

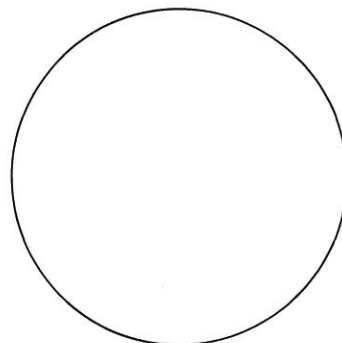
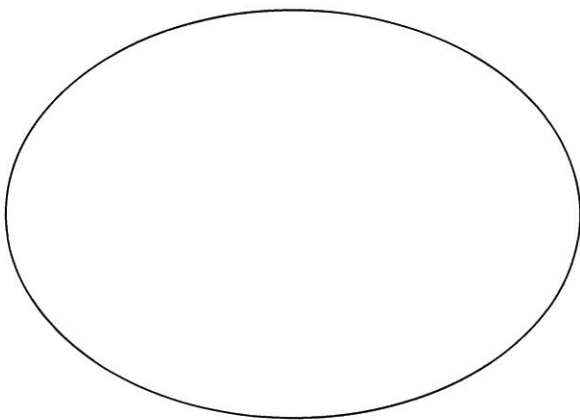
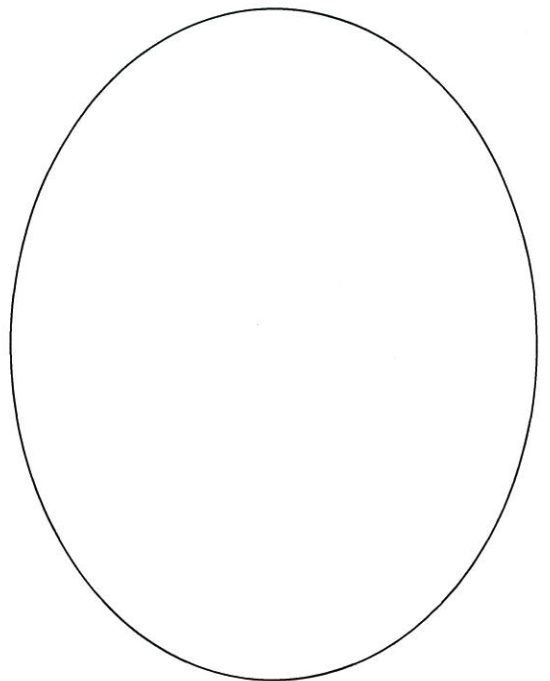
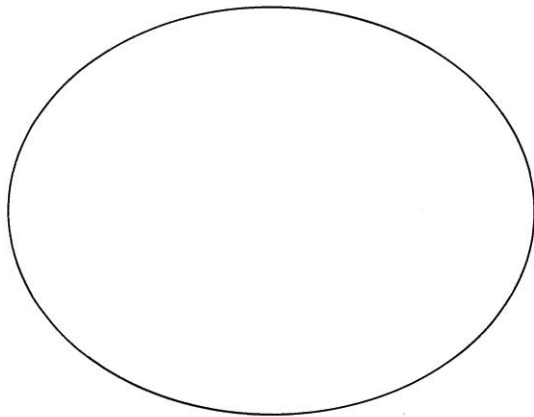
School

- **Who needs to know what's happened?**
- **Coping with work**
- **Coping with peers—what if people find out?**
- **What do teachers think of me?**
- **What happens if I am upset?**
- **How do I deal with the things the adult helped me with**



School may be very difficult for you.

