

WELCOME!

This is
**MANAGING
EMOTIONS**
and
**EMOTIONAL
INTELLIGENCE**



HAPPY



CALM



SAD



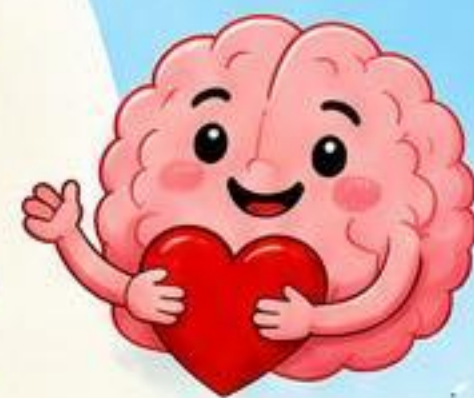
WORRIED



ANGRY



SHY



I understand myself



I care about others



I make good choices



I keep growing

A direct work resource
for children to learn
how to manage their
emotions and improve
their emotional
intelligence.

Feel it.
Understand it.
Manage it.
Grow with it.
Be your
best self!

Notice



Feel



Choose



Grow



It is created by

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EMOTIONAL INTELLIGENCE

YOUR GUIDE TO UNDERSTANDING FEELINGS, BUILDING FRIENDSHIPS AND BECOMING YOUR BEST SELF!

WHAT IS EMOTIONAL INTELLIGENCE?



Emotional Intelligence (EI) is **knowing** what you feel, **understanding** why you feel that way, and using your feelings to make **good decisions**. It also means understanding how **other** people feel.



WHY IS IT IMPORTANT?



Helps you stay calm
Keeps big feelings from taking over.



Builds better friendships
When you understand others, you can be a better friend.



Makes problem solving easier
Understand what happened, so you can find ways to fix the problem.

EVERYONE HAS FEELINGS!

Feelings are visitors.
They come. They go.
They tell us important things.



THE 5 PARTS OF EMOTIONAL INTELLIGENCE – YOUR SUPERPOWERS!

1 SELF-AWARENESS

What am I feeling?



Notice your own feelings like a detective.

Example: "I feel sad."
"I feel excited!"

2 SELF-REGULATION

Pause. Breathe. Choose.



Control your feelings so they don't take over.

Example: Take a deep breath when I'm angry.

3 MOTIVATION

Keep going!



The drive that helps you set and reach goals.
Example: I work hard on things that are important to me.

4 EMPATHY

How might they feel?



Understand how other people feel.

Example: I notice my friend is upset and I check in with them.

5 SOCIAL SKILLS

Connecting with people.



Talk, listen and interact well with others.

Example: I listen when others speak and share my ideas clearly.

THIS GUIDE WILL HELP YOU...

- ★ Understand your feelings
- ♥ Manage big emotions
- 💬 Have better conversations
- 👥 Build stronger friendships
- 🏆 Make good decisions
- 📈 Grow confidence
- 🚀 Become your best self

YOUR BRAIN IS ALWAYS LEARNING!

- 👁️ Something happens – your brain notices it.
- ☁️ You think about what happened.
- ♥️ Your body feels emotions.
- ⚡️ Your body reacts.
- 🎯 You choose what to do next!



You can practise new reactions every day!

EVERYONE HAS EMOTIONS. EVERYONE BELONGS.

We are all different, and that's amazing!



Be kind. Be understanding. Be you!

IMPORTANT MESSAGE

FEELINGS ARE NOT WEAKNESS.



Feelings help us:

- learn
- connect
- stay safe
- understand ourselves

Feelings are normal.
Every feeling is important.

THROUGH THIS ADVENTURE YOU WILL EXPLORE...



1

What Are Feelings?



2

The Emotion Cycle



3

Thoughts vs Facts



4

Staying Calm



5

Talking & Listening



6

Growing Confidence



7

Becoming Your Best Self

YOU ARE STILL GROWING.

And growing takes practice.

You don't need to:

- ✗ be perfect
- ✗ never feel sad
- ✗ always get it right

You only need to:

- ✓ keep learning
- ✓ keep trying
- ✓ keep understanding yourself

YOUR EMOTIONS ARE PART OF YOUR STORY – AND YOUR STORY MATTERS.

WHAT IS EMOTIONAL INTELLIGENCE?

It's your superpower for life!

Knowing your feelings is the first step to becoming your best self!

Emotional Intelligence (EI) is the ability to **understand** yourself and others, **manage** your feelings and make **good choices** in everyday life.

Imagine your mind is like a **smartphone**.



EI HELPS YOU...



Stay calm when things get tough



Build strong friendships



Make good decisions



Reach your goals



Feel good about who you are

IT MEANS YOU CAN...



Notice how I feel

Understand why I feel that way

Choose how to respond

Understand how others feel

Build strong connections

WHY IT MATTERS?

- ✓ Helps you in school
- ✓ Helps you at home
- ✓ Helps you with friends
- ✓ Helps you in the future
- ✓ Helps you live a happy, healthy life

REAL LIFE EXAMPLE

You're playing a game and someone says something unkind.

- You notice you feel angry.
- You take a deep breath.
- You remind yourself they might be having a bad day.
- You choose kindness, not hurt.
- You feel proud of yourself!

I got this!



REMEMBER!

Your feelings are **tools**, not **problems**.

When you understand them, you can use them to build the life you want!

KNOW YOURSELF. UNDERSTAND OTHERS. CHOOSE WISELY. GROW EVERY DAY.



When you understand your feelings and others' feelings...



WHY IS

EMOTIONAL INTELLIGENCE IMPORTANT?

...you can make better choices and live a happier, more confident life!



Emotional Intelligence helps you in **EVERY** part of your life!

IT HELPS YOU...

1. STAY CALM
even when things get tough.



You can manage big feelings like anger, worry or stress.



2. BUILD BETTER FRIENDSHIPS.



You understand others, treat them with kindness and solve problems together.



3. MAKE SMARTER DECISIONS.



You think before you act and choose what's best for you and others.



4. DO BETTER IN SCHOOL.



You can focus, stay motivated and handle challenges with a positive mindset.



5. FEEL GOOD ABOUT YOURSELF.



You build confidence, know your worth and feel proud of who you are.



IN REAL LIFE...

-  At home: You get along better with family.
-  With friends: You understand each other and have more fun.
-  At school: You handle stress, work well with others and achieve your goals.
-  In the future: You become a strong leader, a great teammate and a kind human being.

