

# Match the feeling!

*Draw a line to match the face with the correct feeling*



SOME PEOPLE ARE SAD BECAUSE  
THEY CAN'T HAVE A PARTY FOR  
THEIR BIRTHDAY



SOME PEOPLE ARE ANGRY BECAUSE  
THEY CAN'T GO ON THE HOLIDAY  
THEY WERE LOOKING FORWARD TO



SOME PEOPLE ARE CONFUSED WHY  
THEY CAN'T GO TO THE PARK OR TO  
THE SHOPS



SOME PEOPLE ARE EXCITED TO  
SPEND MORE TIME WITH THEIR  
FAMILIES



SOME PEOPLE ARE LONELY WITHOUT  
THEIR FRIENDS TO PLAY WITH



SOME PEOPLE ARE HAPPY BECAUSE  
THEY DON'T HAVE TO GET UP SUPER  
EARLY ON A MORNING



SOME PEOPLE ARE WORRIED ABOUT  
THINGS THEY HEAR ON THE TV OR  
RADIO



SOME PEOPLE ARE SCARED ABOUT  
CATCHING CORONAVIRUS AND BEING  
POORLY

We know that sometimes we can behave  
in different ways depending how we are  
feeling

*How would someone know how you are feeling?*

You can either draw or write to show what you might look like or  
what you might do.





Empty rectangular box for writing.



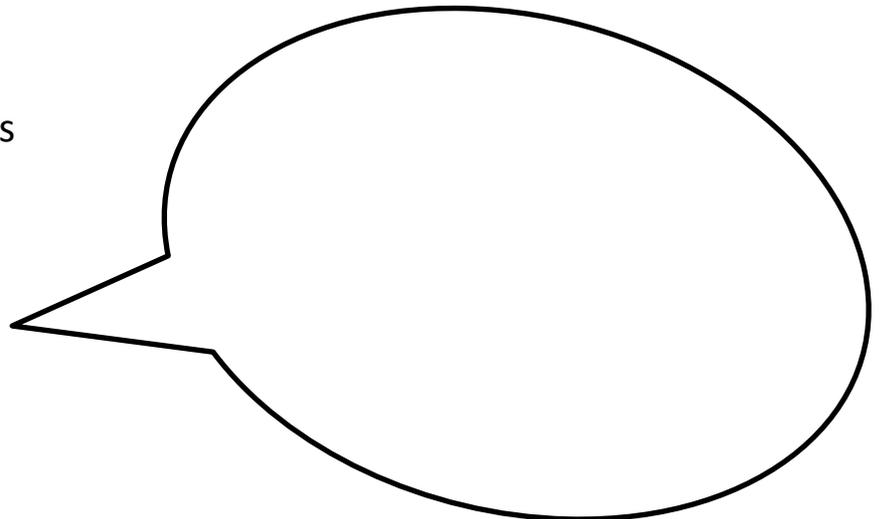
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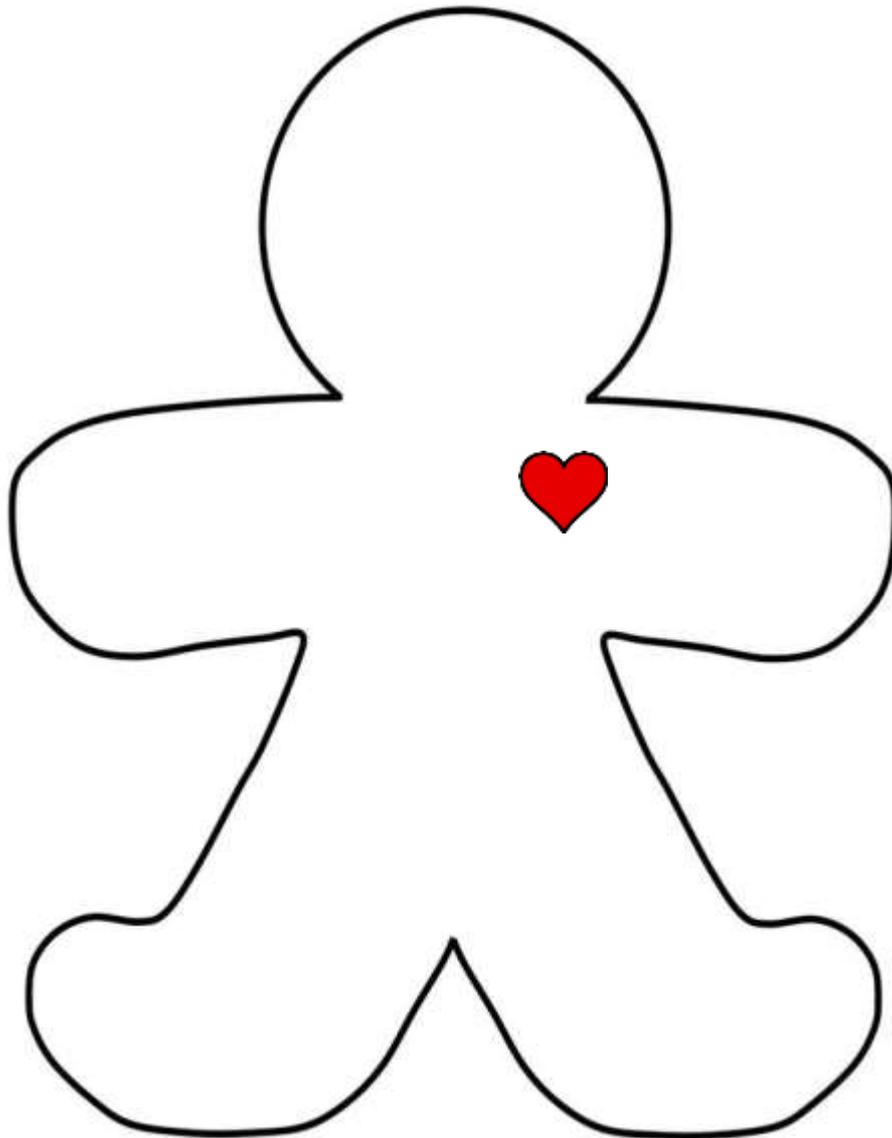
Empty rectangular box for writing.