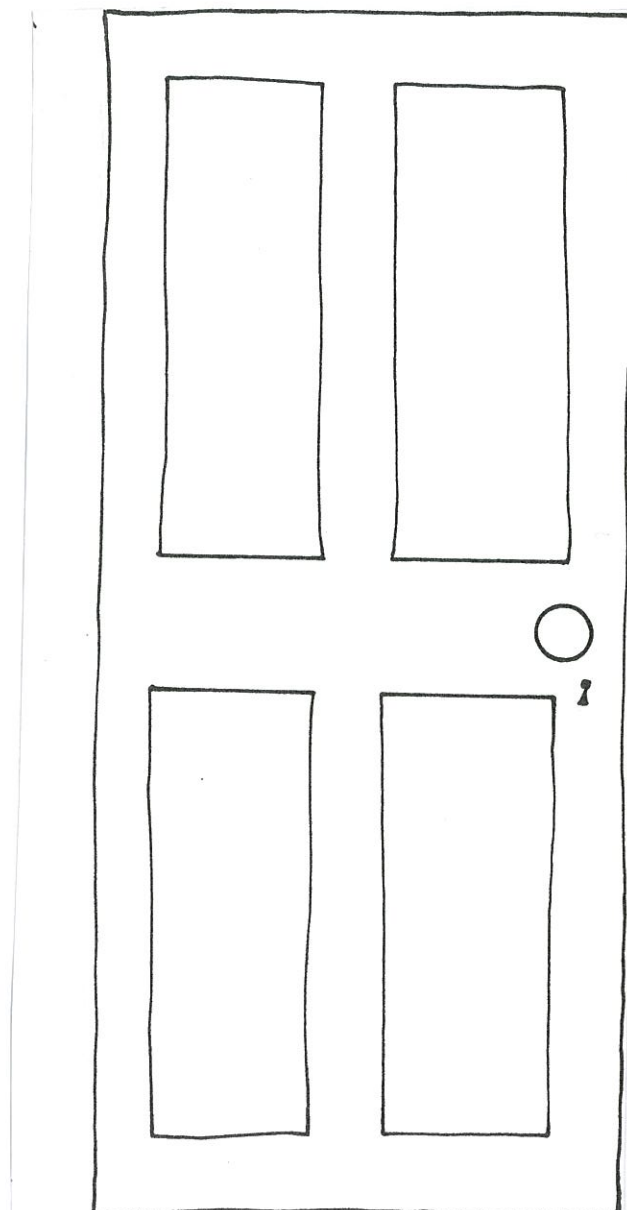
What are the most difficult bits?



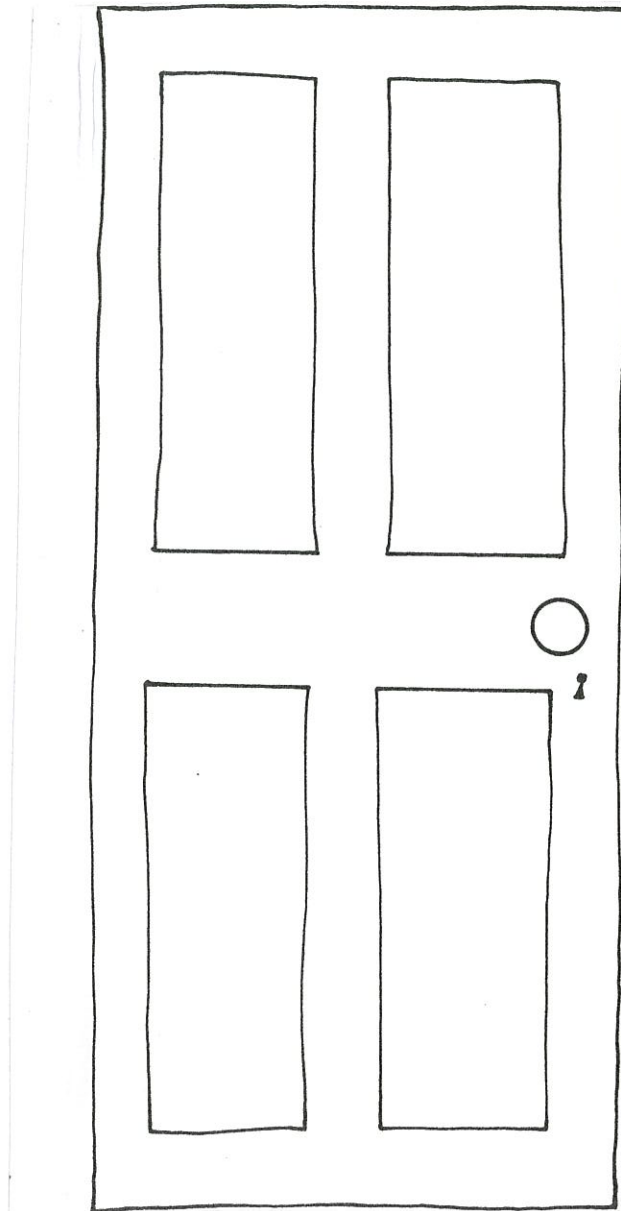
The doors

You need to decide which bits of your life at present you want to keep private, and which you want to disclose. Who do you want to know about the person who is in prison and what you are dealing with?

Write all the things you want to protect and put them behind the door. Write on the door the names of people who must not know, unless you change your mind. You need to know that if you tell us anything which shows you are unsafe, we have to take action.