EXAMPLES OF HOW EI HELPS

-  You take a deep breath instead of shouting. 
-  You listen to a friend who is upset. 
-  You keep trying even when something is hard. 
-  You think of solutions, not just problems. 
-  You celebrate others' success and feel happy too! 

REMEMBER!



Your feelings are not weaknesses. They are your **superpowers!**

Use them wisely. They can change your world!



Understand your feelings. Understand others.
BE YOUR BEST SELF!





EVERYONE HAS FEELINGS!

Feelings are a part of being **human**.

Different people, different feelings, **same hearts**.

I feel happy!

I feel loved!

I feel excited!

I feel worried.

I feel angry!

I feel sad.



FEELINGS COME AND GO.

They help us understand what's happening inside and around us.



Feelings help our brain **understand**.



They help us **connect** with others.



They help keep us **safe**.



They guide us in making **good** choices.



They help us **grow** and learn.



They make us who we **are!**

WE ALL FEEL A MIX OF EMOTIONS!



IT'S OKAY TO FEEL!

- ♥ It's okay to feel happy.
- ♥ It's okay to feel sad.
- ♥ It's okay to feel angry.
- ♥ It's okay to feel worried.
- ♥ It's okay to feel all your feelings!

WE ARE DIFFERENT AND THAT'S **AMAZING!**



WHAT CAN WE DO?

- ♥ Notice how you feel.
- 💬 Talk about it.
- 🎧 Take a deep breath.
- 👐 Ask for help.
- ✅ Be kind to yourself and others.

♥ YOUR FEELINGS MATTER. YOU MATTER. ♥

Emotional Intelligence helps you understand yourself and others so you can be your **BEST** self!

THE 5 PARTS OF EMOTIONAL INTELLIGENCE

Everyone has these **superpowers**. The more you practice, the **stronger** they become!

YOUR SUPERPOWERS!

1 SELF-AWARENESS

Knowing your feelings and understanding why you feel that way.



EXAMPLES:

- ♥ I can name my emotions.
- ♥ I know what makes me happy or upset.
- ♥ I understand my strengths and challenges.

SUPERPOWER:
I KNOW ME!



2 SELF-REGULATION

Managing your feelings and behaviors in healthy ways.



EXAMPLES:

- ★ I can stay calm when I'm upset.
- ★ I can think before I act.
- ★ I can handle big feelings in healthy ways.

SUPERPOWER:
I CONTROL ME!



3 MOTIVATION

Having the drive to set goals and keep going, even when it's hard.



EXAMPLES:

- ★ I work hard to reach my goals.
- ★ I don't give up easily.
- ★ I believe in myself and my future.

SUPERPOWER:
I KEEP GOING!



4 EMPATHY

Understanding how other people feel and showing you care.



EXAMPLES:

- ♥ I notice how others feel.
- ♥ I listen and try to understand.
- ♥ I am kind and show I care.

SUPERPOWER:
I UNDERSTAND OTHERS!



5 SOCIAL SKILLS

Building strong relationships and communicating well with others.



EXAMPLES:

- I listen when others talk.
- I share my thoughts clearly.
- I work well with others and solve problems together.

SUPERPOWER:
I CONNECT WELL!



HOW THESE SUPERPOWERS WORK TOGETHER!



You understand your feelings.



You manage your feelings.



You stay motivated to reach your goals.



You care about others.



You build strong friendships and work as a team!

Everyone can **grow** their superpowers!
Practice a little each day and watch yourself **SHINE**!





SELF-AWARENESS



Why is it important?

- ✓ Helps you understand your emotions
- ✓ Helps you make better choices
- ✓ Helps you build confidence
- ✓ Helps you understand others better

★ THE SUPERPOWER OF KNOWING YOU! ★

I know me,
I grow me!

Self-awareness means noticing your feelings, understanding why you feel that way, and knowing what you need.

SIGNS OF SELF-AWARENESS



You can name how you feel.



You understand why you feel that way.



You notice how your thoughts affect your feelings.



You know your strengths and what you're good at.



You know what you need when you're upset, stressed or tired.

★ CHECK-IN WITH YOURSELF! ★

How am I feeling right now?
Circle or colour how you feel.



Happy



Excited



Calm



Proud



Loved



Worried



Sad



Angry



Frustrated



Tired

There are no wrong feelings.
All feelings are okay!

ASK YOURSELF...



What happened?
(What is going on right now?)



What am I thinking?
(What thoughts are in my mind?)



What am I feeling?
(Can I name the feeling?)



What does my body feel like?
(Tense? Hot? Hungry? Tired?)



What do I need right now?
(Rest, help, space, talk, food, etc.?)

TIP!

Pause.
Take a breath.
Check in.
Then choose
what's best
for YOU!



Be a detective
of your own
feelings!

EXAMPLES IN REAL LIFE



I felt nervous before my test because I thought it would be hard. I took deep breaths and tried my best.



I felt jealous when my friend got picked first. Then I realised I felt that way because I really want to feel included.

When I understand my feelings,
I can make better choices!

PRACTICE SELF-AWARENESS EVERY DAY!



Write in a feelings journal



Talk to yourself kindly



Take time to be still and think



Share your feelings with someone you trust

Small steps today = Big growth tomorrow!



REMEMBER!

Knowing yourself
is the first step to
loving yourself and
becoming your
BEST self!



YOU ARE UNIQUE. YOU ARE IMPORTANT. YOU ARE ENOUGH.



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SELF-REGULATION

YOUR SUPERPOWER TO STAY IN CONTROL!



I can pause, breathe and choose!

Self-regulation means **managing** your feelings, thoughts and actions in healthy ways – even when things are hard. It helps you **stop**, **think** and **choose** what's best for you and others.



WHY IS IT IMPORTANT?

- ✓ Helps you stay calm under pressure
- ✓ Helps you make better choices
- ✓ Helps you solve problems
- ✓ Helps you get along with others
- ✓ Helps you reach your goals



WHEN BIG FEELINGS HIT, TRY THIS 5-STEP PAUSE PLAN!

1 STOP



Stop what you're doing.

2 BREATHE



Take slow, deep breaths.

3 THINK



What is happening?
What do I need?

4 CHOOSE



Choose a helpful response.

5 ACT



Act in a way that helps me and others.



MY CALM TOOLBOX

Use these tools when you need to feel calm and in control.



Deep breaths



Count to 10



Drink water



Stretch



Listen to music



Go for a walk



Draw or write



Talk to someone



Hug or use comfort item

I can do this!

