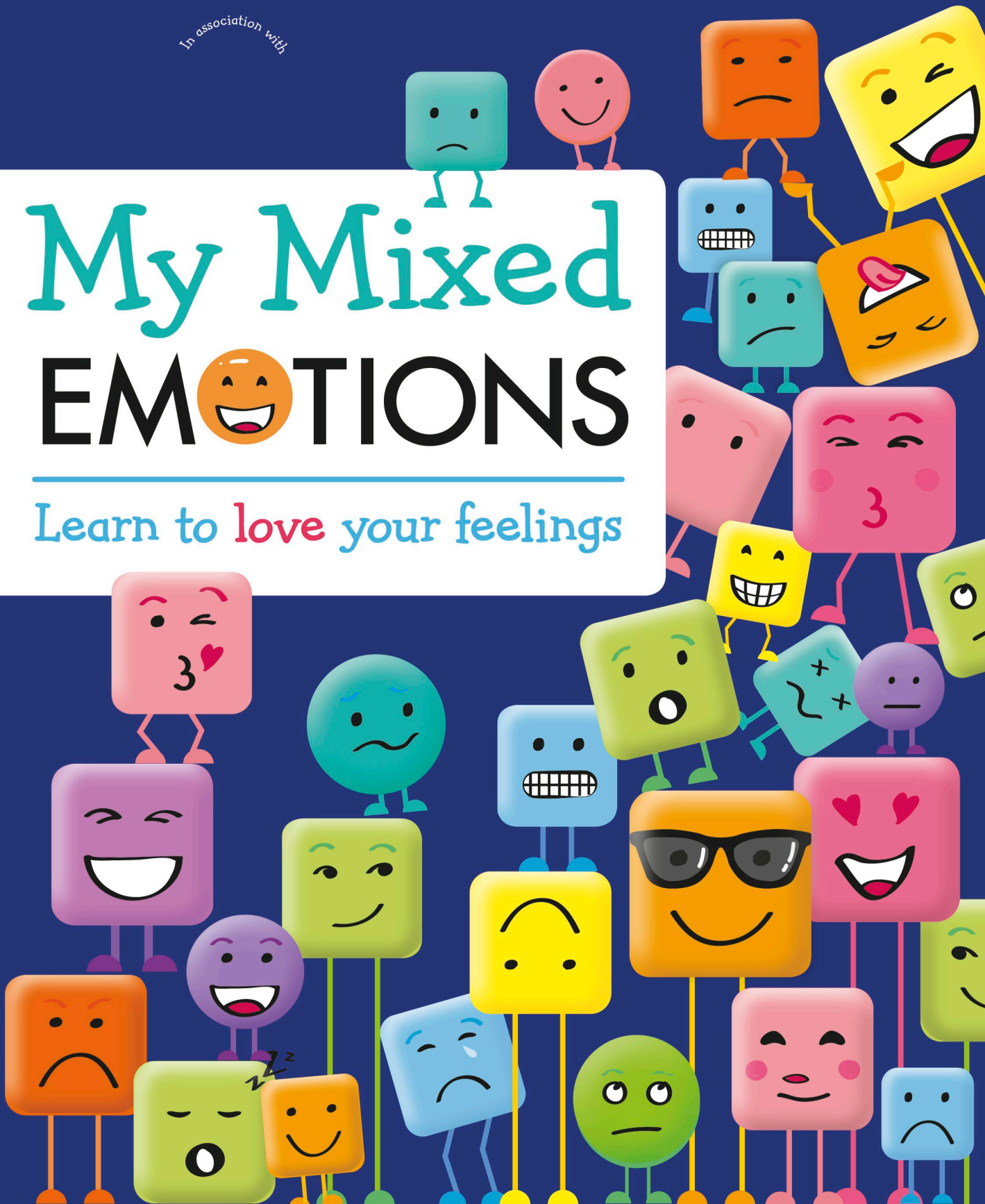


In association with

My Mixed EMOTIONS

Learn to love your feelings





My mixed EMOTIONS

Learn to love your feelings

Elinor
Greenwood





Penguin
Random
House

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A WORLD OF IDEAS:
SEE ALL THERE IS TO KNOW

www.dk.com

Introduction

Feeling

Happy

Feeling

Angry

Feeling

Fear

Feeling

Sad

The wonder of

You

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Calm is a super power!



A note for grown-ups



It is all too easy to overlook the emotions of children, to assume that their hopes, fears, and dreams are somehow not as all-encompassing as those of adults. But that is not the case. Children feel things intensely. Three children in every classroom have a diagnosable mental health problem so giving children support early in their lives is crucial.

We all need good mental health to engage positively with our lives and develop the resilience to cope with life's problems. Recognizing our feelings, talking about them, and seeking support are life skills that help us into adulthood. They underpin successful relationships, engagement with learning, and ultimately help us develop into flourishing adults who can face the world with a sense of confidence and self-belief.

At Place2Be we provide school-based support and in-depth training programmes to improve the emotional well-being of pupils, families, teachers, and school staff. We reach more than 126,000 children each year, encouraging them to talk about their feelings on issues as diverse as friendships, bullying, family breakdown, and bereavement.

It is never too early to start talking about emotions with children and this book is a wonderful place to start.

Dame Benny Refson, DBE

President and founder, Place2Be

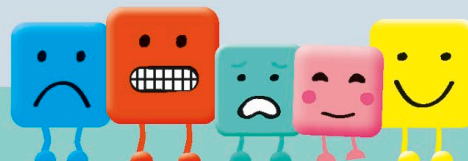
To find out more about Place2Be's work, or to support us, visit www.place2be.org.uk

Getting professional help



Occasionally children may need professional help. Each child is different and sometimes there are no easy answers. If you are worried, visit your GP or arrange a consultation with your child's school. They will be able to point you in the right direction according to the individual needs of your child. Here are some national contacts:

- * Youngminds.org.uk has a freephone parents' helpline: 0808 802 5544
- * Childline has a 24 hour helpline: 0800 1111
- * This NHS Choices webpage has all the mental health helplines listed <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines>



Hi



Meet the emotions

Hello, great to meet
you! How are you
feeling today?

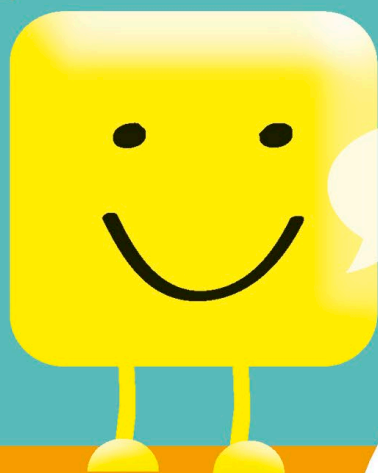
Feelings affect every
part of everyone's
life every day...

...so it's good to
find out about
them.



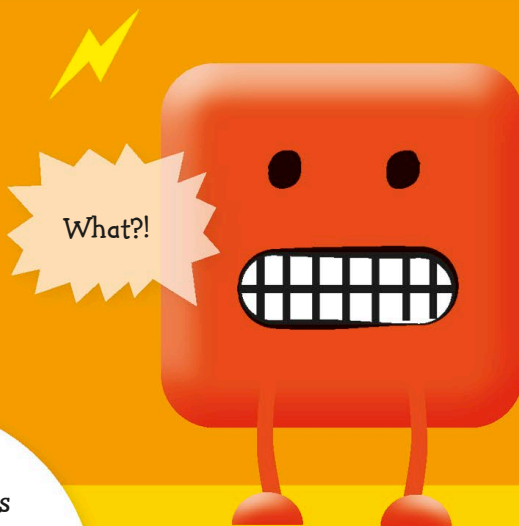
Here are four of the really BIG ONES.

Happiness



Well
hello!

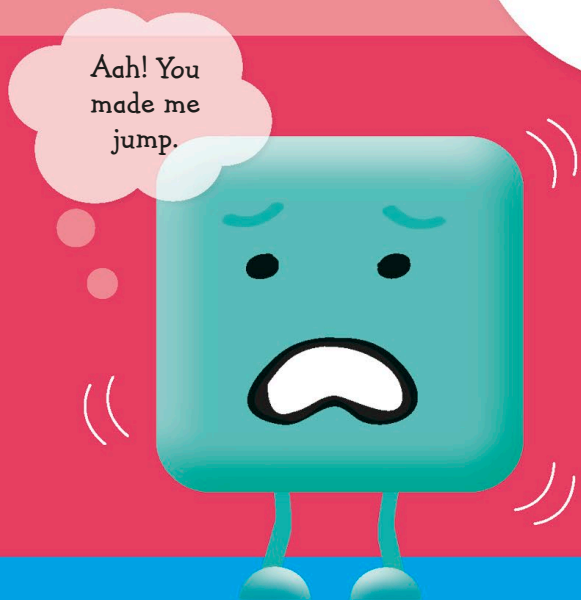
Anger



What?!

Some scientists
say all human
behaviour can be
broken down into
these four basic
emotions:

Fear



Aah! You
made me
jump.

Sadness



Hi.



The **emotions** HQ

Feelings and **emotions** begin deep inside your **brain**. **From there**, they can affect every part of you, from your head to your toes.

Here's how your brain reacts to something scary or dangerous.

Emotions are made here!

