

WHERE'S YOUR HEAD AT?



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



ANCHORS & JUNIORS BOOKLET



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: 

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





STRESS

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

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

Stress can make you feel:



What makes you feel stressed? 

School
Tests
Sport

Family
Illness
Friends

*GOOD NEWS!
WE CAN REDUCE OUR STRESS!*

Draw what you do to relax? 





WORRY

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

Worry can make you:

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

Draw your own worried emoji:



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"/>

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

Draw what helps you when you are worried: 





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?





SADNESS

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.

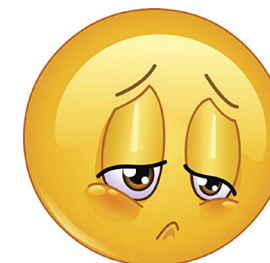
Feeling sad can make you behave differently. You may:

- 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.*



MADE FOR MORE
11: X



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?

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

SCAN ME





COPING WITH YOUR EMOTIONS

1. Talk

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

2. Draw

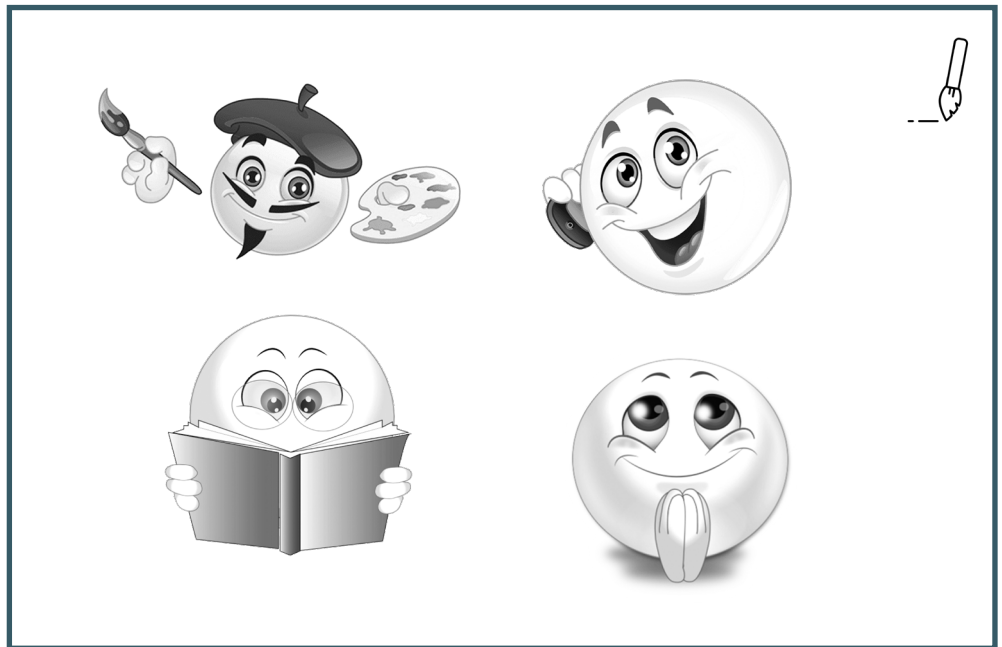
Drawing can be great fun and can help you to relax. It can also let you express how you feel.

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.

4. Learn Verses

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



MADE FOR MORE
11: X



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






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?





2. BE ACTIVE

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

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?



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

Colour in the emoji:



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





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:



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!





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?



How can you and your BB help other people?

What did Jesus say in the Bible about helping people?





5. BE MINDFUL

Being mindful means thinking about how you are feeling!

For example:

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

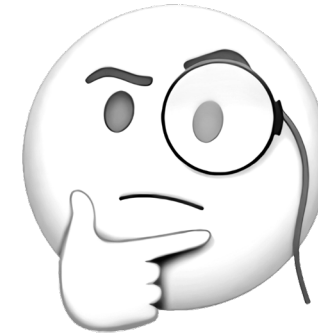
Have a think about some of the emotions you felt today:

Happy
Sad
Frustrated
Worried

Angry
Lonely
Excited
Bored

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

Colour in the mindful emoji



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



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 remember that
God _____ me!



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childline

ONLINE, ON THE PHONE, ANYTIME
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FOR MORE INFORMATION CONTACT THE BOYS BRIGADE NI ON
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