CALM DOWN TECHNIQUES



Balloon Breath

Breathe in slowly through your nose like you're filling a balloon. Breathe out slowly.



Starfish Squeeze

Stretch your arms and legs out wide like a starfish. Squeeze tight, then relax.



5-4-3-2-1 Grounding

Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.



Safe Place Visualization

Close your eyes and imagine your happy, safe place. Picture it, feel it, be there.

WE ALL NEED SELF-REGULATION!

I stay calm when I feel angry.

I take my time and think before I act.

I breathe and remind myself I'm strong.

I focus on what I can control.

I make choices that help me and others.

REMEMBER!

It's okay to feel big feelings. What matters is how you handle them!

PRACTICE EVERY DAY!

- ✓ Notice your feelings
- ✓ Use your calm tools
- ✓ Make kind, helpful choices
- ✓ Keep trying – you're growing!

YOU'VE GOT THIS!

You can't always control what happens, but you can always control how you respond.

YOU ARE IN CHARGE OF YOU!

Dream it. Plan it. Do it.

Keep going!

MOTIVATION

YOUR SUPERPOWER TO KEEP GOING!

I have dreams and I'm ready to achieve them!

Motivation is the **drive** inside you that helps you **set goals**, work hard, and **never give up** – even when things get tough!

WHY IS IT IMPORTANT?

- ✓ Helps you reach your goals
- ✓ Helps you keep trying
- ✓ Helps you build confidence
- ✓ Helps you learn and grow
- ✓ Helps you create the future you want!

TWO TYPES OF MOTIVATION

1. INTERNAL MOTIVATION

You do it because it feels good inside!



You enjoy it



You love learning



You want to improve yourself



You feel proud of your effort

2. EXTERNAL MOTIVATION

You do it for rewards or recognition!



Gifts and rewards



Praise and compliments



Good grades or prizes



Winning or being the best

HOW MOTIVATION WORKS!

1

DREAM

Think about what you want.



2

PLAN

Make a plan and break it into steps.



3

TAKE ACTION

Start doing something every day.



4

KEEP GOING

Don't stop! Challenges help you grow.



5

ACHIEVE

Celebrate your progress and success!



GROWTH MINDSET = POWER UP!

Instead of thinking...

- ☹ I can't do it. ✗
- ☹ I'm not good at this. ✗
- ☹ It's too hard. ✗
- ☹ I give up. ✗



CHANGE YOUR THOUGHTS!

Try thinking...

- 😊 I can try! ✓
- 😊 I'm getting better! ✓
- 😊 I'll keep practising. ✓
- 😊 I keep going! ✓

Your brain grows every time you challenge yourself!



MOTIVATION HELPERS

SET GOALS

Big or small, goals give you direction!



BREAK IT DOWN

Small steps make big goals feel possible!



REWARD YOURSELF

Celebrate small wins along the way!



GET INSPIRED

Read, listen or spend time with positive people!



STAY ORGANISED

Keep your space neat and your mind clear!



ASK FOR SUPPORT

It's ok to ask for help when you need it!



DAILY MOTIVATION CHECKLIST

- ✓ I know what I want to achieve.
- ✓ I took action today.
- ✓ I kept going, even if it was hard.
- ✓ I learned something new.
- ✓ I'm proud of my effort!

YOU CAN ACHIEVE ANYTHING!



Different backgrounds, same dreams, endless potential!

REMEMBER!

- ★ Effort today
- ↑ Better tomorrow
- ♥ Keep believing
- 🏆 You've got this!

EMPATHY

YOUR SUPERPOWER TO UNDERSTAND AND CARE!

Empathy is **understanding** how other people **feel** and **showing you care**. It means **stepping into someone else's shoes** without trying to judge them.

EMPATHY = SEE IT, FEEL IT, SHARE IT



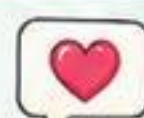
SEE IT

Notice what others are experiencing.



FEEL IT

Imagine how they might be feeling.



SHARE IT

Show you care with kind words and actions.

WHY IS IT IMPORTANT?

- ✓ Builds stronger friendships
- ✓ Helps stop bullying
- ✓ Creates kindness
- ✓ Helps people feel seen and valued
- 🌍 Makes the world a better place

BE A FEELINGS DETECTIVE!

Look for clues:

- Facial expressions
- Body language
- Tone of voice
- What they are saying
- What is happening around them



♥ EVERYONE HAS DIFFERENT FEELINGS. EVERYONE DESERVES EMPATHY. ♥

I feel left out when no one asks me to play.

I feel nervous starting something new.

I feel worried about my test tomorrow.

I feel sad when my friend is upset.

I feel proud when I help someone.

I feel angry when people are unkind.

I feel tired when I have a busy day at school.



PRACTICE EMPATHY EVERY DAY!

- Listen without interrupting.
- Ask, "How are you feeling?"
- Put yourself in their shoes.
- Show kindness in small ways.
- Be patient and understanding.
- Celebrate differences.

EMPATHY IN ACTION

A FRIEND IS SAD



Listen, give a hug or kind words.

"I'm here for you."

SOMEONE IS LEFT OUT



Invite them to join and make them feel welcome.

"Do you want to play with us?"

SOMEONE IS STRESSED



Offer help or just listen to them.

"Can I help with anything?"

SOMEONE SUCCEEDS



Celebrate with them and be genuinely happy.

"I'm so happy for you!"

KIND WORDS MATTER!

I can see you're having a hard day.

That must have been difficult for you.

I understand.

I'm proud of you!

You're not alone.

REMEMBER!

You don't have to have gone through the same thing to care about someone.

EMPATHY IS SEEING WITH YOUR HEART.

Be kind. Be understanding. Be someone's safe place.



YOU CAN MAKE SOMEONE'S DAY BETTER!



SOCIAL SKILLS

WHY ARE THEY IMPORTANT?

- ✓ Help you make and keep friends
- ✓ Help you communicate clearly
- ✓ Help you solve problems together
- ✓ Help you show respect and kindness
- ✓ Help you be a great teammate
- ✓ Help you belong and feel included

Social skills help you work, play and get **along** with others.

YOUR SUPERPOWER TO CONNECT!

Good social skills help you build strong **relationships**, **solve problems** together and create a **happy, kind community**.

THE BUILDING BLOCKS OF SOCIAL SKILLS

COMMUNICATION



Share your thoughts and listen to others.



I can say how I feel and listen to others too.

ACTIVE LISTENING



Listen with your eyes, ears and whole body.