1

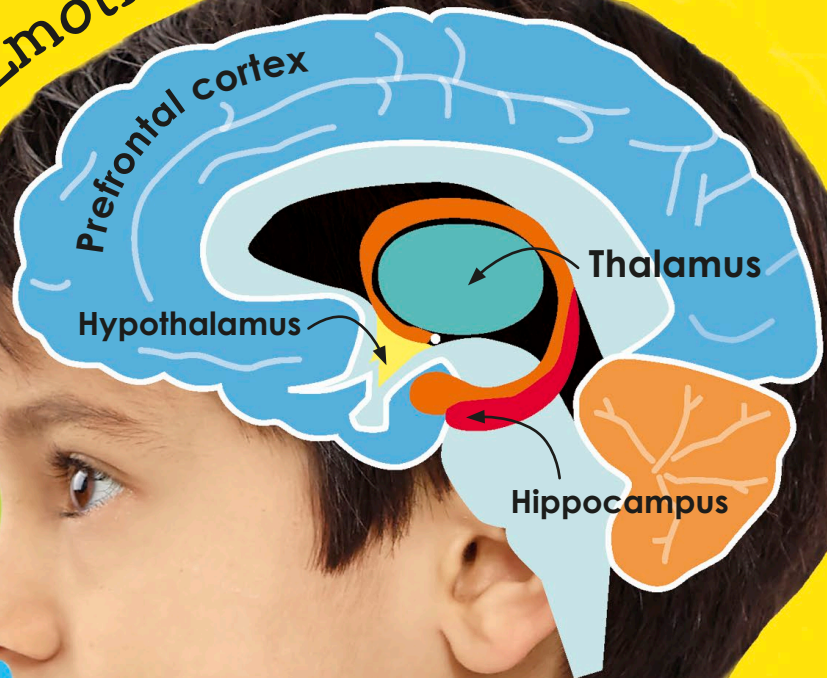


Your **eyes** see a **huge spider**.

2



Like a giant switchboard, your **thalamus** directs the information from your eyes to other parts of the **brain**.



Emotions are complex, but your brain can sort them out!



3

Your **hippocampus** makes the decision – **this is scary!**



All this happens in
a tenth of a second!



Emotions move
you to react
quickly.

4

Your **prefrontal cortex** releases chemicals to make you **react** to the threat.



Did you know that sometimes your body responds faster to your basic emotions than your thoughts? You can look out for tell-tale signs you are becoming emotional, like tense neck, jaw, shoulders, arms, hands, or chest. Then try and change the situation.

5

The **hypothalamus** is responsible for activating the alarm response. Messages are sent to release **stress hormones**. Now you run away!

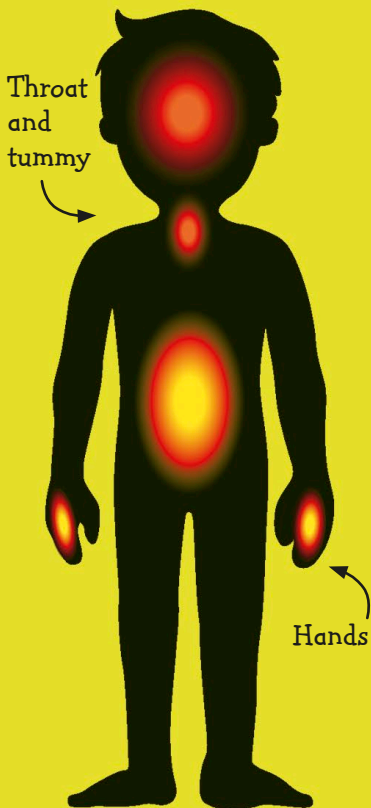




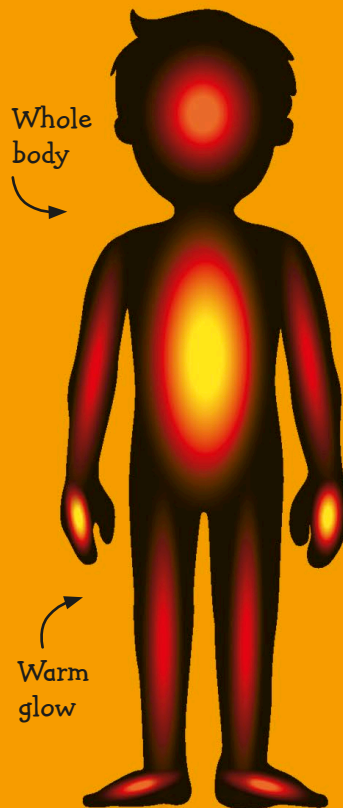
What a feeling!

Look at these pictures of a **human body**.
In a study, this is where people said they
feel the different **emotions**.

Disgust



Happiness



Anger



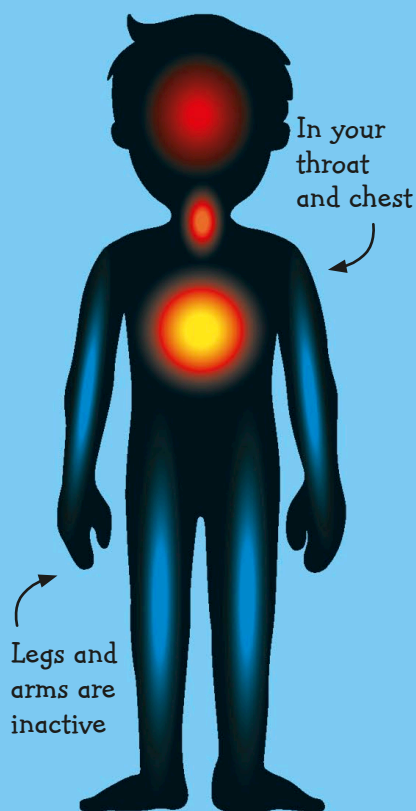
The messages from your brain affect your whole body.



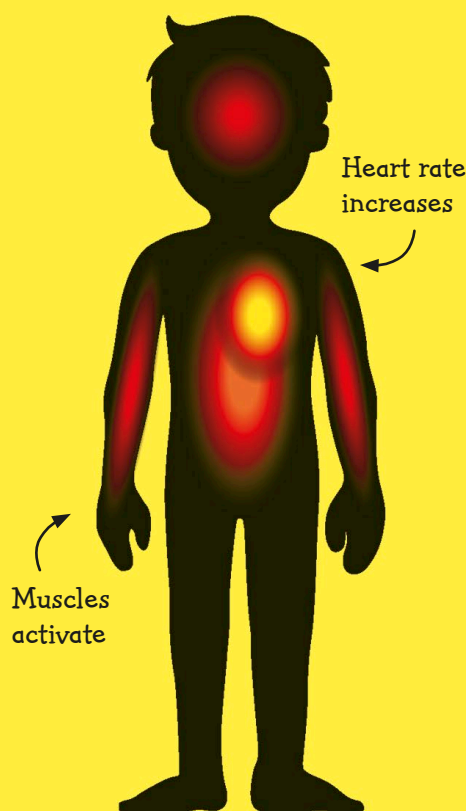
Do you agree?

Draw out some body silhouettes then colour in the areas where you feel your different emotions. Use red for active areas, and blue for inactive.

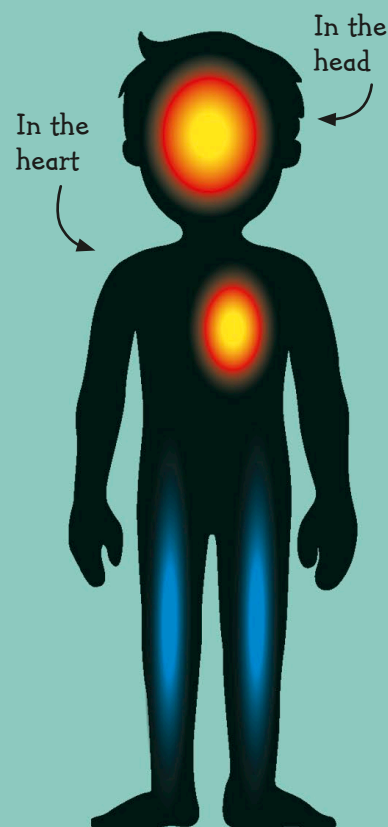
Sadness

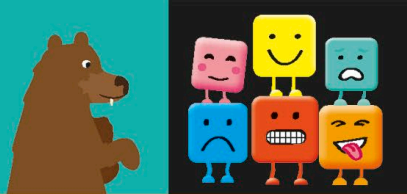


Fear



Jealousy





All are important

All emotions, including anger, fear, and sadness, are important. They are **natural** and make you who you are. So go ahead, **show your feelings!**

Emotions help us to survive

Since humans first walked the planet, our emotions have helped our survival.

Anger helps us stand up and defend ourselves.

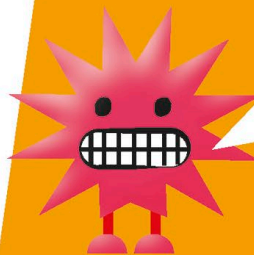


Fear

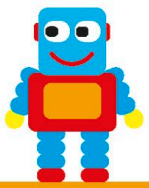
Fear may tell us when it's time to run away.



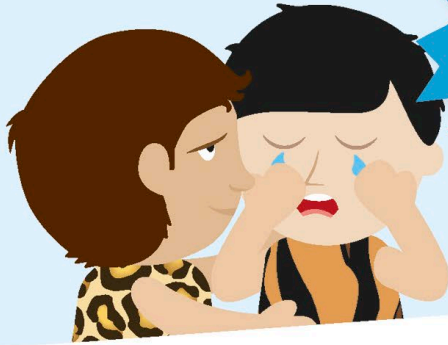
It's how we deal with our emotions that matters. I get really angry when people say anger is bad. Grrr!



Without emotions, humans would be like robots.



Sadness shows other people when we need help.



Sadness

Why do we need emotions?

Emotions allow other people to understand us. They help us to know ourselves, to be real, and to connect deeply with other people.

Happiness makes us social and energetic.



Happiness

Disgust tells us to spit out poisonous berries.



Disgust

Love helps us form strong bonds and relationships with each other.



Love





“

Tremendous things are in
store for **you**, **wonderful**
surprises await **you!**

”

Charlie and the
Chocolate Factory

Roald Dahl





Happy ever after

What is happiness?

According to scientists, **it's four feel-good chemicals** in your **brain**.

When you smile, the happiness chemicals throw a little party in your head!

1

Dopamine

floods your brain when you feel pleasure.

2

Serotonin

helps keep the good feelings flowing.

3

Endorphins

are feel-good chemicals, which reduce feelings of pain.

4

Oxytocin

is the “cuddle” hormone, produced by hugs and kisses.



Even a fake smile releases the happy chemicals.



A good laugh

Laughing is the best fun exercise there is.

Happy hormones
rush around
your brain

Your immune
system gets
a boost

Your
lungs are
refreshed

Your
muscles
relax

The magic of happiness

Scientists have proved that happy people benefit from... more happiness!



Because you
feel better,
you do better.



You move faster –
there really is a spring
in your step.