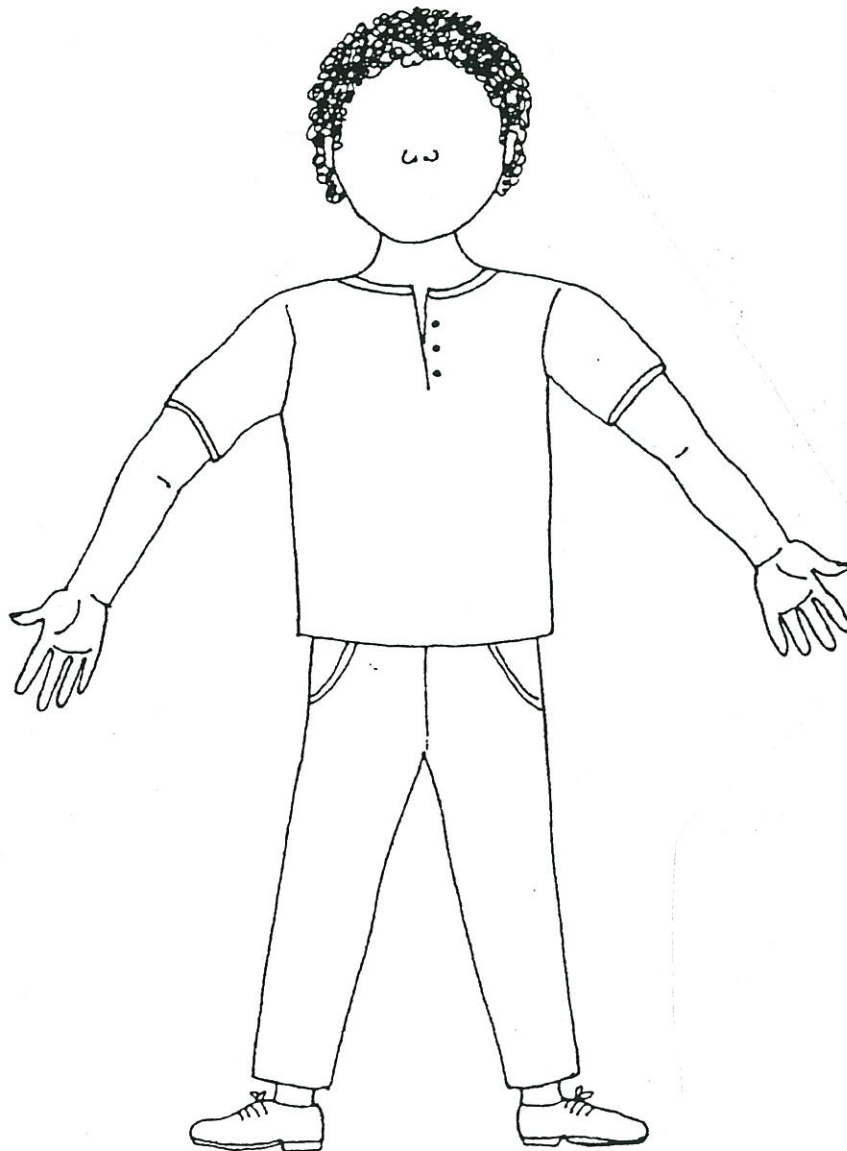


On the second door, write down what you want people to know and the names of people you want to tell. Leave this door open when you have finished writing.



Dealing with your anger

When we feel angry, things happen to our bodies. Draw what happens to your body, and label what is happening, e.g. red face.