**Everyone has feelings** and feels different things at different times and talking about it can help you and other people to understand.

**Who can you talk to?**



After that exercise what do you notice happening in your body? What do you feel? Let's draw your symptoms onto this gingerbread man to see what is going on around your body:



# Fight or Flight



## What is the fight or flight response?

The fight or flight response is our bodies natural reaction when we feel scared or worried. This reaction happens to us all because of the way we are made!

## Why did this response develop?

Imagine you were a cave girl or boy living in ancient lands! What kinds of scary and dangerous things might you come across? Write your ideas below:



Humans developed the stress response *to help them survive* in ancient lands. Their bodies got ready to either fight the danger, or run away from it (flight).

These days we don't have as many dangers in everyday life, but our brains are still the same, so our fight or flight response can be activated by other things which we find stressful or scary. What types of things activate your stress response?



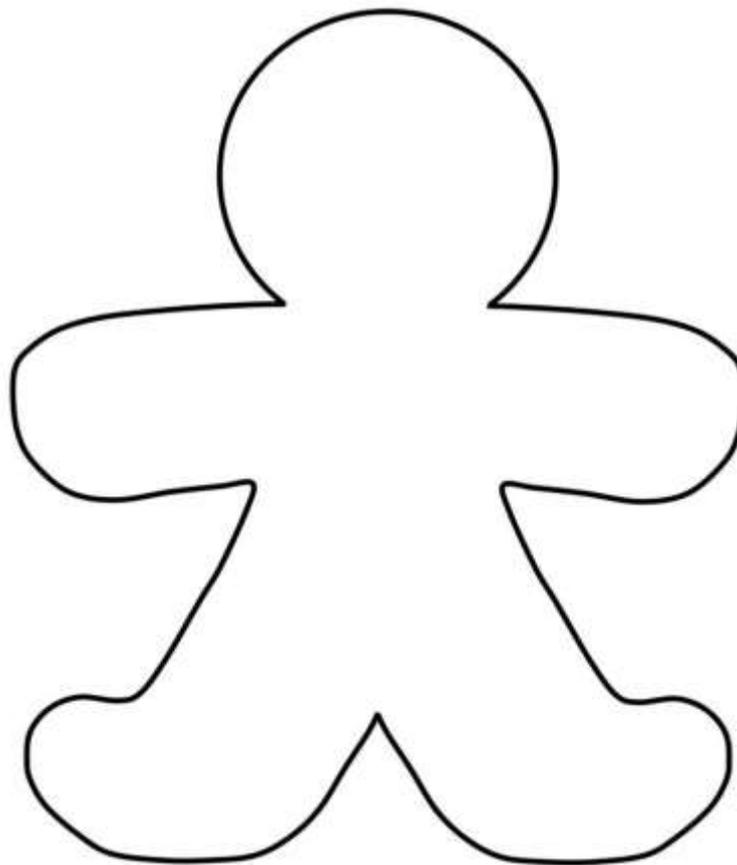
## How do I know my fight or flight response is activated?