You get on better with
your friends and family.



Your body heals faster
and is healthier.



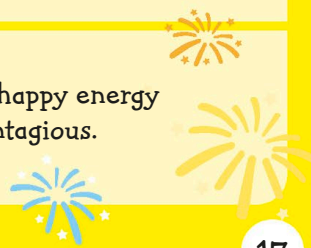
Happiness helps
you cope better with
stress and worry.



You are
more generous.



Your happy energy
is contagious.



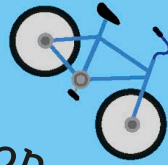


A bowl of happiness

Imagine you have a big bowl, and you want to make a **happiness cake**. What do you need for the **ingredients**?



Reflecting on
happy memories



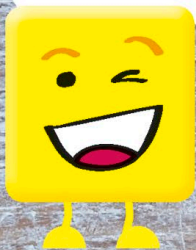
Exercising



Being outside
among nature



A scientist would use these ingredients. They are all proven to increase happiness chemicals.



Doing something you love – that's a type of happiness.



Smiling and
laughing

Being with friends
and other people

Saying "thank you"
and being grateful

Are there
any more
ingredients
you can
think of?

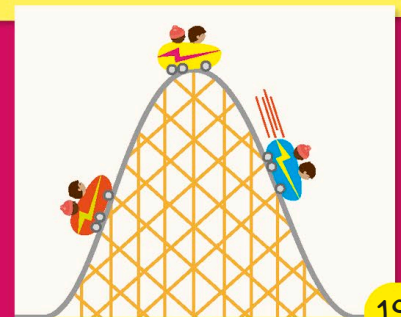
Gaming

Gaming is good fun, that's for sure, but is it a good way to make happy memories? Scientists believe you could be better off and happier if you do activities with friends and family instead, so try and strike a happy balance.



Choosing happiness

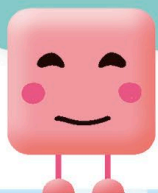
Life is like a roller-coaster – there are lots of ups and downs. A great habit to get into is to think of the good things in your life. Then make a decision, choose to be happy now!





Be grateful

Hello, I'm very proud and excited to meet you. Thank you for being my friend!



Counting your **blessings**, and being grateful for all the good things in your life, is a healthy way to **feel happier**.

Fine! I'm grateful!

Being grateful is not just about saying "thank you". As an emotion, gratitude is feeling thankful or appreciative. Not every day is perfect, but being grateful for things, no matter how small, will wash away anger and negative feelings, leaving you feeling happier.



Count on one hand

To get started, begin by asking yourself, "What could I be grateful for?" and see if you get any ideas.

Look at your hand, or draw around it, and name one thing you can be grateful for on each finger.

Maybe you can go on to your other hand too...





Tiny things of joy

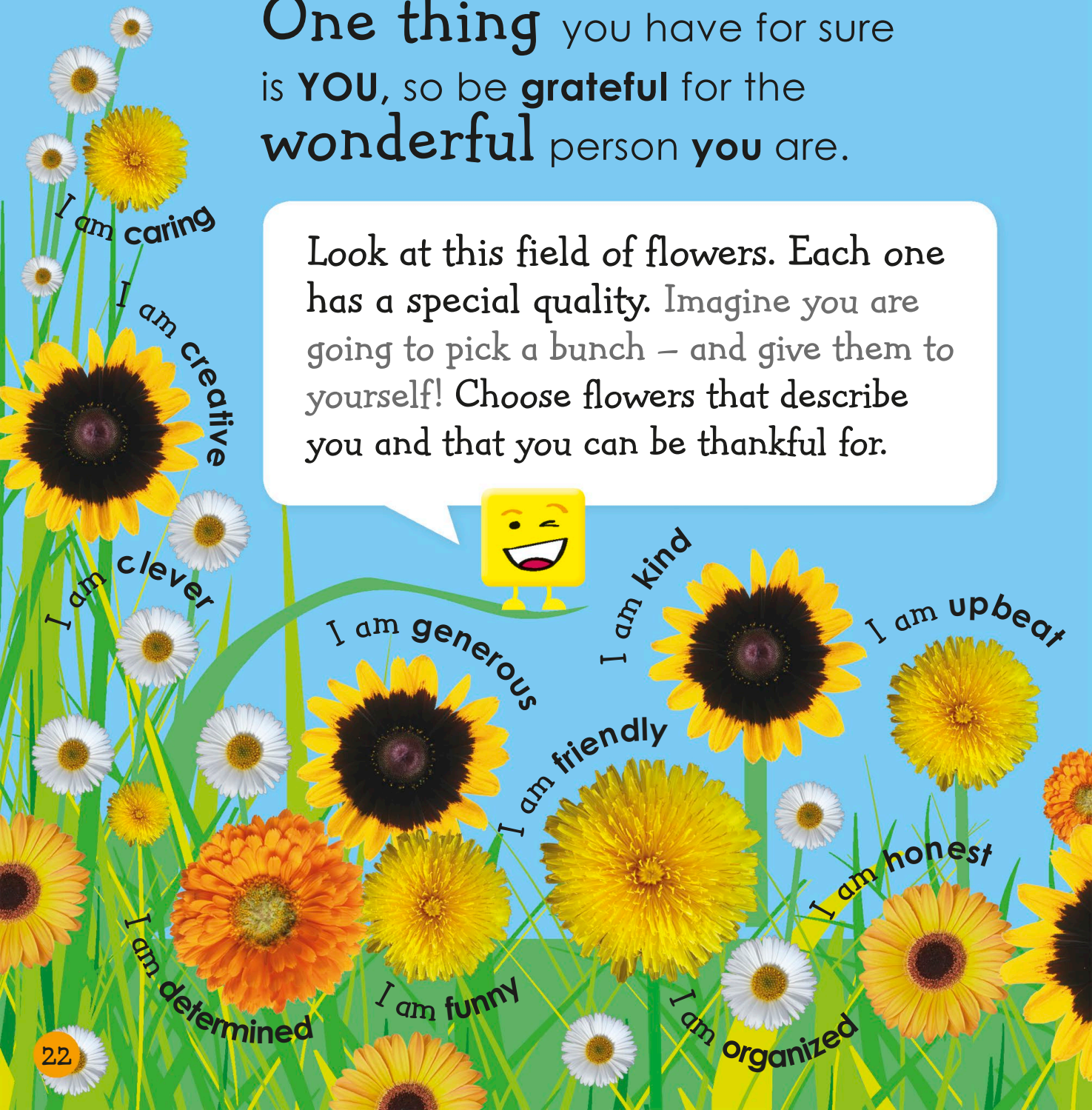
There really is a lot to be grateful for. Look at what you have got (even the little things), not what you haven't got.



...especially for **you**!

One thing you have for sure is **YOU**, so be **grateful** for the **wonderful** person **you** are.

Look at this field of flowers. Each one has a special quality. Imagine you are going to pick a bunch – and give them to yourself! Choose flowers that describe you and that you can be thankful for.



I am caring

I am creative

I am clever

I am generous

I am kind

I am upbeat

I am friendly

I am honest

I am determined

I am funny

I am organized

Count your rainbows not your thunderstorms.



Well done you!

There are lots of **everyday achievements** to be **grateful for**, no matter how small. What have you done to be grateful for today?

- Have you shared well?
- Were you enthusiastic?
- Did you work hard?
- Did you do something brave?
- Maybe you made a funny joke?
- Were you kind to a friend?

All these are things you have done because **YOU are YOU!**





Chill-out time

Finding a happy balance is easier when **you** are **relaxed** and **calm**. It's time to **put your feet up** and **take it easy**.

Here are some of the positive effects of relaxing:

Relaxing helps your body heal when you are unwell.

Your blood pressure goes down.

Your stomach can digest food better.

Your breathing rate slows down.

Your concentration and mood improve.

You'll sleep better.

Your heart beats slower.

Fewer stress hormones are released.

Your muscles ease.

Relaxing is lovely. You should try it!



What do you do to relax?



Go for a walk in the countryside

Choose some activities to help you relax when you feel:



Exercise



Listen to music

Exhausted



Stressed



Worried



Have a nice warm bath



Take some deep breaths



Watch a fun film



Have a lie down



Sleep well

Sleep is very important – that's when you do your growing (it's only when you're asleep that your body produces growth hormones). Getting enough sleep also helps you feel positive and happy.

And if you don't get enough sleep, you might feel like these little fellas!





Relax, relax

These **tips** and **techniques** will get you from **OMG** to **OM** in no time.

1 Smell the flower and blow out the candle

Breathe in through your nose for a count of four, then breathe out through your mouth for a count of four. Pretend you are smelling a flower, then blowing out a candle.



Breathe yourself calm

These simple breathing exercises can be done anytime, anywhere.

2



3



The key to relaxing is to find the ways that suit you the best.



Arch like a cat

Shoulders over wrists, hips over knees, carve your tummy in, curl your toes. Then arch your back up and relax your head.



Flamingo balance

Shoulders back, arms out, lean forward, pick up your left foot, and flap your arms slowly. Then swap legs.



Downward dog

Head down, hands spread, tail bone pushed up, and legs straight. Make your body into an upside-down V shape.

Yoga helps with being flexible and strong as well as calm and relaxed. Try these pet-acular poses!



Hiss like a cobra

Shoulders down, neck long, hips and thighs stay on the ground with long, stretched-out legs. Hissss!



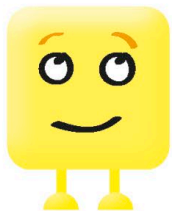
Pretend to be an owl

Sit on your heels, lay your palms on your knees. Twist your upper body one way and then the other like an owl turning its head.



Have a mindful day

It's sure to be
a good day!



What is mindfulness?

Mindfulness is a **big word** for noticing **your thoughts** and **being aware** of how your **body feels** RIGHT NOW.

Animal magic

Have a go at this meditation.
Sit down so you feel relaxed
and tune in to your senses.
Pretend you have senses as
powerful as these animals...



A noticing walk

Make a walk into a “noticing walk”. Concentrate on your senses. What do you See, Hear, Smell, Feel? Is there anything you haven’t noticed before?

See – blue sky, flowers,
trees, people playing games.