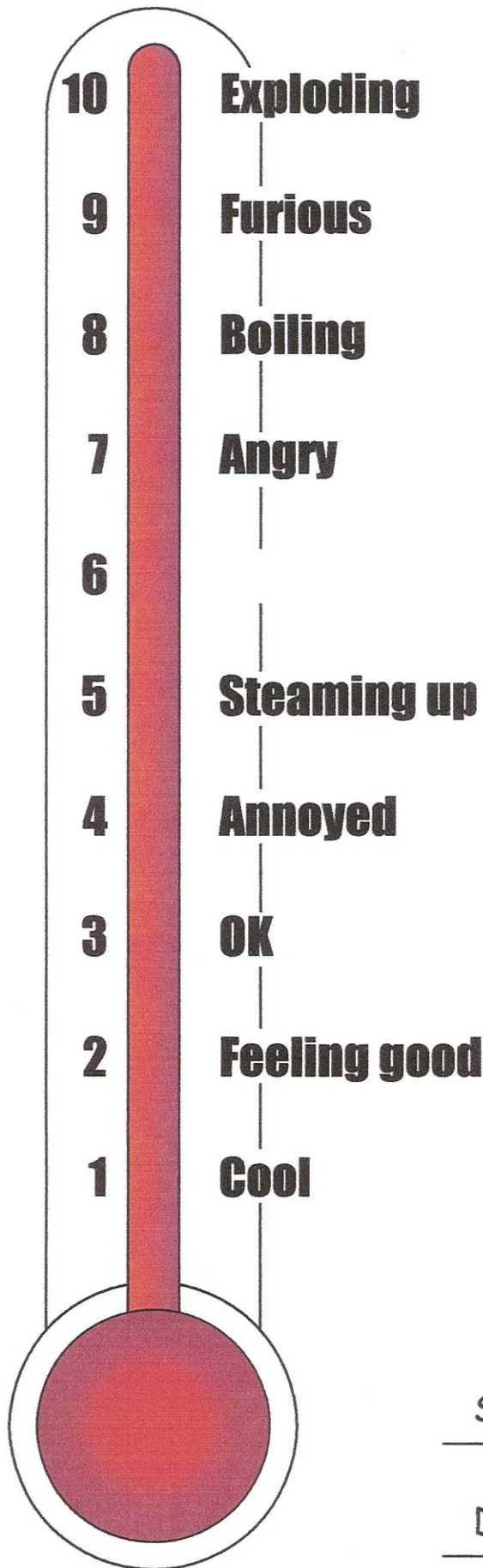


Lots of things make you feel mad. Some of them just get on your nerves; some of them make you loose your temper.

Circle on the thermometer how you're feeling right now and say what went wrong below...

Which of the following strategies did you use to help you calm down and how successful were you?

	Least				Most
• Taking time out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Walking away from an argument	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Stopping yourself saying something you shouldn't say	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Calming yourself down when feeling angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Spotting when a situation may get out of hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Speaking quietly instead of shouting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Stopping yourself swearing at someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Stopping yourself hitting someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Telling yourself "There's no point getting worked up about this!"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Talking to someone you don't like without being hostile to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Making yourself relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Telling yourself to do nothing until you feel more calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Keeping control if someone shouts at you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Stopping yourself from feeling angry when thinking of someone you hate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Counting to 10 when you feel furious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Signed: _____

Date: Mon Tue Wed Thu Fri

am
pm

My action plan :O)

The next time I get angry the **TRIGGERS** are likely to be...

1

2

3

I will know I am getting angry because I will notice **THE SIGNS**...

1

2

3

I will try to **KEEP CALM** by...

1

2

3

I will know that my **BEHAVIOUR** is better because I will not...

Shout swear throw things fight

Damage things kick out storm off

BUT instead I will...

Walk away count to ten talk to someone

Have some time out take some exercise

The **PEOPLE** I will need to help me succeed with this plan are...

1

2

3

signed

date



The horse

- a visualisation story to make you feel better, and more in control.

Imagine you are in front of a gateway, leading to the courtyard of an old farm.

Before you enter the courtyard, you can leave things behind – you can leave your thoughts, every sad or angry thought, every scary memory – leave it at the gate, just here. This will give you more freedom to travel. In this way you can be free, you can empty yourself. Just think about everything, then put it in a heap at the gateway. You know at the end of the day you can always pick them up again if you need to.

The more you leave behind, the more you will enjoy your day. Maybe you feel tired, or sad or angry or frightened. Leave your tiredness and sadness, your anger and fear in the heap. Enjoy the process of putting everything in a heap. As you put things in the heap, notice parts of your body becoming lighter and more relaxed. These parts of your body can relax now, so you can have a lovely dream in your relaxed body, a dream you will remember.

You can dream about the gateway that leads to the farmyard, you can feel it, feel the warm rough wood under your hand as you push it open, maybe see it. It is the gateway to freedom, a place where anything is possible. Just feel it and, when you are ready, enter it. You're walking into the courtyard of the old farm, your farm. How is your dream in the courtyard – is it sunny and warm? Can you see the stables and barns? Where do you live? What's it like? Does it have thick walls and shiny windows to keep the world out? Look

around at your courtyard, and feel challenged to go on a wonderful horse ride today.

