

PSHE

To identify different emotions.

Close your eyes and put your hand on your heart – can you feel or hear your heartbeat? Is it fast or slow? Loud or soft?

Now, jog on the spot for 1 minute. How does your heartbeat feel this time? Faster? Louder?

Your body responds to different things that we do every day. Our bodies are always listening to us and wanting to help us remain safe and calm.

Our bodies react to different emotions – our hearts can beat faster when we are happy or if we are worried about something.

Anxiety is the feeling we get when our body is dealing with a frightening or nasty experience. It means our bodies are getting ready to do something – this could be ready to face danger or run away from it.

Many people get anxiety. It does not feel very nice, but it is not dangerous and it cannot hurt us. Anxiety will feel different for everyone. It can change the way you feel, the way you think, the things you do and the way your body works.

You feel these things:

- Nervous, worried or scared
- Stressed and/or on edge/tense
- Dizzy, panicky or just 'strange'
- Heart beating faster

And you might think differently:

- Worry more than usual
- Not be able to concentrate
- Think about worse things that could happen

You might do different things:

- Walk up and down a lot
- Start something and not finish it
- Can't relax or sit still
- Be angry with people
- Eat more or less than usual

Your body might feel different too:

- Go numb and tingly
- Feel breathless or that you can't breathe properly
- Your heart beats faster
- Stomach ache
- Aching muscles

There are many ways we can help our bodies to remain calm and relaxed.

Think of times when you have felt worried, upset or nervous. What did you worry about? How did it feel? What did you do when you felt this way?

Some ideas you could use to keep calm are:

- Flop on a beanbag or cushion
- Count forwards or backwards
- Push against a wall
- Exercise
- Think happy thoughts
- Deep breathing

Using the **Cube Net**, write on each side a way to self-sooth and keep calm if we begin to feel anxious. When you have made your cube, keep in a safe place so that you can use it if you need to.

Finally, go outside, if possible. Walk around and listen to the noises you can hear. What can you see? What can you smell? Then, stand still, close your eyes and listen to the sounds around you. Take five deep breaths and allow the wind, the sun (or even the rain!) to surround you. Does this make you feel calmer?