Hear – children playing,
aeroplanes passing overhead.

Smell – grass, flowers.

Feel – warm sun, breeze blowing.

Taste – an apple.

Afterwards, draw around your hand and make a memory. Remembering with all your senses helps memories to stick in your head.

Mind yourself!

Here are some more ways to make your day extra mindful.

Before you get up – notice each part of your body in turn. Start at your toes and end at your head. How does each bit of you feel today?

Mealtimes – pay attention to and savour your food by eating it slowly, using all your senses.

Any time – practise gratitude and share with your family one or two things you are grateful for that day.





“

I am not afraid
of **storms**, for I am
learning how
to **sail** my **ship**.

”

Little Women

Louisa May Alcott



Seeing red

Have you ever **lost your temper**?

Did you **yell** and **scream** and want to hit something? **Anger** is a healthy **emotion** that everyone feels sometimes.

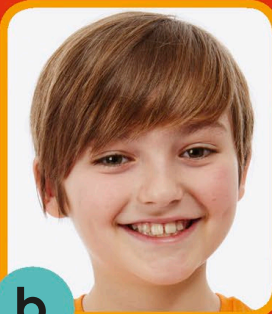
Anger can help you defend yourself and change things that are unfair. It can be a force for good.



Look at these faces. Which one looks angry?



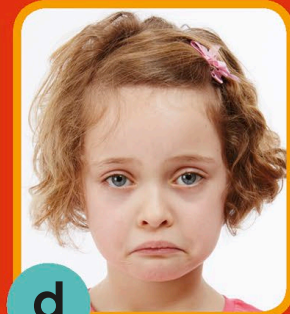
a



b



c



d



e



f



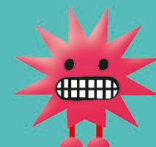
g



h

Anger prepares your body for action.

Stay in control of your anger. Don't let it control you!



Your reaction

What's happening?

STAGE 1



I heard that!

Raising the alarm

Your brain prompts your body to produce stress hormones. These make your heart beat faster so that blood is quickly pumped to your muscles. Your muscles need oxygen so you start to breathe faster.

STAGE 2



No WAY!

Power boost

The tough "fight" hormone is released to give your anger power. Your muscles tense. Your body is working hard. It starts to become hot and your face goes red.

STAGE 3



WHAT did you call me?

More and more intense

Your muscles start twitching and jerking into action. You start frowning and purse your lips together. Your pulse quickens and your palms become hot.

STAGE 4



Arghhhh!

Boiling point

You speak louder and faster. Your heart starts thumping. Your cheeks go even redder. Your body tries to cool down so your veins stick out and you start to sweat. You are ready to take on a TIGER!

STAGE 5



I'm so tired.

Afterwards

Afterwards, you may feel exhausted and tearful as all your stress hormones leave your body, and you start to calm down.



Anger issues

Anger can be like an **iceberg**. What you see above the surface is just a **tiny part**. Most of the iceberg is **below the surface**.

anger

GRRRRR!

embarrassed

helpless

alone

stressed

guilty

trapped

nervous

jealous

frustrated

Sometimes it's hard to keep your cool.

Let's dive down deeper!



Anger is not simple! Try to get to the bottom of it by talking things through calmly with an adult.

Anger alert! Take a time-out... do some exercise... walk away...



Taming your temper

One of the hardest, and simplest, ways to control your anger is to recognize what is happening to you **BEFORE** you blow your top. Then you can do something about it, like simply say:

"I am angry!"

Handy tips

When you start to get angry, look at your hands!

1

Put your hands in your pockets

or sit on them. This will help to restrain you.

2

Take deep breaths and blow into your hands – this is a wonderful way to calm your body quickly.

3

Ask for a hug – find someone you love and hug it out.

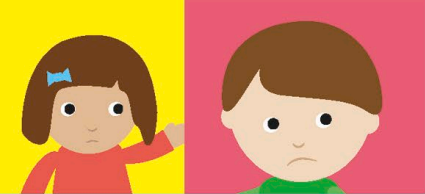
4

Make a fist, then relax your hand – this is a great way to remove some of the tension building up in your body.

5

Count to five – this simple tactic gives you a chance to think before you act.





That's not fair!

What is fairness?

Fairness is treating people equally. It's taking turns, telling the truth, listening with an open mind, and **owning up to mistakes.**

Fairness is one of the most important moral values in the world.

Is this fair?

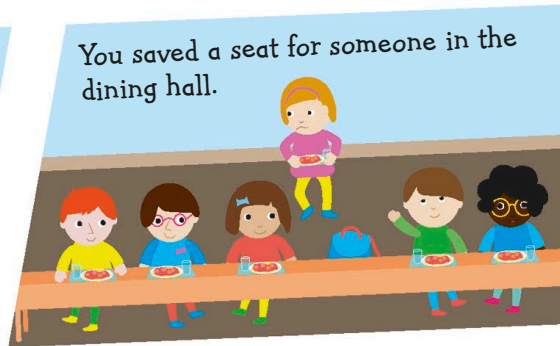
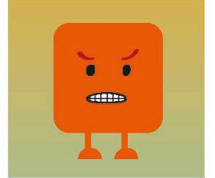
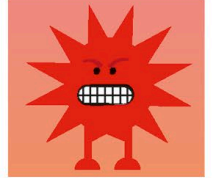
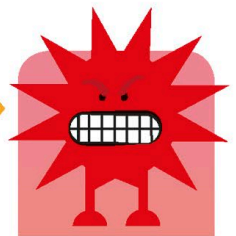
If your sister gets a pair of new shoes, you may feel "that's not fair!". But your sister may **NEED** new shoes. Fairness isn't everyone getting the same. Fairness is everyone getting what they need when they need it.

It's not fair!
Not everyone
has glasses!

Not everyone
NEEDS glasses.

Fair or Foul?

Where do you think these scenarios fall on the anger scale for you and other people?



You might have heard grown-ups say "Life's not fair" and sometimes it might feel like that. If things don't go your way, use the techniques on the next pages to help you feel better.



Let it go

Often your **anger** is reasonable and healthy. Even so, feeling things are **not fair** is not a nice way to feel. So how can you deal with **frustration** and **anger**?

Keep cool challenge

It can be tough keeping a cool head – are you up to the challenge?

1

The first step

Recognize what's happening. Your unfair button is on red alert, your chest tightens and your thoughts are fuelling the anger.



2

Stop!

Slam on the brakes! Don't do something and get into trouble. It's never too late to change your behaviour.



3



Close your eyes

Block out what you're angry with. It will help you get back to a balanced state quicker.

4

Breathe

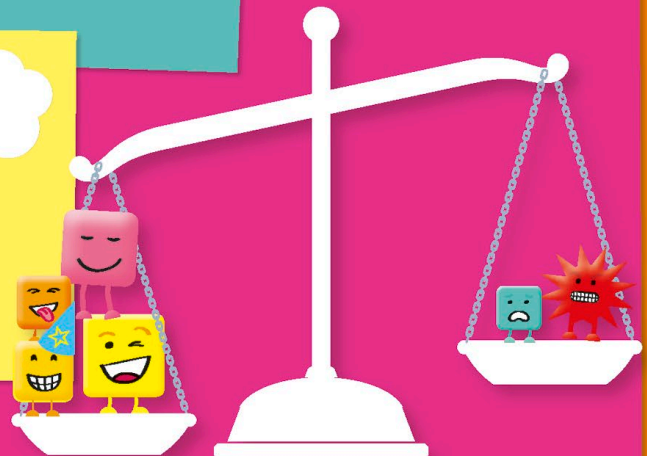
Remember your breathing exercises from page 26!



5

Decide

Now you are calmer, think about the best way to deal with what happened.



You can let people know you are angry and keep your cool at the same time.



Imagine your frustration
is an "It's not fair!" balloon.
Now pretend to let it go...



Your challenge

From now on, think of the "keep cool" challenge whenever you start to feel like you are losing your temper. Remember to breathe and put yourself back in control.





Green-eyed monster

Jealousy is a **natural human emotion** that even babies feel. But it can change a **happy, friendly person** into a **green-eyed monster**.

What is jealousy?

Jealousy is when you feel angry and upset about what others have, or can do.

I want
that!



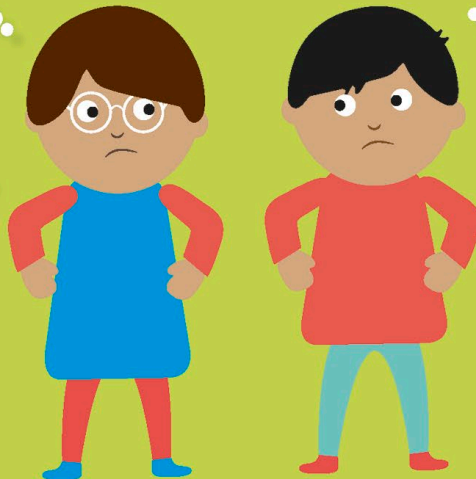
Try not to compare yourself to others

He's more popular and clever than me.

She's funnier and kinder than me.

amazing

also amazing



The green-eyed monster can creep up on the best of people. But there are not many winners in the game of comparison.

How jealousy feels

Jealousy is a mixture of anger and disgust. Your body can't help reacting.

Eyes



You pay close attention to the person you are jealous of, and can't see other things.

Brain

Anger and disgust chemicals are sent out.