Can you hear the horses in the stable? You can hear their noise. You can smell the horses – the sweet smell of hay. You wonder which horse you will ride today. You walk over to the stables. Which horse will you choose? How will you greet your horse? What name will you give it? Notice how it co-operates when you saddle it. Enjoy the care you take in preparing the horse. Can you imagine how the horse feels under your hands? Do you notice how it responds to your gentle touch – do you feel the horse becoming your friend. Gently you lead it outside and then mount it. You have complete control of it.

The horse waits; it concentrates as it waits for you to signal to it. It listens to you. Every movement of the horse is reflected in your body. In this way you get to know your horse. Each of your movements is felt by the horse and in this way, it gets to know you. You become closer and closer.

Just wait. Find calmness, rest together. Feel how you are seated in the saddle, feel your feet in the stirrups, feel the reins in your hands. Feel how you master the horse in your hands; your legs embrace the horse, its warmth, and its strength. Feel how you can master the horse with your voice and your words. You decide when to start your journey. Through the fields and through the forest. You decide which way to go and how fast. As you go along, you learn how to guide the horse. It doesn't matter if you make mistakes, you can correct them. The horse can make mistakes too and you can teach it. You and the horse can get to know each other better.

You ride through the fields on your own horse, at your own pace. You are the master of this horse. Feel how close you get, feel how you sit on its back, feel your legs, your hands holding the reins. Feel the horse breathing. Feel your own breathing. Feel the wind in your face. Together you explore the countryside. It changes – to a forest, a forest of beautiful trees and plants. A forest with challenges, obstacles, fallen trees, even hedges you have to jump. Together with the horse, you decide. You both know whether you can jump them. You both have the right to refuse. Obstacle after obstacle, challenge after challenge. You are invited to do things you have never done before. Feel the excitement at all the new

things you can do. Enjoy it again and again. Feel how you both learn, how you teach the horse so you both succeed. You explore the woods. Some of the challenges may be too difficult, too high to jump. Just leave them for another time. You have plenty of time to cope with new things. In this way you are satisfied with your success and so is the horse. Whether you're on your own with your horse, or whether there are other people in the forest, don't let this disturb you, just enjoy it. Find your way through the forest and, when you feel it is time, start to make your way back.

Enjoy your journey back. Realise what you have learned from your horse. Feel how it has enjoyed the journey. Feel how you can enjoy everything. You can look at the countryside, and your horse. You can feel your body but at the same time give attention to your horse, but still be in control.

You are back in the courtyard, and you gently dismount your horse. You stroke it, you praise it. Keep the feeling of being the master, the rider. You know you can do it again. You groom the horse. Decide whether you will turn it out on the field or take it back to its stable. Then come back to the courtyard. See the stables and the barns. You can still feel that you are the rider; all the power and all the skills to be a rider are still there. You still feel at one with the horse. With this good feeling, think about how you can do the things you want to do. Think about dealing with your problems in the present, and in the future. Be calm and strong, like you were when you were together with the horse.

Keep this feeling of control alive. Keep this good feeling alive, and go back to the courtyard and your horse when you feel out of control.



Anxiety and stress



- ❖ Use your anger Action Plan
- ❖ Breath in through your nose – oxygen reduce the adrenaline rush
- ❖ Count backwards slowly
- ❖ Be aware of how your body is affected when you are angry
- ❖ Use self-talk
- ❖ Get physical exercise
- ❖ Go to your agreed safe place
- ❖ Use your agreed exit card
- ❖ Use your visualisation story
- ❖ Stretch – shoulder shrug/ side stretch/ neck roll/ standing body roll
- ❖ Find a friend
- ❖ Write down what the problem is

'You only get one chance at life'
I promise myself that in
My future

End of term:



At the very least: ~

It would be good if: ~

Awesome: ~

What can I do?

How can I achieve
this?

End of year:



At the very least: ~

It would be good if: ~

Awesome: ~

How can I achieve
this?

When I leave school:



At the very least: ~

It would be good if: ~

Awesome: ~

How can I achieve
this?

Signed:

Date:

Unfinished business

Think of all the unexpressed feelings you might have for people around you. You are carrying them round and they might be weighing you down.

You might be angry, or hurt or lonely.

You might feel people are laughing at you, or are rejecting you.

OR

They may be very helpful and supportive and make you feel better when you are at school.

Write the names of the people who make you feel bad around the left hand figure, and the names of those who help you or make you feel good around the right hand figure.

THEN

Write a post-it to people, telling them what you feel, then stick it to the notice board.

Plan what you are going to say to each one. Notice how you feel lighter as you complete each one.