I look, listen and think about what they are saying.

RESPECT



Be kind and value everyone. Treat others the way you want to be treated.



I treat others the way I want to be treated.

TEAMWORK



Work together, share ideas and help each other succeed.



I can share ideas and do my part.

SHARING



Take turns and share fairly with others.



I share and take turns.

CONFLICT RESOLUTION



Solve problems in a calm and positive way.



I use kind words to fix problems.

SOCIAL SKILLS IN ACTION!

MAKING FRIENDS



Be friendly and include others.

BEING A GOOD TEAMMATE



Encourage others and celebrate together.

SOLVING PROBLEMS TOGETHER



Talk, listen and find a win-win solution.

SHOWING KINDNESS



Small acts make a big difference.

INCLUDING EVERYONE



Everyone is unique. Everyone matters.

QUICK TIPS

- Use kind words
- Keep your body language positive
- Be patient
- Apologise and forgive
- Ask, "How can I help?"
- Celebrate differences

I CAN PRACTICE EVERY DAY!



At school



At playtime and sports



At home with family



In clubs and groups



Everywhere I go!

Practice today, connect for life!

REMEMBER!

Great social skills help you build **strong relationships** and create a **happy, kind community!**



THIS GUIDE WILL HELP YOU

These tools can help you understand yourself, manage big feelings and get along with others!

MY CALM TOOLBOX

Use these tools when you need to feel calm and in control.

-  Deep breaths
-  Count to 10
-  Drink water
-  Go for a walk
-  Listen to music
-  Draw or write
-  Talk to someone
-  Hug or use comfort item
-  I can do this!



CALM DOWN TECHNIQUES

Try these simple techniques to help you calm down.

-  Balloon Breath
-  Starfish Squeeze
-  5-4-3-2-1 Grounding
-  Safe Place Visualization



WE ALL NEED SELF-REGULATION

Self-regulation helps you control your feelings, thoughts and actions.



It's okay to feel big feelings. What matters is how you handle them!

PRACTICE EVERY DAY!

-  Notice your feelings
-  Use your calm tools
-  Make kind, helpful choices
-  Keep trying – you're growing!



YOU'VE GOT THIS!

You can't always control what happens, but you can always control how you respond.



YOU ARE IN CHARGE OF YOU!



You are important. You belong. You can make a difference!

YOUR BRAIN IS ALWAYS LEARNING!

Every time you try something new, your brain grows stronger!

HOW YOUR BRAIN LEARNS

Your brain is **amazing**! It can make new connections every single day.



-  **Neurons** are tiny brain cells.
-  When you learn something new, neurons **connect**.
-  The more you practice, the **stronger** those connections get!
-  This helps you remember, understand and do **amazing** things!



READING



Builds knowledge and imagination

PRACTICE



Makes skills stronger

ASKING QUESTIONS



Helps you understand and discover

TRYING NEW THINGS



Creates new brain connections

MAKING MISTAKES



Helps your brain find better ways

KEEPING GOING



Turns effort into progress

BEING CURIOUS



Opens your mind to new ideas

REMEMBER!

You don't have to be perfect. You just have to **keep learning**!



EVERY DAY IS A CHANCE TO GROW YOUR BRAIN!

LEARN SOMETHING NEW



Discover new facts and ideas.

READ EVERY DAY



Books open your mind to anywhere!

PRACTICE AND REPEAT



Practice helps you get better.

FOCUS AND KEEP TRYING



Don't give up – your brain loves effort!

GET ENOUGH SLEEP



Sleep helps your brain rest and remember.

BE KIND TO YOURSELF



You are doing your best!



Your brain is like a muscle. The more you use it, the **stronger** it gets!

KEEP LEARNING, KEEP GROWING, KEEP SHINING!

The best is yet to come!



EVERYONE HAS EMOTIONS!

Feelings come and go. It's okay to feel all kinds of emotions!

Emotions are a normal part of being human.
We all feel them! ❤️

Different people may feel different things in the same situation, and that's okay!

WE ALL FEEL MANY EMOTIONS

HAPPY



SAD



ANGRY



SCARED



EXCITED



WORRIED



SURPRISED



PROUD



❤️ There are lots of emotions. There is no right or wrong way to feel.

IT IS SAFE TO FEEL

All emotions are **okay**. What we do with our emotions **matters**.



It's okay to feel.



It's helpful to talk about how you feel.



It's good to find healthy ways to express how you feel.



It's important to take care of yourself.



ALL EMOTIONS CAN TEACH US SOMETHING!

They give us clues about what we need, what matters to us, and how we can grow.



EMOTIONS CAN LOOK DIFFERENT FOR EVERYONE



We all feel emotions...



in different ways...



and show them in our own way.



Everyone's feelings are important and deserve respect.

EXAMPLES: SAME SITUATION, DIFFERENT FEELINGS

You didn't get picked for a team.

I feel sad.



That's okay!

I feel angry.



That's okay!

I feel worried.



That's okay!

I feel disappointed.



That's okay!

❤️ Different feelings. All okay.

WHAT CAN I DO WITH BIG EMOTIONS?



Take deep breaths



Listen to music



Draw or write about it



Talk to someone you trust



Go outside and move



There are helpful ways to feel better and calm down. You can always try again.



Be **kind** to **yourself** and **others**.
Every **feeling** is valid.
Every **person** matters.



We are **all** different.
We are all wonderful!



IMPORTANT MESSAGE

YOU MATTER. YOU ARE IMPORTANT.

JUST AS YOU ARE!

You are loved, valued and enough.

★ YOU ARE UNIQUE!

There is no one else in the world like you. Your differences make you **amazing**!



♥ Your story, your background, your dreams – they all matter!

★ IT'S OKAY TO...



Make mistakes
That's how we learn and grow.



Have big feelings
Feelings are not right or wrong.



Ask for help
We all need help sometimes.



Be yourself
The real you is enough.

★ YOU CAN DO HARD THINGS!

Challenges help your brain grow and make you stronger!



♥ Keep trying, keep believing, keep going – you've got this!

BE KIND. BE RESPECTFUL. BE YOU. TOGETHER WE SHINE! ★



Be kind to yourself and others.



Respect everyone. Celebrate differences.



Keep learning. Keep growing.



We are stronger when we support each other.



Everyone belongs. Everyone matters.



Spread love, hope and positivity.



★ PROMISE YOURSELF ★



I will be kind to myself.



I will keep trying.



I will learn and grow.



