

# The Feelings Inspectors

would like adults at Bramble Brae to equip children with the right skills and tools so they can care for themselves.

While other people help look after you, children can also look after themselves. The Feeling Inspectors ideas for self-care include running around the garden, waking up by 8/9 am in the morning, having an earlier bedtime on school days, talking to friends or someone you trust, sharing your feelings, meditation, doing something you love or going to your favourite place.

*'Keep yourself happy by doing something fun.'*

- Feelings Inspector and Imagineer, aged 11

## Make Your Own Self-care Bear

- cut and stick the shapes. Write your favourite ideas for self-care on your bear and decorate! Now, hang the bear in your classroom as a reminder.

*'Take a breather, stop for a moment, close your eyes and take deep breathes - it keeps you calm and stops a mad temper.'*

- Feelings Inspector and Imagineer, aged 12

*'[Play with] toys or colouring in books because it makes you feel happy and active, it helps refine motor skills.'*

- Feelings Inspector and Imagineer, aged 10

The Feelings Inspectors feel it is important to make time for self-care, as it helps you stay safe and calm and helps you not get into fights. Adults need to help children find space in their day to do this and encourage them to talk about ways to keep calm and focus on looking after themselves.

*'Self-care is something that you always want to do but you don't always have time for.'*

- Feelings Inspector and Imagineer, aged 11

Start by having a chat with a partner: If you are a bit upset, or if you have a strong feeling inside, who helps you to be calm? What do they do to help you?

## Emoji Faces - sad, angry, stressed and scared.

Write down ideas on each of the faces for what a child might do to help them when they are feeling this way. Cut these out.