When your stress response is triggered, you might notice some changes to your body and the way you feel.

## What do you notice in your body if scared or worried?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> achy or shaky muscles       | <input type="checkbox"/> feeling dizzy      | <input type="checkbox"/> suddenly needing the toilet   |
| <input type="checkbox"/> sick stomach or butterflies | <input type="checkbox"/> dry mouth          | <input type="checkbox"/> racing thoughts               |
| <input type="checkbox"/> quicker breathing/gasping   | <input type="checkbox"/> feeling hot        | <input type="checkbox"/> feeling tired all of the time |
| <input type="checkbox"/> changes to eyesight         | <input type="checkbox"/> heart beats faster | <input type="checkbox"/> sweaty hands/feet/body        |

Let's draw your symptom on this body.



It's important to remember that these symptoms are normal and they can happen to anyone. Feeling worried and anxious are completely normal feelings that everyone experiences from time to time.

## Investigation time

Ask your family and friends what happens to their bodies when they get scared or worried and complete the table below:

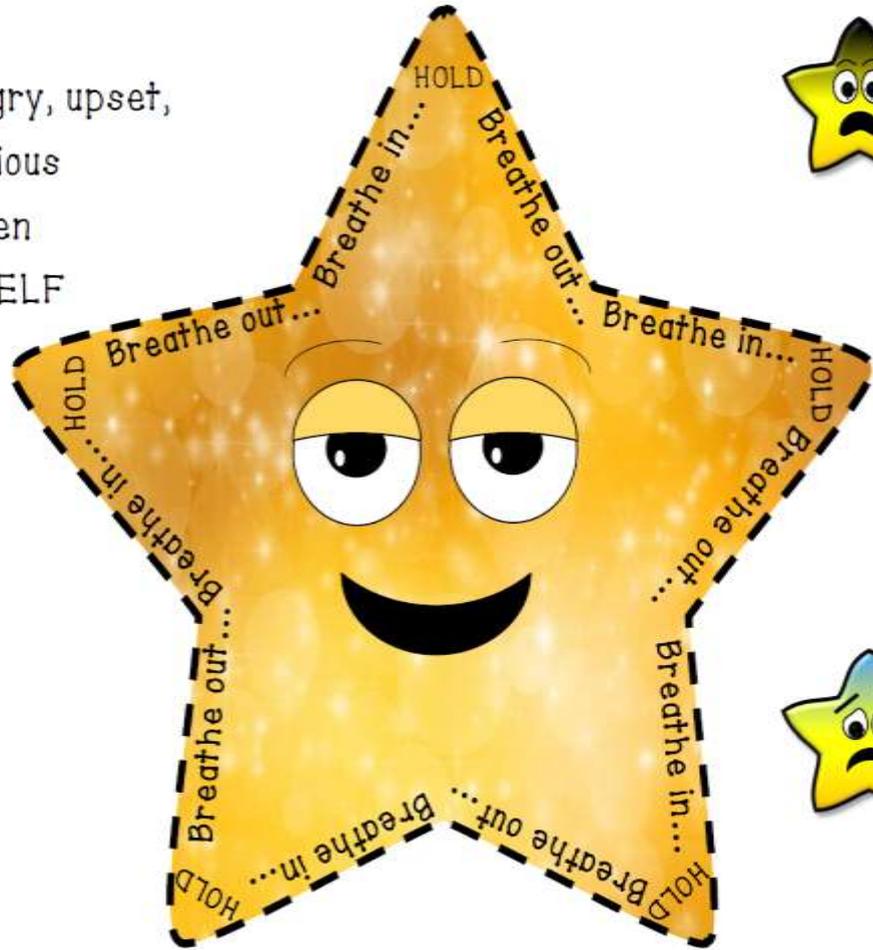


Racing thoughts					
Breathing gets faster					
Heart beats faster					
Sweaty hands					
Butterflies in tummy					
Needing the toilet more					
Wide eyes					
Tense muscles or shaking					
Feeling dizzy					

**Do you see lots of big ticks in the boxes? That's because all of these feelings are our bodies' natural response to feeling stressed.**

# Five Star Breathing

If you feel angry, upset,  
stressed, anxious  
or worried then  
CALM YOURSELF  
WITH  
5 STAR  
BREATHING





# Quiz time

Can you answer these questions based on what you have learnt?

1. Why does the fight or flight response happen?
2. How do we know that our fight or flight response has been activated?
3. Can you list 3 symptoms someone might have in their body when they are in fight or flight mode?
4. What happens to our heart when we are in fight or flight mode?