I will treat others with kindness and respect.



I will believe in myself.

I am capable.
I am important.
I am enough.
I am amazing just the way I am!



★ REMEMBER: YOU ARE IMPORTANT. YOU MATTER. YOU CAN MAKE A DIFFERENCE!



Every topic helps you understand yourself better!

THROUGH THIS ADVENTURE YOU WILL EXPLORE...

7 TOPICS TO HELP YOU GROW, LEARN AND SHINE!

You've got this! Let's keep growing together!

1

WHAT ARE FEELINGS?

Discover different feelings and what they mean.



All feelings are okay. They help us understand ourselves.

2

THE EMOTION CYCLE

Feelings come, change and go – and that's okay!



Feelings change like the weather.

3

THOUGHTS VS FACTS

Learn to tell the difference between what's real and what we think.



Check your thoughts. Look for the facts!

4

STAYING CALM

Find ways to stay calm, relax and handle big feelings.



Calm is your superpower. You can do it!

5

TALKING & LISTENING

Good listening and kind talking help us build strong connections.



Listen with your heart. Speak with kindness.

6

GROWING CONFIDENCE

Believe in yourself, try new things and celebrate your progress.



Every small step forward builds big confidence!

7

BECOMING YOUR BEST SELF

Use what you learn every day to be the best version of yourself.



You are unique. You are enough. You are amazing!

Every topic is a step on your journey to becoming the best YOU!

WHAT ARE FEELINGS?

Feelings are the **emotions** we have on the inside.
They help us know what's happening in our **hearts** and **minds**.
Feelings help us **understand ourselves** and **others**.

WE ALL HAVE FEELINGS!

Everyone feels. Everyone matters.
There is no **right** or **wrong** way to feel.



FEELS VS FACTS

It's important to know the **difference** between how we feel and what is actually true.

FEELS (How it feels)



Feelings are **inside** us.
We can't always see them,
but they are **real**.



Feelings can **change**.
They can come and go.



Feelings are **not always**
based on facts.



It's **okay** for feelings to be
big and messy sometimes.

VS

FACTS (What is true)



Facts are things that are **real**
and can be proven.



Facts usually **stay the same**.



Facts **don't change** just
because we feel a certain way.



Knowing the facts helps us
make **calmer, better** choices.

FEELINGS HELP US...

- Understand ourselves
- Communicate better
- Care for others
- Make good decisions
- Feel confident

TRY THIS!

When you have a big feeling,
ask yourself:



What am
I feeling?



What are
the facts?



How can I look
at both?



What is the best
thing I can do?

YOU'VE GOT THIS!

Your feelings are part of
who you are, and that is
something wonderful!



Be kind to yourself.
You are doing your best!

★ IMPORTANT MESSAGE ★



All feelings are
okay.
There is no right
or wrong feeling.



Feelings give us
clues about what
we need.



It's okay to talk
about how we feel.



You can learn
to manage your
feelings.



You are important.
Your feelings
matter.



OUR FEELINGS **COME**, **CHANGE** AND **GO**.
WE CAN **NOTICE** THEM, **UNDERSTAND** THEM AND **CHOOSE** HOW TO RESPOND.

THE EMOTION CYCLE

7 STEPS TO UNDERSTAND AND MANAGE OUR FEELINGS

It's okay to feel.
What we do next matters!



WHAT IS THE EMOTION CYCLE?

It's a cycle that shows how feelings work inside us.

Feelings are messages, not problems.

The cycle helps us pause, understand and make good choices.



REMEMBER

- ★ Feelings are normal.
- ♥ Every feeling comes and goes.
- 🌿 You can't always control what happens, but you can control your response.
- 👥 Mistakes help us learn.
- 🏆 Every cycle is a chance to grow!



TOP TIPS

- 💡 Take a breath. Pausing helps your brain think clearly.
- 💭 Name it to tame it. Say what you are feeling.
- ★ You have choices. You are not your feeling.
- 👥 Talk to someone you trust. It helps!
- 🌈 Practice makes progress. Keep going!

You are not alone.
We all go through this cycle!



EXAMPLES OF THE EMOTION CYCLE IN ACTION

Scenario	1	2	3	4	5	6	7
I feel nervous before a test	Teacher says there is a test.	I notice my tummy feels tight.	I understand I'm worried about doing well.	I choose to study and ask for help.	I study and try my best.	I feel proud of myself!	I learned preparation helps me feel calmer.
I feel angry when my toy is taken	My toy is taken without asking.	I notice my face gets hot and fists clench.	I understand I feel angry because it's not fair.	I choose to use my words and ask for the toy back.	I speak calmly and take turns.	My friend gives it back. We both feel better.	I learned to use my words when I feel angry.
I feel sad when I miss my family	I miss my family whilst at camp.	I notice tears and a heavy feeling.	I understand I miss them and need comfort.	I choose to talk to my counsellor and call home.	I talk, call home and draw a picture.	I feel happier and more connected.	I learned that reaching out helps me feel better.



You are amazing! Every time you go through the emotion cycle, you are building stronger skills for **life**.

PAUSE. NOTICE. UNDERSTAND. CHOOSE. GROW. REPEAT.



THOUGHTS AND FACTS

Our thoughts are **NOT** always facts. It's important to know the **difference**!

Your brain has thoughts all day long!

Facts are true things we can prove!

THOUGHTS (What we think)

VS

FACTS (What is true)

EXAMPLES

THOUGHTS (Can change)

- I think my friend is mad at me.
- I think I'm not good at this.
- I think it will rain tomorrow.

FACTS (Can be proven)

- My friend smiled at me today.
- I got 80% on my test.
- The sky is blue.

I think I might fail my test.

- Thoughts are **ideas** in our minds.
- Thoughts can change.
- Thoughts are **not always** right.
- Everyone can have different thoughts.
- Thoughts can affect how we feel and what we do.

- ✓ Facts are true and real.
- ✓ Facts can be proven.
- ✓ Facts usually **stay the same**.
- ✓ Everyone will agree on the same facts.
- ✓ Facts help us make good decisions and solve problems.

★ Facts are truth. We can check them!

♥ Thoughts are guesses, opinions or ideas.

HOW TO CHECK YOUR THOUGHTS

Ask yourself these questions:



Is this a thought or a fact?



What is the evidence?



Would others agree this is true?



Could this change tomorrow?



What is the kindest and most helpful way to think?

WHY IT MATTERS

Understanding the difference helps you:

- ★ Feel better
- ★ Worry less
- ★ Make better choices
- ★ Have better relationships
- ★ Believe in yourself!