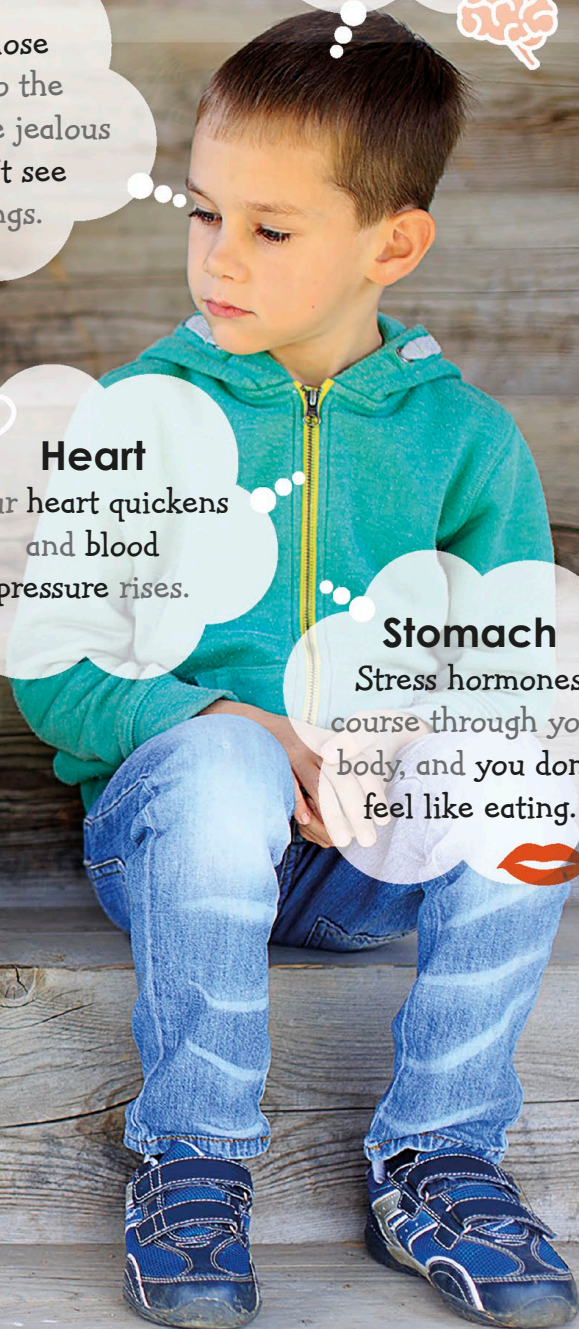
Heart

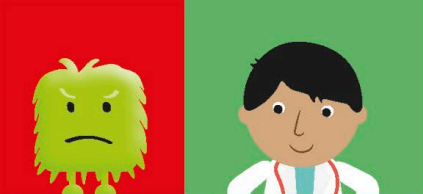
Your heart quickens and blood pressure rises.



Stomach

Stress hormones course through your body, and you don't feel like eating.





Call the jealousy doctor!

Green and sneery?



The **jealousy doctor** is coming to the **rescue**!



Quick fixes

- Repeat: "I am enough, I have enough."
- Think: What are you good at?
- Act: What do you love doing?
- Speak: Say something nice.



Cure those jealous twinges

Even the best of friends can get jealous of each other at times. When you feel jealous, take some deep breaths and try to think of something you are grateful for instead.



Ooh! I'm having a twinge.

Be yourself. Everyone else is taken.



How do you feel?



Problem



My sister gets everything. My parents show favouritism towards her!

Symptoms

- Fighting
- Teasing
- Hiding stuff
- Telling tales
- Name-calling

Remedy

Learn to share, compromise, and say what you want. Talk about how you feel to your parents.



My best friend has found someone else to play with.

- Plotting revenge
- Gossiping
- Saying things you wish you hadn't

Focus on other children and making new friends.



My mum's new partner is taking my real dad's place, and taking attention away from me.

- Being rude
- Demanding attention

Take it step by step. Try and get to know him slowly – there's no hurry. Talk to your parent and say how you feel.



Other kids are much better at things than me.

- Teasing
- Put-downs
- You feel like giving up

List your own talents and accept that everyone is unique. You are awesome too.







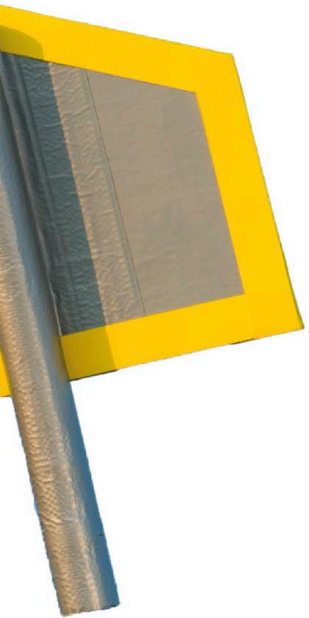
“

The true **courage** is in
facing danger when
you are **afraid**, and
that kind of courage
you have in **plenty**.

”

The Wonderful
Wizard of Oz

L. Frank Baum





It's hair-raising!

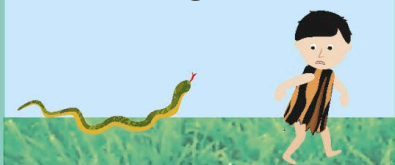
Meeting new people or reading out loud can be scary. **Being scared** is not a sign of weakness. **Everyone gets the jitters sometimes!**

Fight or flight?

People have felt the “fight or flight” response since the first humans walked the Earth. When a caveman was faced with a snake, he had two choices:

1

Run away
= flight



2

Fight the
snake = fight



*Your body gets itself ready
for quick action (or a quick escape).*

Brain –
stress
hormones
are released

Eyes – pupils dilate and
you get tunnel vision

Hands –
shake

Ears –
loss of
hearing

Mouth –
dry

Arms –
hair raises

Heart –
beats faster

Skin –
flushes

Muscles –
tense up

Stomach –
digestion slows

Bladder –
relaxes

Do you worry a lot? You could have inherited this from your family.



Spot the difference

Fear and worry – people use these words for unpleasant feelings to do with being scared, but what's the difference?

Fear is the feeling of being afraid. You can feel afraid of the dark or something scary like a snake.



Worry is the feeling of concern. You can feel worried about making friends at a new school or passing your spelling test.



FEAR



A scared mouse

This mouse is feeling fear because there is danger nearby. Fear will make him run away.

WORRY



A worried mouse

This mouse is concerned there might be a cat about. He's worried.



What to do about worrying

Worrying can turn little things into **huge things**. But you **can** find the **power** to ease your worries.

Do you worry about any of these things? I worry about them all!



Worries can grow stronger and stronger as the thoughts in your head feed your fear.

Imagine you have a magic wand. Now zap your worry so it gets ...

Zap!
It's gone!

...smaller, and smaller, and smaller.



Here are common things kids worry about

- Meeting new people
- School
- Family problems
- Something bad happening
- Falling out with friends
- Being sick at school
- Monsters and the dark
- Bullying
- Tests

Say to yourself like a mantra: "I am brave, I can do it, I am strong!"



The worry work-out

Give your worries the worry work-out, and check out page 26 for those breathing exercises too.



1

Work it out

Sometimes it's obvious what you are worried about. Other times, it might not be. Write your worries down or whisper them to a favourite toy and work out what's really bugging you.

Some problems, like family problems or being bullied, can be big and too tough to work out alone. Skip to step 3.

2

Think it better

Switch to action mode so you feel more hopeful. Think of possible things you can do that might help with your worry. For example, if you have a worry about doing a presentation at school, practise with your family as the audience. If you are worrying about falling out with a friend, invite him or her over for tea.

If you can't think of any ways to make it better, go to step 3.

3

Ask for help

Talking through your worries with a caring friend or adult really helps. Don't keep your worries to yourself!



A problem shared is a problem halved.

Scientists have proved that sharing your problems really does reduce stress!



A new beginning

Big changes in your life, like a **new school** or even having braces fitted, can feel **scary**.

Nerves are natural

Humans don't like change and scientists know why.

1

Your brain has worked hard to make your old routine into a habit. It's hard to let go.

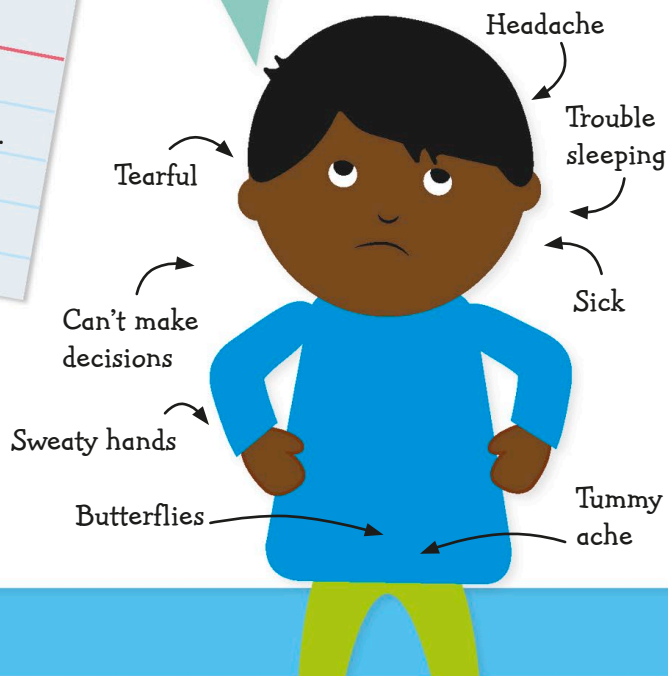
2

Your brain likes things to be certain. Anything uncertain could be a threat to your survival.

3

Change can affect our relationships. As humans naturally live in groups, anything that disrupts our social lives can be unsettling.

Do you ever feel these things when you're nervous about something?

