My 'Safe Person' to talk to is:

\_\_\_\_\_

I will be active each day by:



I will try and help other people  
everyday by:



I will be active each day by:

I will remember that  
God \_\_\_\_\_ me!

**Encourage:**  
Encourage the boys to put this  
into practice. Check in with them  
to see how things are going.



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**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



FOR MORE INFORMATION CONTACT THE BOYS BRIGADE NI ON  
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