LET'S PRACTICE TOGETHER!

KEY REMINDER

Your thoughts are **POWERFUL**, but they are not always fact.

Check them.
Challenge them.
Choose the helpful ones.

You are in charge of your mind!

BE KIND TO YOUR MIND

- ♥ It's okay to have thoughts.
- ☁ It's important to check them.
- ★ Choose thoughts that help you grow.
- 🌱 Facts give you a strong foundation.

♥ You are amazing just the way you are!

Good thoughts + True facts = A happy, confident **YOU!**

It's okay
to feel big
feelings.

You've got
this!

STAYING CALM

★ Calm is your superpower! ★

When we stay calm, we can think clearly,
make good choices and feel in control.

I pause.
I breathe.
I choose
calm.

WHY STAYING CALM IS IMPORTANT



Helps your
brain think
clearly



Helps you
make good
choices



Helps you get
along with
others



Helps your
body feel
better



Helps you
feel proud
of yourself

7 STEPS TO HELP YOU STAY CALM

1

NOTICE

Notice how you
feel.



Name your
feeling.
I feel angry.

2

PAUSE

Stop what you
are doing.



Take a break.
It's okay to
pause.

3

BREATHE

Take slow, deep
breaths.



Breathe in for 4.
Hold for 4.
Breathe out for 4.
Do this 3 times.

4

THINK

Think about what's
happening.



What happened?
What can I
control?

5

CHOOSE

Choose a calm
response.



I can choose
kind words,
walk away or
ask for help.

6

DO SOMETHING HELPFUL

Use a calming
strategy.



Use one of your
calm-down tools
(see below).

7

CHECK & KEEP GOING

Check how you feel
now and keep going.



I did it! I can
stay calm again.

CALM-DOWN TOOLS YOU CAN TRY



Deep
breathing



Count
slowly



Stretch
your body



Talk to
someone
you trust



Listen to
calming
music



Draw or
write



Go to your
calm place

WHEN MIGHT YOU USE THESE STEPS?



When you feel
angry



When you feel
worried



When things don't
go your way



When you feel
overwhelmed



GOOD REMINDERS

- Everyone has big feelings sometimes.
- Staying calm takes practice.
- It's okay to ask for help.
- You are not alone.
- You can do hard things!



CALM WORDS TO TELL YOURSELF

I can
handle
this.

I am
in control.

I choose
calm.

This feeling
will pass.

I am
amazing!



YOU'VE GOT THIS!

Every time you choose calm,
you are building a stronger
brain, a kinder heart and
a better future.

Be proud of you!



★ Calm today. Strong tomorrow. You are enough just the way you are. ★

Words have power. Use them wisely!



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TALKING AND LISTENING

Listening is just as powerful as talking!

Good communication helps us build strong relationships, solve problems and feel understood.

WE ALL COMMUNICATE!



With our words



With our expressions



With our body language



In different ways



In every language

WHEN YOU ARE TALKING...

- 1** Think before you speak. Is it kind, helpful and true?
- 2** Use a calm and respectful tone. How you say it matters.
- 3** Be clear and honest. Share your thoughts and feelings.
- 4** Use "I" statements. Example: "I feel worried when..."
- 5** Keep it short and to the point. Too many words can be confusing.

My voice matters!

WHEN YOU ARE LISTENING...

- 1** Give your full attention. Look at the person. Put away distractions.
- 2** Show you are listening. Nod, smile or say "I see".
- 3** Don't interrupt. Let the person finish their thought.
- 4** Think about what they said. Try to understand their feelings and meaning.
- 5** Respond kindly. Use kind words and respect their views.

I listen with my heart.

GOOD LISTENERS DO THIS!



Look at the speaker



Nod or use encouraging sounds



Ask questions if you don't understand



Show you care



Respect everyone's turn to talk

COMMUNICATION IS A TWO-WAY STREET!

I share my thoughts.



I listen to understand.

★ Together we understand each other better! ★

WHAT GETS IN THE WAY?



Distractions (phones, TV, noise)



Interrupting



Thinking about something else



Judging or making fun



Not showing respect



Put devices away



Take turns to speak



Focus on the person



Be kind and open-minded



Respect everyone

SAY IT KINDLY

Instead of this...

- ✗ You're so annoying!
- ✗ That's a stupid idea.
- ✗ You never listen.
- ✗ Calm down!

Try saying this...

- ✓ I'm feeling frustrated right now.
- ✓ I see it differently. Can you tell me more?
- ✓ I'd like you to listen while I'm talking.
- ✓ Let's take a deep breath together.

★ LET'S PRACTICE!

What would be a good way to talk and listen?

1

Your friend is upset about something.



What could you do?

2

You disagree with your friend.



What could you do?

3

Someone is sharing their idea.



What could you do?

Think. Choose. Act with kindness.



YOU'VE GOT THIS!

Good communication builds trust, friendship and a happier world.

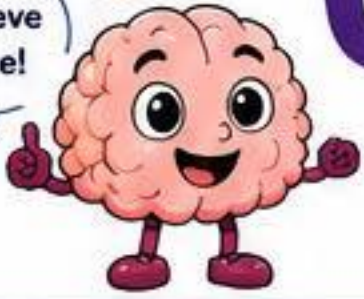


Be a great speaker.
Be an even better listener.
Be you!

★ LISTEN WITH YOUR HEART. SPEAK WITH KINDNESS. TOGETHER WE GROW. ★

GROWING CONFIDENCE

I believe in me!



Confidence is **believing in yourself** and your **abilities**.
You can grow it every day! 

I can do hard things!



WHAT IS CONFIDENCE?

Confidence is feeling good about who you are and what you can do.

It helps you try new things, face challenges and keep going, even when it's hard.

You are more capable than you think! 



WHAT CONFIDENCE LOOKS LIKE



Trying new things



Speaking up and sharing ideas



Knowing your strengths



Not giving up easily



Feeling proud of your achievements

7 WAYS TO GROW YOUR CONFIDENCE

-  **Set small goals**
Start small. Achieve more. Feel proud.
-  **Celebrate your wins**
Every step forward matters!
-  **Use positive self-talk**
Be kind to yourself. You've got this!
-  **Take on challenges**
Stretch yourself. That's how you grow.
-  **Learn from mistakes**
Mistakes help you get better.
-  **Surround yourself with good people**
Friends who support you lift you up.
-  **Practice your strengths**
Do more of what you're good at and enjoy!