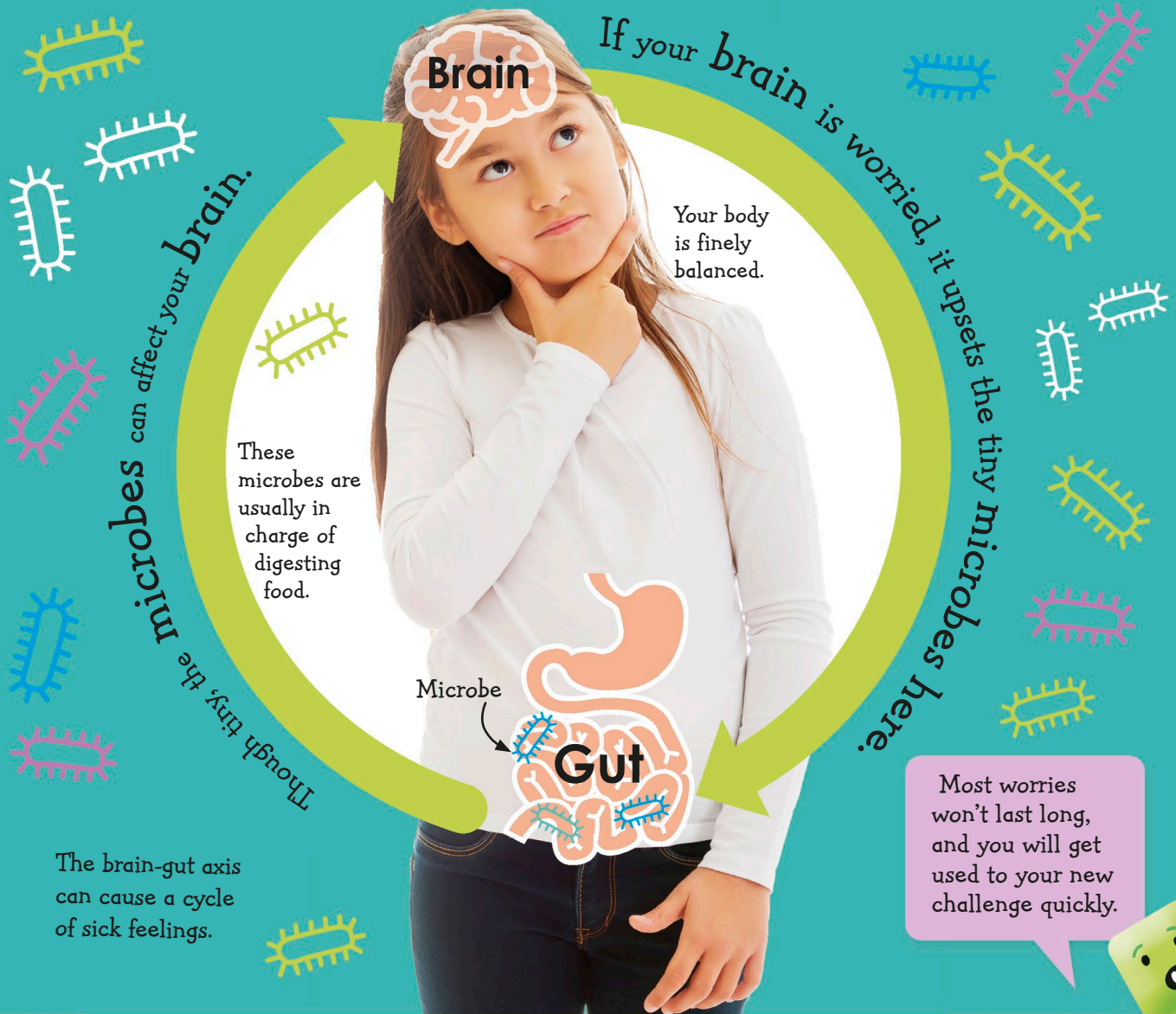


If nothing ever changed...

Nerves make you yawn – your body needs a deep breath.



Scientists call the connection between your head and your intestines the **brain-gut axis**.



...there would be **no** butterflies.





What to do when you're NEW

Here are some
top tips to ease you
into practically
anything.

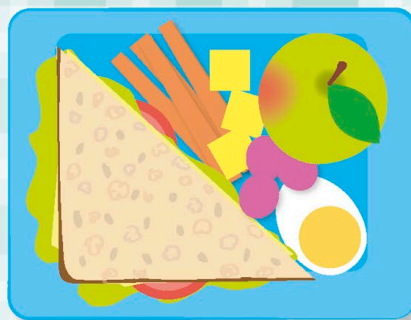
Find out as much as you can – for example, go to a school open day and look at the school website.



Be prepared the night before, with all the right clothes ready and equipment packed.



Plan something special – for example, a packed lunch with all your favourite foods.



Remember! The school/dentist/
new place knows you are NEW.
You will be shown around. **There**
will be people to help, and **you**
might even have a mentor.



Had a bad start?

Not everything always goes right
straight away and you may find
the first-day jitters don't fade
away immediately.

Think: "Something wonderful is going to happen."



Eat a healthy breakfast – good food will make you feel better and more able to cope.



Think of the good things about your new place or experience.



List the things you are looking forward to.



Talk about any worries with a caring adult so you can get reassurance.



Take a deep breath, calm down, and look at the facts coolly.

Remember times in the past when you have felt this way, and how you got through it.

If you are finding it hard to make friends, bear in mind that this can take time.



Separation and divorce

Change is a natural part of life, but when it happens to your family, it can be **hard to deal with**. If your parents decide to divorce or separate it's **important** to **talk about how you feel** and ask them for **honest answers**.

Fact 1

Kids don't cause divorce or separation.



Fact 2

Kids can't change divorce or separation.

Fact 3

Your parents still love you.

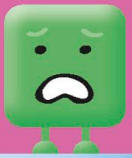


Fact 4

Your parents are still your parents.



A kid's guide to a grown-up problem



An emotional time

Here are some emotions you may feel if your parents split up.

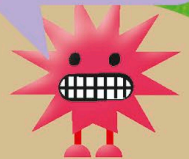
Unhappy

You don't want your parents to live in different places.



Angry

You feel your stable home is being destroyed.



Relieved

There's been a lot of fighting recently.



Sad

You may feel hopeless and helpless.



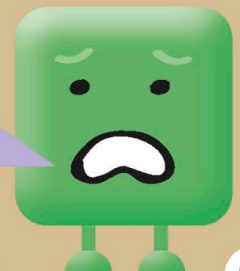
Mixed feelings

You might feel a mixture of all these things.



Fear

You are faced with a big change and that can be scary.



Open up!

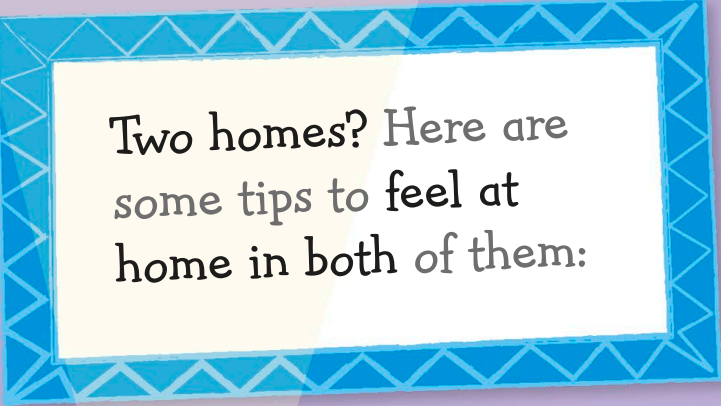
If you find it hard to talk to your parents, find a friend or caring adult to confide in. And if one of your friend's parents are getting divorced, be a good listener. He or she is going through a tough time.



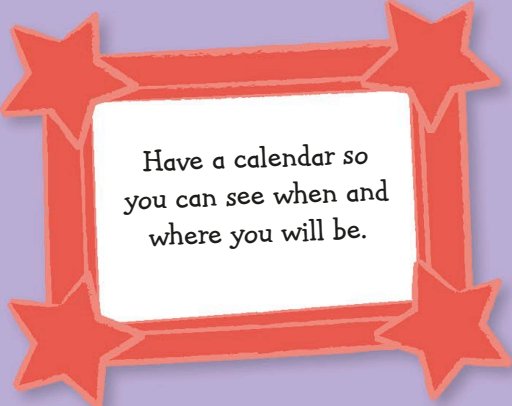


I have two homes now


The changes split-up parents bring may mean a **new home**, and even a **new family**.



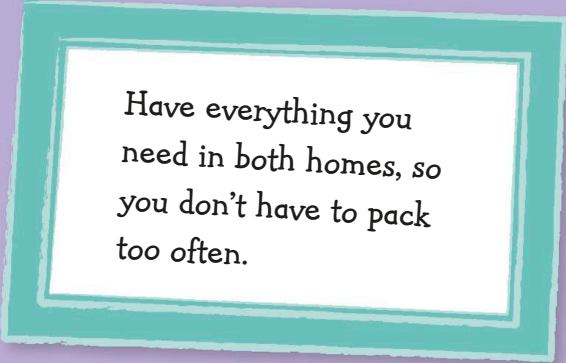
Two homes? Here are
some tips to feel at
home in both of them:




Have a calendar so
you can see when and
where you will be.



Follow the same
routines at both homes
as much as you can.



Have everything you
need in both homes, so
you don't have to pack
too often.



Give your new
situation a chance.



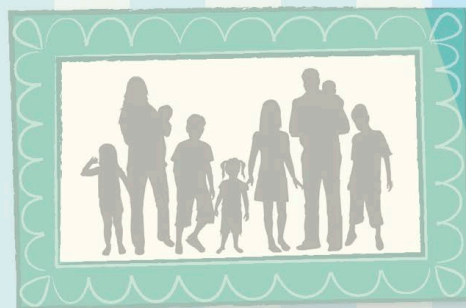
"Hello, who are you?"

Your parent may start seeing
someone new. You will need
time to get to know the new
adult in your life. This person
is not replacing your real mum
or dad. Try giving him or her
a chance, and remember to
talk about any issues you
have with a trusted adult.

Your emotions might
be up and down.
Make sure you don't
suffer in silence.



Ask for one-on-one time with your
parent if you feel you need it.



A blended family

A blended family happens when a couple
move in together, bringing their children
from a previous relationship with them.

Your issues
are fair
and **right**

Most blended families report that they are happy families.

Make sure you
have a space in your
home that you can
call your own.

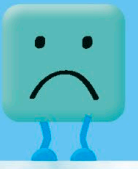
It might be hard to
understand what is
happening, so ask
lots of questions.



Do your best to get on with new
step-siblings, but don't worry if it
doesn't happen overnight. Things
will get better with time.



All about sadness



“

After a **storm** comes
fair weather, after
sorrow comes **joy**.

”

Russian proverb





Good grief



Sadness shows other people you need **help**, **comfort**, and **support**.

A good cry

You need to let the sadness out to let it go. And your body helps you do that when you cry.



Crossed arms



Frown



Watery and crying eyes



Sad voice, low, and mumbling



It's natural and healthy to feel sad sometimes.



Humans are the only species to cry tears because of their feelings.



Ingredients of tears





Beat the blues

Feeling **sad** doesn't feel nice. Here are **six** sadness-busting strategies.

