

# *Suggested Activities to Help with Difficult Feelings*

## Distraction Techniques

I'll give it a try	Activity	Helpful	Not Helpful
	Read a book		
	Play Wii, Xbox, PlayStation, Nintendo, online games etc.		
	Watch TV or a movie		
	Go for a walk, ride, run, scoot, or skate		
	Play with a pet		
	Listen to music		
	Write in a journal: a poem, song, or your feelings		
	Do homework		
	Play with play dough, slime, kinetic sand or putty		
	Blow up balloons or bubbles		

## Physical Awareness & Creating Sensation

I'll give it a try	Activity	Helpful	Not Helpful
	Breathing, relaxation, mindfulness techniques		
	Try <a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a>		
	Stomp your feet or jump around		
	Take a bath or shower		
	Place ice on your skin or in palm of your hand		
	Punch a punching bag, pillow or cushion		
	Give yourself or get a massage, or roll a sensory ball on your body		
	Brush your hair		

## Interpersonal Contact

<b>I'll give it a try</b>	<b>Activity</b>	<b>Helpful</b>	<b>Not Helpful</b>
	Call a friend		
	Talk about something else all together		
	Connect with friends, mum or dad, family, teachers, school psychologist/counsellor		
	Listen to recordings of a friend, family member or counsellor talking		
	Chat on Messenger, Twitter, Skype etc.		
	Text a friend		
	Access a helpline via phone or online e.g., Kids Helpline (ph. 1800 55 1800)		

## Imagery

<b>I'll give it a try</b>	<b>Activity</b>	<b>Helpful</b>	<b>Not Helpful</b>
	Imagine your perfect holiday spot		
	Think of a happy memory that makes you smile		
	Imagine the happiest situation or scenario you can think of		
	Imagine being with the person who makes you the most happy		
	Think of a funny past experience or movie that makes you laugh		

## Physical Activity

<b>I'll give it a try</b>	<b>Activity</b>	<b>Helpful</b>	<b>Not Helpful</b>
	Exercise e.g., walk, run, ride, find an online exercise class		
	Dance		
	Play a physical game		
	Play drums or other musical instruments		
	Bang pots and pans together		
	Throw soft toys, cushions or pillows against a wall		
	Squeeze, squash or throw a stress ball		
	Rip, shred or tear paper up		

## Creativity

I'll give it a try	Activity	Helpful	Not Helpful
	Draw, sculpt or paint the feeling, need or memory		
	Write about your feelings		
	Tell the story of your life on a timeline, marking the important things that have happened since you were born		
	Make a scrap book with photos, letters, school reports, drawings & bits of writing		
	Keep a journal/diary		
	Write letters about what you would like to say to people (you don't have to send them)		
	Write poetry, stories, song lyrics or just words		

## Self-Soothing Techniques

I'll give it a try	Activity	Helpful	Not Helpful
	Sleep		
	Wrap yourself tightly in a blanket or doona		
	Take a bath		
	Put on textual clothing, e.g., a fluffy jumper		
	Eat a favourite food e.g., ice cream, chocolate etc.		
	Have a hot drink or a cold one		
	Play comforting music		
	Listen to the sounds of nature e.g., waves, birds, crickets (Use YouTube if you need)		
	Meditate		
	Make a list of things that make you smile		
	Watch a favourite show, or read your favourite book		
	Light a candle		
	Bake something, e.g., cookies, a cake		
	Look at your favourite photos		

## Guilt & Self-Punishment Alternatives

I'll give it a try	Activity	Helpful	Not Helpful
	Talk to someone who cares about you		
	List as many good things about you as possible		
	Think about something good or positive you've done		
	Write positive affirmations		
	Do something nice for someone else		
	Read something nice someone has written about you, e.g, an old birthday card		
	Identify what is making you feel guilty & how you might change it		

## Expressive Anger Activities

I'll give it a try	Activity	Helpful	Not Helpful
	Hit or punch something safely e.g., cushion, pillow, punching bag		
	Break old crockery or glass in safe ways (into a box or tub) Make sure you have parent permission		
	Throw ice cubes in the sink, bath or against an outside wall		
	Smash or stomp on aluminium cans, empty plastic bottles, or cardboard boxes		
	Scream, shout, yell		
	Cut or rip up, paper, cardboard or boxes		
	Record yourself yelling, screaming or shouting		
	Stomp or jump around		
	Throw sticks or stones		
	Bang pots & pans together		

## Grounding & Re-orienting Strategies

I'll give it a try	Activity	Helpful	Not Helpful
	Visually scan your surroundings		
	Describe the environment out loud in as much detail as possible (e.g. objects, smells, sounds, textures)		
	Hold an object that reminds you of supportive people & positive events in the present, remembering the association		
	Breathing, relaxation or meditation techniques		
	Mindfulness activities (there are many, google it)		
	Pick a category (e.g. farm animals, cities, colours) & name as many as you can think of		
	Play "fizz buzz" – count to 100 & replace any number containing a 5 or a multiple of 5 with "fizz", & any numbers with a 7 or multiple of 7 with "buzz" i.e., 1,2,3,4, fizz, 6, buzz, 8,9, fizz, 11, 12, 13, buzz		



**What am I grateful for today?**



**Who am I checking in on or connecting with today?**



**What expectation of 'normal' am I letting go of today?**



**How am I getting outside today?**



**How am I moving my body today?**



**What beauty am I either creating, cultivating or inviting in today?**