Small steps today, big changes tomorrow!



WHEN CONFIDENCE FEELS HARD TO FIND

It's normal to have days when you feel unsure.
Try these:



Take a deep breath and pause.



Focus on what you can control.



Talk to someone you trust.



Remember your past successes.



Break big tasks into smaller steps.



Give yourself time. You are growing!

 It's okay to feel nervous. It means you care!
Brave doesn't mean not feeling fear. It means trying anyway.

CHANGE YOUR MINDSET, CHANGE YOUR LIFE!

INSTEAD OF THINKING...

- ✗ I can't do this.
- ✗ I'm not good at this.
- ✗ I always mess up.
- ✗ It's too hard.
- ✗ I give up.



TRY THINKING...

- ✓ I can learn how to do this.
- ✓ I'm getting better every day.
- ✓ Mistakes help me learn.
- ✓ This will take time and effort.
- ✓ I'll try a different way.



CONFIDENCE COMES FROM ACTION!

Do it scared. Do it unsure. Do it anyway!



Step out of your comfort zone.



Take action.



Build experience and skills.



Feel proud and confident!

★ The more you try, the stronger your confidence grows! ★

CHALLENGES HELP YOU GROW

Every challenge is a chance to become stronger.

This is tough!

I'll keep trying.

I can do hard things!

Look how far I've come!



 Don't expect it to be easy. Expect it to be worth it! 

KNOW YOUR STRENGTHS

You are unique and amazing! What are your strengths?



Creative



Kind



Problem solver



Good listener



Team player



Hard worker



Brave



 Your strengths make you, YOU! 

DAILY CONFIDENCE REMINDERS

- ♥ I am enough.
- ♥ I am learning and growing.
- ♥ I can do hard things.
- ♥ I believe in myself.
- ♥ I matter.



Repeat every day!

THINGS TO REMEMBER

- ★ You are not your mistakes.
- ★ You are not alone.
- ★ Everyone grows at their own pace.
- ★ You are capable and strong.
- ★ Your future is full of possibilities!



YOU'VE GOT THIS!

Believe in yourself today so you can create the amazing tomorrow you deserve!

Be confident.
Be brave. Be YOU!



★ BELIEVE IN YOURSELF. TRUST THE PROCESS. YOU ARE AMAZING!  ★

BECOMING YOUR BEST SELF

Being your best self means taking care of your **mind**, **body**, **heart** and **actions** every day. 

You are unique.
You are enough.
You can grow!

Small steps today lead to big changes tomorrow!



WHAT DOES IT MEAN?

It means doing your best, being kind to yourself and others, never giving up and always trying to improve.



You don't have to be perfect. You just have to keep growing!



6 AREAS TO FOCUS ON EVERY DAY



MIND

Keep learning.
Be curious.
Challenge yourself.

Try: Read, ask questions, and practice new skills.



BODY

Take care of your body.
Eat well, move often, sleep enough.

Try: Drink water, eat healthy food, exercise, and rest.



HEART

Be kind to yourself and others. Manage your feelings.

Try: Practice gratitude, be positive, and forgive yourself.



ACTIONS

Make good choices. Do the right thing, even when no one is watching.

Try: Be honest, help others and take responsibility.



RELATIONSHIPS

Build strong, positive relationships. Respect and listen to others.

Try: Listen well, share, include others and show empathy.



PURPOSE

Know what matters to you. Work towards your dreams and goals.

Try: Find your passions and make a plan.

GROWTH MINDSET

Believe you can improve with effort and practice!

INSTEAD OF SAYING...

 I can't do it.

 I'm not good at this.

 It's too hard.

 I give up.

TRY SAYING...

 I can try.

 I'm still learning.

 I can do hard things.

 I will keep going!

SET GOALS AND TAKE ACTION!

Use SMART goals:

S

Specific
What do I want to do?

M

Measurable
How will I know I did it?

A

Achievable
Is it something I can do?

R

Relevant
Does it matter to me?

T

Time-bound
When will I do it?



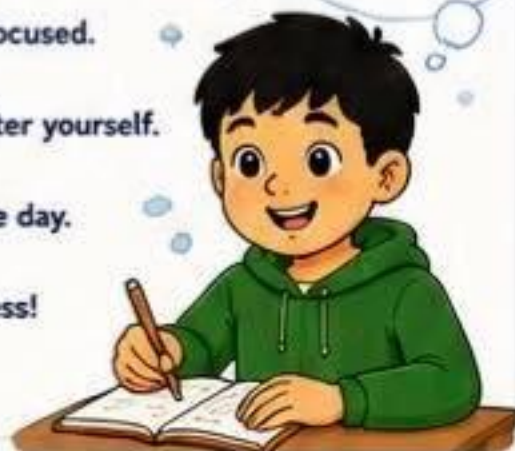
A goal gives you direction. A plan helps you get there!



DAILY HABITS THAT HELP YOU GROW

-  Start your day with a positive thought.
-  Plan your day and set your priorities.
-  Do your best and stay focused.
-  Take breaks and look after yourself.
-  Reflect at the end of the day.
-  Be proud of your progress!

Progress, not perfection!



KIND TO YOURSELF

-  Talk to yourself like a friend.
-  It's okay to make mistakes.
-  Rest when you need to.
-  Celebrate your small wins!

I am worthy.
I am kinder every day.



MAKE A POSITIVE IMPACT

-  Be kind.
-  Help others.
-  Look after your community.
-  Stand up for what is right.
-  Leave things better than you found them.

I can make a difference!

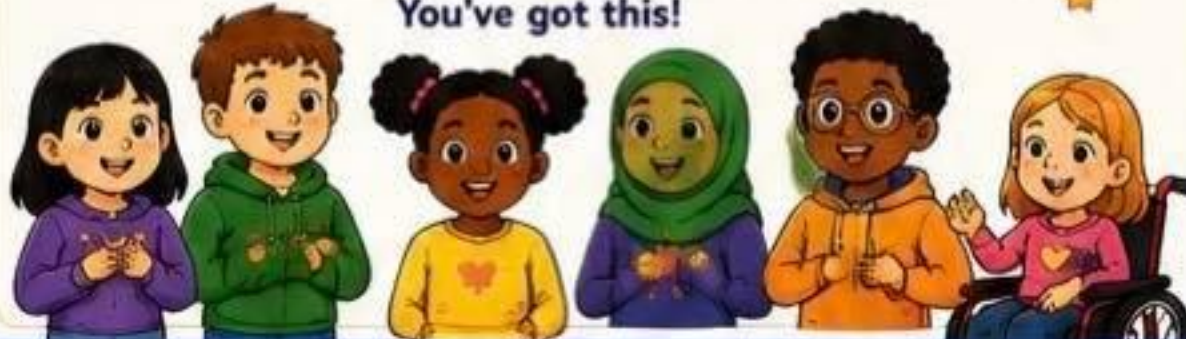


REMEMBER THIS

-  You are unique and amazing.
-  You are always growing.
-  Your best is enough.
-  You have strengths.
-  Challenges help you get stronger.
-  You are in charge of your choices.
-  You can become your best self!