1

Find your happy place

Close your eyes and imagine a place where you have been really happy, like on holiday or your birthday.



Now draw your happy place!



2

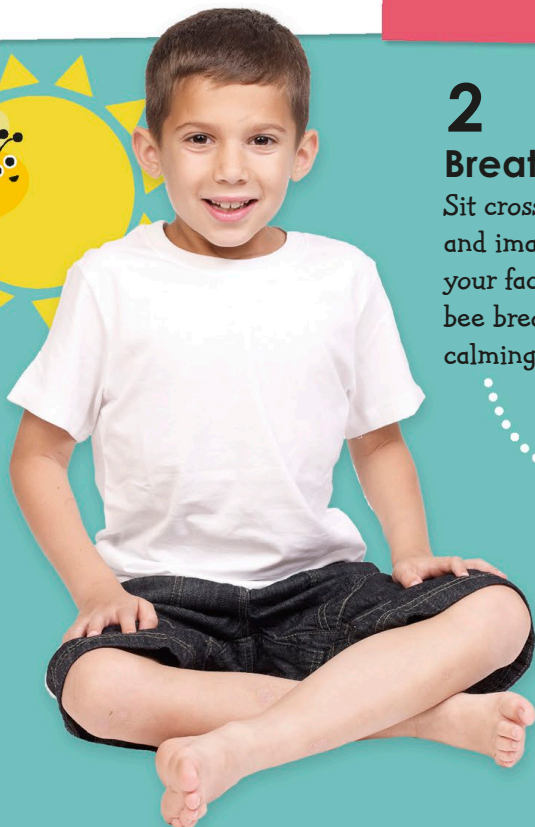
Breathe yourself calm

Sit cross-legged, close your eyes, and imagine the sun is warming your face. Now do some bumble bee breathing. It's comforting, calming, and peaceful.

Breathe in deeply through your nose, so that your chest puffs out.

Then put your fingers in your ears.

Hum while you breathe out slowly through your mouth.



If you feel **sad** a lot, make sure you talk to a caring adult.



3

Calming words

Think of calming phrases such as "I'm OK", "I can cope", "It's not so terrible".

I'm OK.

It's not so terrible.



4

The big three

Write down three reasons why it is not so terrible, or three ways you can cope, or three reasons why you will be OK.



Sometimes all you need is a big hug.



5



Do something you enjoy

A change of scene or an activity you love can help bring back the joy.



6

Talk to someone about why you are sad.





Bullying fact file

Bullying damages everyone involved.

It's **time** to be **clear** about **bullying**.

What's a bully?

A bully is someone who...

...uses words to

- make threats
- spread rumours
- tease and name-call

...uses strength to

- kick, hit, push, or trip
- take or break someone's belongings
- scare someone else on purpose

...hurts by

- excluding someone from a group
- telling other children not to be friends with someone
- embarrassing someone on purpose

Fact: leaving someone out of a group is one of the worse types of bullying.



Bullies can be boys or girls.



Where does it happen?

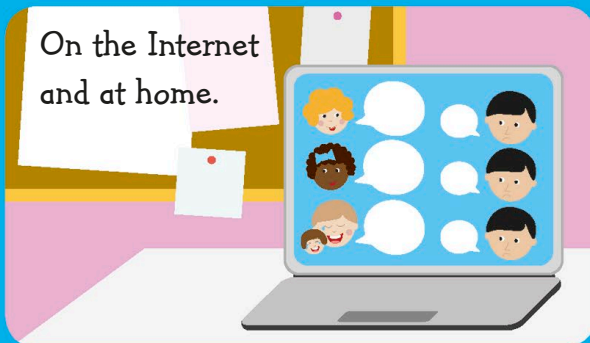
Travelling to and from school.



At school.



On the Internet
and at home.



What it feels like to be bullied

- You feel you can do nothing to stop it.
- You may feel smaller and weaker than the bully.
- You feel outnumbered and helpless – there are more of them.
- It may feel confusing, you don't know why someone is being mean.
- It feels like there is nobody to talk to or stand up for you.
- You feel very sad and alone.

BUT there is help.
Turn over to find out more.



You have the **right** to **feel safe** at **all times**.



How to handle bullying

Bullying is **NEVER** acceptable.

Here is helpful **advice** for **everyone** involved.

What to do if
someone is
bullying you...

Tell someone you trust.
If it is easier, write the
person a note.




**Never keep
being bullied a
secret.** Keep on
telling people
until someone
does something
about it.

Avoid areas
where the bully
feels comfortable
picking on you,
like places where
teachers can't
see you.

If you can,
**surround yourself
with friends** and
people who will
stand up for you.

People to tell: parents, teachers, the
headteacher, playground mentors, or
older friends. You will get help.



Never suffer in silence. Tell! Tell! Tell!



What to do if
you **see someone**
who is **being**
bullied:



Be nice to, include, and get to know the people who are being bullied – you may like them.



Don't cheer
the bully on or
stand around
to **watch.**

Try to make
friends with the bully too
– show them they don't
need to bully others to be
accepted or cool.

If you see someone **being bullied**,
find someone to help stop it.

**First of all,
stop and
think!**

What to do if
you are a
bully...



Think of the
damage you are
doing and hurt
you are causing.

Find another
outlet (such as
sport) for your
aggressive
feelings.



Talk to a school **counsellor**
or **caring adult** if you are
having problems.

Bullies are more likely to
be in trouble when they
are older, as well as get
into trouble now.
So stop!





I don't fit in!

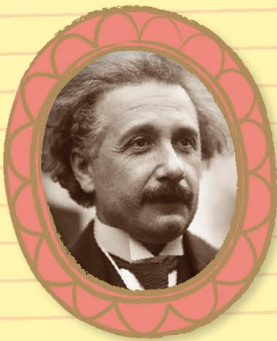
Feeling “different” or that you don’t fit in can make you feel **sad and alone**. But **everyone is unique**, and **you are too!** There’s nothing different about that.



Many children who feel “different” turn out to be successful.



Be yourself! You're the best at that.



Albert Einstein didn't fit in at school, and one of his tutors called him a "lazy dog"! He never wore socks – even when he was invited to the White House for dinner! As an adult, he became one of the most famous and brilliant scientists in history.



It's important to *believe* in yourself.



Finding friends

You have as much right to be happy as anyone else, so if you feel left out or that you don't fit in...

- ask your teacher to help. They are usually good at pairing kids up
- join a club to find friends with similar interests

Practise these friendship skills

Be friendly

Listen

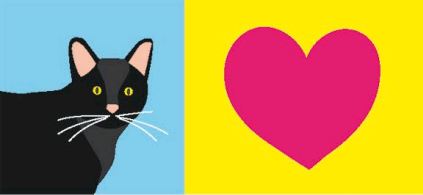
Share

Say nice things

Offer your help

Be kind

Keep secrets and confidences



Why do pets die?

A pet quickly becomes a member of the family and a best friend. Sadly, animals do not live as long as humans, and the joy of having one can turn to heartbreak when they die.

The natural cycle of life

Pets may die of old age, illness, or an accident. Death is a part of life, so enjoy and care for your pet during the precious time you have together.



I'm Monty!
I loved playing with my ball.



Five sad stages

When you lose a loved pet, you may feel any of these five things, in any order.

You can't believe it

You may find it hard to accept what has happened, and feel numb. You may even deny that your beloved pet has died.



It makes you angry

You may think what has happened is unfair, and try to place blame. You may think of a time you were mean to your pet and blame yourself.



Your love for your pet will never die – he or she will live forever in your memory.



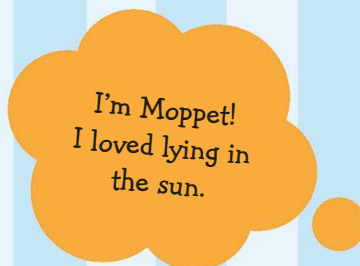
I'm Betty!
I loved kissing
my friend.



I'm Harry!
I loved stuffing
my cheeks full.



I'm Moppet!
I loved lying in
the sun.



Saying goodbye

As a family, it's nice to say a final goodbye to your pet. You could have a ceremony, write a letter or poem, or plant a tree. Honouring your lost pet will help you move on.

You make deals

You may make little bargains, like "if today is sunny, it won't be true".

This is normal too.

Death is very hard to accept.



You feel very sad

You might start to feel very sad and that you want to be on your own to cry and grieve.

It's OK to cry!



You accept it

You will eventually come to terms with your loss and find you're able to think of the good times you and your pet had together.







“
Today you are you.
That is truer than true.
There is no one alive
who is youer than you!”

