

# JOYFUL JUNE!

## FEELING GOOD ABOUT BEING ME!

Feeling good about who you are is important. There are many things that happen to and around us, that can help us feel good about ourselves. Sometimes though, things happen that can make you feel a different emotion - like worried or nervous. This might be when tricky thoughts could creep into your mind. You might think 'I can't do this', or 'everyone has more friends than me'. If this happens, using something called an **AFFIRMATION** can help you to feel better about yourself again. An Affirmation is simply a **POSITIVE** sentence or two about yourself. Here's how you do it...

*Remember, YOU'RE AMAZING - BE KIND TO YOURSELF!*

**AFFIRMATION ACTIVITY** (You will need piece of paper and pencil).

First, pick 3 of the following words that best describe you

**Good listener** **Adventurous** **Interesting** **Reliable** **Kind** **Strong** **Funny**  
**Determined** **Open-minded** **Thoughtful** **Full of promise** **Patient** **Loyal**  
**Considerate** **Clever** **Honest**

Write them down as 'I am (a)...' sentences. You will have 3 sentences. Now, look in the mirror and say them out loud to yourself. Take your time and really mean what you say. **Repeat this every day.** You can also say them at a time when are finding something tricky to do! **Soon you'll believe yourself - it really works!**

## CATCHING THOUGHTS...

Sometimes, worry thoughts come into our minds. We hardly notice they are there until they start to make us feel different, but...did you know that you **CAN** learn to catch these thoughts before they start to cause mischief?

When you notice a worry thought, imagine you have a **NET**. Imagine yourself catching the thought with the net.

Now that the worry is trapped in your net you can see that it is just a **WORRY THOUGHT!** It doesn't need to be there!

What can you do with that thought now that you have caught it?

### Brain Break Breathing!

This activity will help you stay calm and focused.

### Dandelion Blowing Breaths

Get comfortable! Take a breath in now blow a little air out of your mouth as though you were blowing the dandelion seeds away. Continue blowing short, sharp little bursts of air out through until your lungs have emptied. Inhale through the nose and repeat. Repeat the entire exercise 3 times and then take a few normal breaths. Keep the shoulders soft during the entire duration of the exercise and ensure that you do not strain by trying to empty too much air out of the lungs.

## Tense and Release

Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly release.

Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.

Continue this action, moving up the body to relax every part of your body.

How does this make you feel?

### Meditation

This activity will help you relax and be ready for the day!

Remember your meditation will need to be somewhere quiet and comfortable! Get in the practice of starting each day with a little meditation.

Visit this website

[www.newhorizonholisticcentre.co.uk](http://www.newhorizonholisticcentre.co.uk) and try these videos: **Portal to Paradise**, **Flying with ALFIE**, **Invisibility Trainers**, **Giant Panda**, **The Tree of Positivity**