YOUR BEST SELF IS A JOURNEY, NOT A RACE.

Be patient. Keep going.
Enjoy the process.
You've got this!



ACTION CHALLENGE

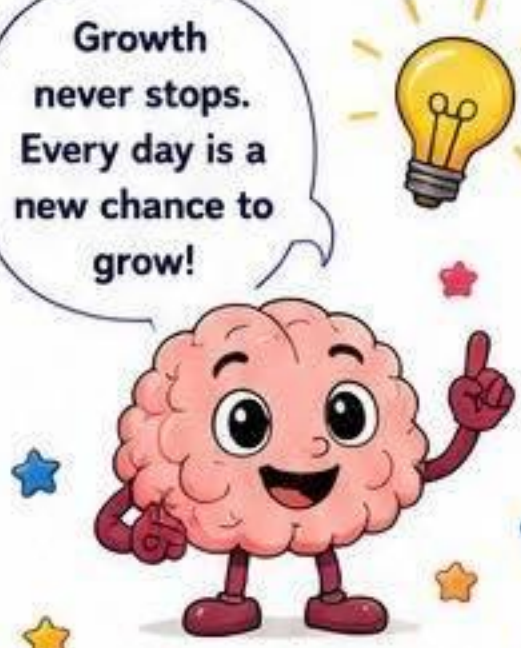
What is one small step you will take today to become your best self?

Do it today. Your future self will thank you! 

BE KIND. BE YOU. DO YOUR BEST. THE WORLD NEEDS YOU! 

YOU ARE STILL GROWING!

You are not "finished." You are learning, changing and becoming your **best self** every day!



WHAT DOES IT MEAN?

It means you are on a journey. You will keep learning new things, facing challenges and getting better with time.

Progress, not perfection, is the goal!



GROWTH MINDSET REMINDERS



I can learn anything I put my mind to.



Challenges help me grow.



Mistakes help me learn.



I improve with practice.



I celebrate my progress.



I believe in myself.

THE GROWTH CYCLE



It's a cycle. Keep going!

PROOF THAT YOU ARE GROWING



You know more than you did before.



You can do things that used to be hard.



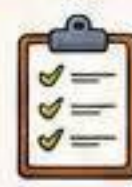
You bounce back when things get tough.



You understand your feelings better.



You are kinder and stronger in your relationships.



You take responsibility for your choices.



You are getting closer to your dreams.

REMEMBER:

Every expert was once a beginner. Every star has to start somewhere.

Your story is still being written!



GROWTH LOOKS DIFFERENT FOR EVERYONE

You don't have to grow in the same way as anyone else.



Your growth. Your pace. Your journey.

THINGS TO HELP YOU GROW



Be curious. Ask questions.



Step out of your comfort zone.



Ask for help when you need it.



Read, explore and dream.



Take care of your body and mind.



Believe in yourself. Always.

WHEN GROWTH FEELS HARD

Some days will be tricky. That's okay! Try these:



Take a deep breath.



Talk to someone you trust.



Focus on one small step.



Be kind to yourself.



Keep going. You've got this!

I may not be there yet, but I'm closer than I was yesterday!



CELEBRATE YOUR WINS!

Big or small, every step forward matters.

- Did you try your best today?
- Did you learn something new?
- Did you help someone?
- Did you keep going when it was hard?

That's growth! Well done, you!

WHAT WILL YOU GROW NEXT?

Plant a seed of a goal, look after it with kindness and effort, and watch it grow!



You are always becoming. You are always enough.

YOU'VE GOT THIS!



You are learning. You are growing. You are becoming your best self.

The future is yours!

Keep growing. Keep shining!

I'm so proud
of you!



YOU'VE GOT THIS! WHAT A JOURNEY!

Keep
believing in
yourself!

You are learning, growing and becoming your **best self** every day.

Every step you take, every choice you make and every challenge you face is helping you build a brighter future. Remember – **progress, not perfection!** You are **enough**. You are **capable**. You are **amazing** – just the way you are.

YOUR JOURNEY



MY BRAIN

Understand, manage and use your brain power.



EMOTIONS

All feelings are okay. You are learning to handle them.



TALKING & LISTENING

Kind words, good listening and respect build strong connections.



GROWING CONFIDENCE

Believe in yourself and take on challenges.



BECOMING YOUR BEST SELF

Take care of your mind, body, heart and actions every day.



YOU ARE STILL GROWING

Every day is a new chance to learn, grow and shine!

THINGS TO REMEMBER ALWAYS



You are unique and amazing. There is no one else like you.



It's okay to make mistakes. That's how we learn and grow.



Challenges help you get stronger and more confident.



Kindness, respect and empathy make the world a better place.



Small steps every day lead to big changes over time.



You are never alone. There are people who care about you.

YOUR DAILY PLEDGE

I choose to...



Be kind to myself and others.



Try my best.



Listen and speak with respect.



Learn from my mistakes.



Take care of my mind and body.



Keep going, even when it's hard.



Believe in myself.

**I am growing. I am enough.
I am my best self!**

WHEN YOU NEED A BOOST



Take a deep breath and pause.



Talk to someone you trust.



Remember how far you've come.



Focus on one small step at a time.



Do something that makes you happy.



You've got this – always!

LOOKING AHEAD...

The future is full of possibilities, and you have the power to create it. Keep **growing**, keep **dreaming** and keep **shining**!

BE YOU. BE KIND. BE PROUD.

The world needs **YOU!**

♥ **THANK YOU!** ♥

Thank you for being part of this journey. Remember – you are learning, you are growing and you are becoming your **best self** every day.

Keep this booklet as a reminder of your superpowers! Come back to it anytime.

This is just the beginning of your story. Write it with courage, hope and heart. ♥

BELIEVE IN YOURSELF. TRUST THE PROCESS. ENJOY THE JOURNEY.