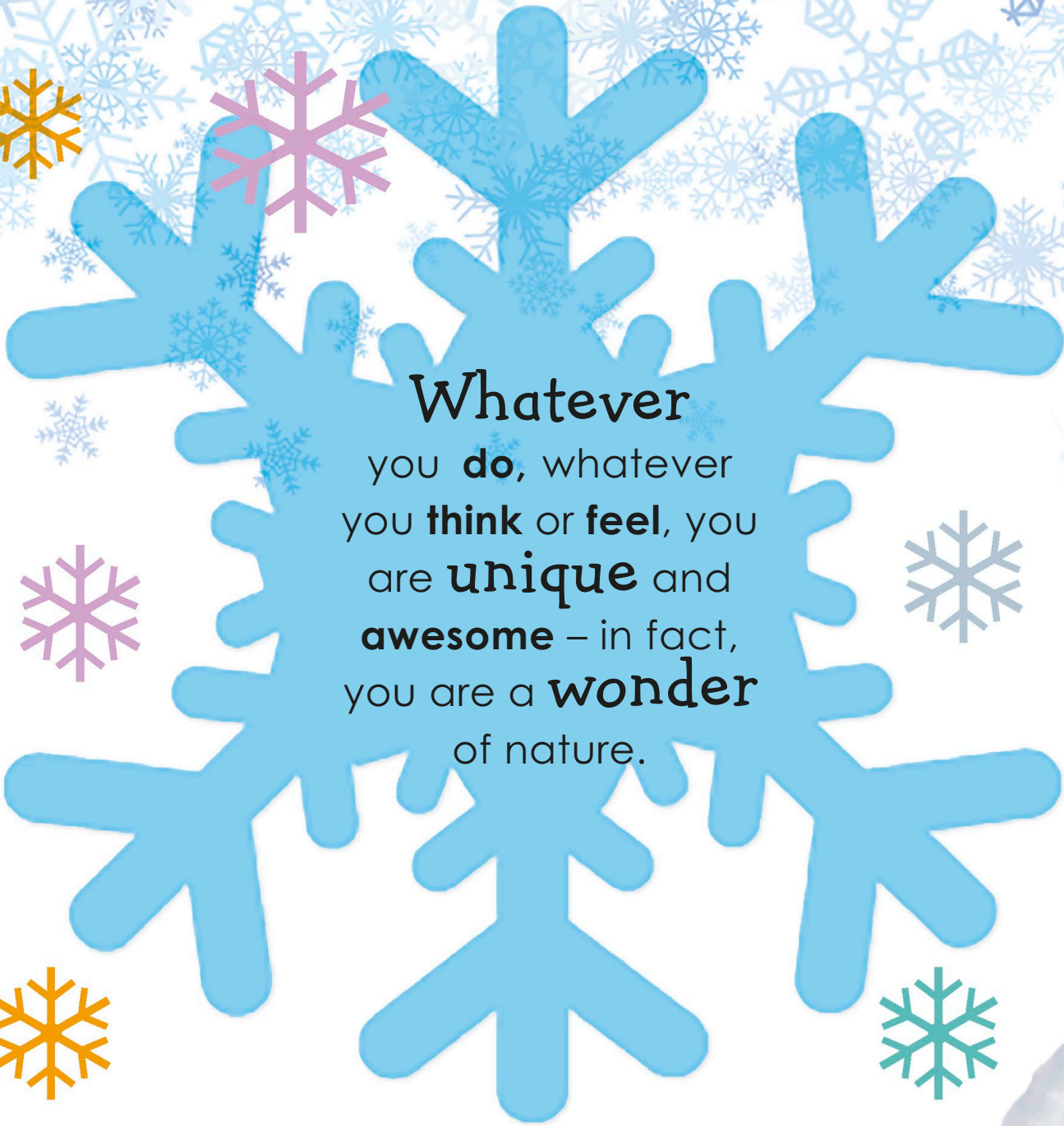
Happy Birthday to You!

Dr. Seuss





I'm the **best** me there is



Whatever
you **do**, whatever
you **think** or **feel**, you
are **unique** and
awesome – in fact,
you are a **wonder**
of nature.



These are unique things about you, even among 7.6 billion people!



Yours and yours alone



Your beliefs

Your personality

Your toe prints and fingerprints

Your ear shape

Your irises
(the coloured part of your eye)

Your tongue's bumps and ridges

Your voice

Your DNA
(the genetic formula that tells your cells how to build you)

is unique – just like you!





You can do it!

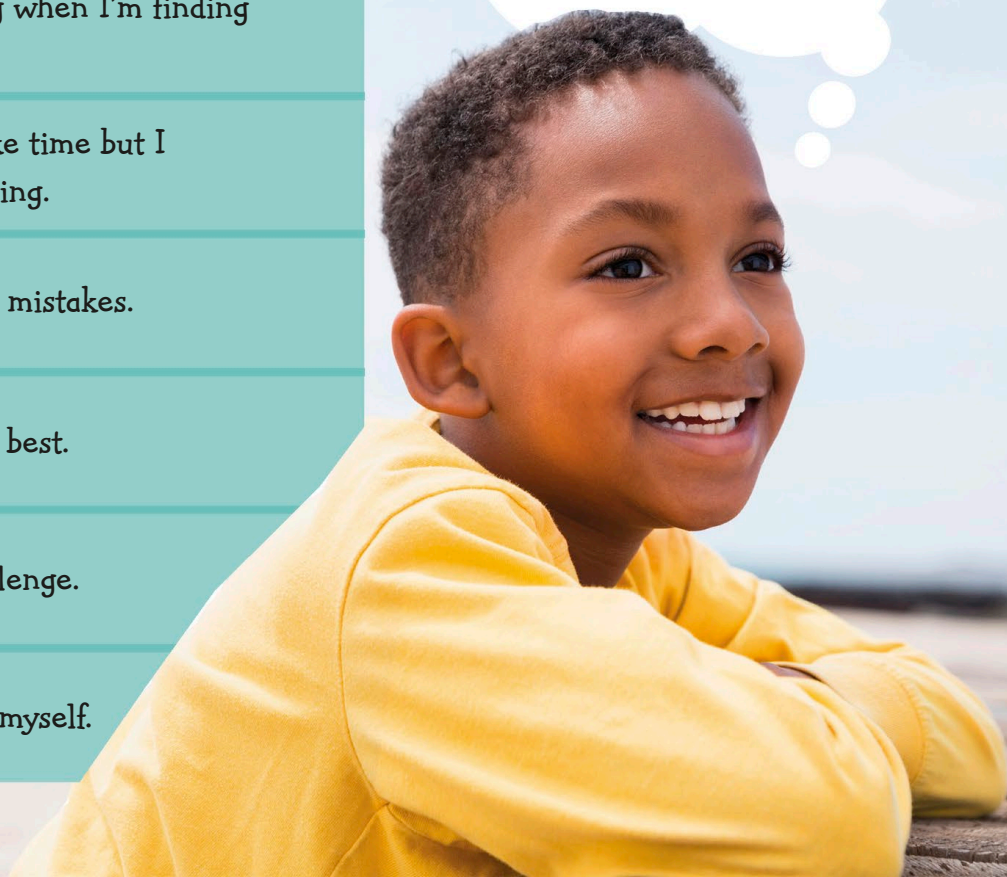
Believing you can do something

is half the battle. If you **believe** you can **work hard** and improve, **you will** work hard and **improve**.

The growth mindset

- I can learn anything I want to.
- I keep going when I'm finding it hard.
- This will take time but I will keep going.
- I learn from mistakes.
- I will do my best.
- I like a challenge.
- I believe in myself.

If I can think like this, I can achieve anything.
Let's go!



You can do or be anything you want. YES! Really!



Step by step

Some things might be an uphill struggle,
but it'll be worth the climb.



No one is perfect. Everyone
makes mistakes, so give
yourself a break! Celebrate
your differences, share
your similarities, and
believe in yourself.

Life is a journey...

...enjoy the ride!





My emotions dictionary

These words can help you explain how you feel.

Sad

Blue – Generally sad.

Disappointed – Upset because something is not as you thought it would be.

Gloomy – Everything is darker than usual.

Grumpy – In a bad, sad mood.

Heartbroken – Extremely sad, like your heart is breaking in two.

Helpless – When you feel there is no one to help you.

Hopeless – When you feel there is no hope.

Mopey – Floppy and sad.

Tearful – You want to cry or you are crying.

Upset – Unhappy, like you could cry.

Happy

Contented – Happy and satisfied.

Delighted – Extremely happy.

Enthusiastic – You like it a lot and you are very interested in it.

Excited – You are enthusiastic and eager.

Fulfilled – You have everything you need.

Funny – Like you can make good jokes.

Glowing – So contented you feel you are glowing.

Joyful – Full of joy, very happy.

Love – To like a LOT.

Merry – Smiley and cheerful.

Proud – Pleased with something you've done.

Angry

Annoyed – Something or someone is making you quite angry.

Boiling point – About to get really cross.

Cross – A bit angry.

Envious – Resentful, usually because you want something someone else has.

Frustrated – You feel you haven't got what you want or need.

Furious – Extremely angry.

Fuming – So angry, like steam is coming out of your ears.

Irritated – Something is winding you up.

Jealous – Angry and resentful.

Scared

Anxious – You are worried something is going to happen that will be scary.

Fearful – Full of fear.

Jittery – Jumpy with nerves.

Nervous – Edgy, jumpy, and worried.

Panicked – Out of control with fear.

Petrified – So scared you can't move.

Shocked – Stunned, dazed, and upset.

Stressed – Worried and frazzled.

Tense – Your muscles have tensed up, your jaw is clenched, and you're worried.

Terrified – Scared stiff.

Worried – Concerned and anxious.

All mixed up?

It's possible to feel happy and sad at the same time, or scared and excited, or grumpy and funny. You can take words from any column, or add ones of your own.

Glossary



Activate – To make something active.

Anxiety – A feeling of worry about something that you are unsure about.

Chemical – A type of substance.

Concentration – Complete attention.

Digest – To break down food in your tummy.

Divorce – The legal ending of a marriage by a court of law.

Dopamine – A messenger chemical in the brain.

Emotion – A strong feeling, e.g., sadness, anger, or joy.

Endorphin – A chemical released by your brain that can reduce pain.

Gratitude – The quality of being thankful.

Hippocampus – The centre of emotion and memory in your brain.

Hormone – A substance in your blood that rouses you to do things.

Hypothalamus – A region at the front of your brain.

Issue – A personal problem or difficulty.

Mantra – A statement or slogan you chant over and over.

Meditation – When you focus your mind for a period of time in silence or with chanting to relax.

Microbe – A tiny bacterium in your gut.

Mindfulness – When you focus on the present moment, and at the same time calmly notice your feelings, thoughts, and five senses.

Nerves – Feelings of nervousness.

Oxytocin – A hormone, sometimes called the “cuddle hormone”, as it increases when you get a hug.

Prefrontal cortex – The very front of your brain.

Prey – An animal that is hunted by another animal.

Relax – When you relax, you become less tense and anxious about things.

Scientist – A person who has studied and become an expert in science.

Serotonin – A chemical in your brain that helps good feelings flow.

Stomach – Your tummy, where food is digested.

Stress – Mental or emotional strain or tension.

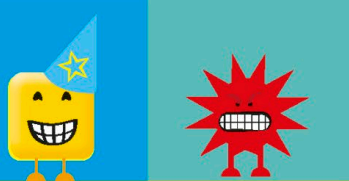
Survive – To continue to live.

Symptom – A sign that something that is not good exists.

Thalamus – Either of a pair of two areas of grey matter in your brain. They act like a switchboard.

Yoga – Certain spiritual body poses with breath control that people do for health and relaxation.





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