

Overview

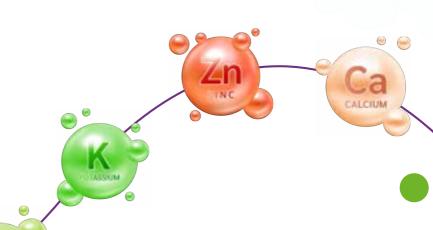
This ebook is designed to help children between the ages of 6 and 12 understand and manage their emotions effectively. It covers various topics such as emotions, labelling emotions, dealing with guilt and shame, friendships and relationships, managing anger, and overall emotions management.

Overall, this is an excellent resource for parents, caregivers, educators and most importantly the children themselves to help build emotional intelligence and resilience and prioritise their mental and emotional well-being.

What is my health all about? What does my health consist of?

How do you define health? I bet you have been taught health in your school subjects. Do you define or think of health as only the absence of illness and diseases? Health is defined as the overall well-being of a person, physically, mentally, and socially.

Are any of these questions familiar? How do you feel today? What things are you grateful for? What are your favourite moments?



How you feel inside your head, heart and mind is your mental health. When we feel happy, calm, and content, it means our mental health is good. Sometimes, we might feel sad, angry, or worried.

It is okay to feel these emotions, everyone has them from time to time.

Just like how you take care of your physical health by eating healthy and exercising you can take steps to care for your mental health.

How are you feeling today?

What things are you grateful for?



Taking Care of My Mental Health

Talk about your feelings: It is important to talk to someone you trust about how you are feeling. They can help you feel better and understand your emotions





Do things that make you happy: When we do things that we enjoy like playing with your favorite toy, reading a book, or coloring it can make us feel better

Get enough sleep: It is important to get enough sleep so that our body and mind can rest. When we are well-rested, we can think more clearly and feel better.



Taking Care of My Mental Health



Eat healthy and Exercise: It is important to eat fruits, vegetables, and other nutritious food and exercise regularly to help us to feel energized and have a healthy body and mind.

Spend time with friends and family: Being around people you love and who love you can help you feel good inside.





Take deep breaths: When you're feeling upset or nervous, take some deep breaths in and out.

It can help you feel calmer.

Mistaken Beliefs and Truths about Mental Health.

Here are some mistaken beliefs about mental health.



Mistaken beliefs: Mental health means being violent

TRUTH: Mental health is a part of our health and well-being that affects how we think, feel, act or behave. When one's mental health is poorly managed it could result in anxiety, anger or aggression.

Myths and facts about Mental Health.

Here are some mistaken beliefs about mental health.



Mistaken Belief: Mental health challenges don't affect me.

TRUTH: Mental health challenges are actually very common and affect everyone at different times. from anxiety, to managing our feelings, emotions, or mood.

Activity:

MENTAL HEALTH VS PHYSICAL HEALTH

Mark	✓ If Mental Health	×	If Physical Heal	lth
I felt h	nappy to see my k	pest f	riend at sc	chool today
I love t	to see and enjoy r	natur	e	
I enjoy	spending time w	ith m	y family	
I brusl	h my teeth twice	daily		
I sleep	eight hours dail	y		
I enjoy	y spending time w	ith m	yself	
I wash	n my hands before	e eati	ng	
I am qı	rateful for mu fr	iends	and familu	



Mindfulness and Journaling

Mindfulness is being present here and now, not focusing your attention on what happened yesterday or might happen tomorrow.

Mindfulness is noticing the details around you, it could be taking note of how your toys or writing materials are arranged.

It is thinking before you act or speak

And paying attention to how your body is feeling and responding.

Writing down your experiences also helps you to be aware of what is happening both in your body and around you at this very moment.

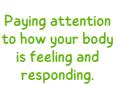




Noticing the details around you

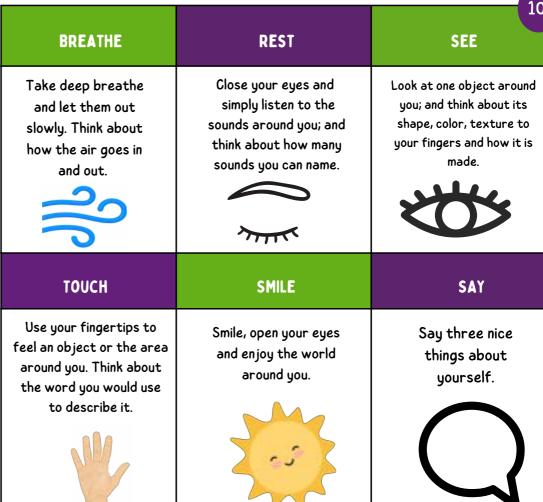








Let's take a mindful minute.



Talk to YOURSELF with COMPASSION

Mindful writing

Take one minute, concentrate and fill your mind with what is happening right now.

What can I see?

What can I hear?

What can I smell?

What can I feel?

What can I taste?



CREATE, BUILD and MAKE Art. Follow your CURIOSITIES

Feelings and Emotions

Have you ever been angry at a friend for tricking you? Sad because your favourite teacher left your school? Jealous of a friend?

Then you have feelings. It's OK to feel. No emotion is ever permanent. The purpose of feelings is to make sense of what is going on inside of us and around us. You could call it your sixth sense!



Feelings and Emotions

Emotions are usually triggered by something, someone, an event or a thought.

A trigger is like a little signal that makes something else happen. For example, when we smell our favorite food, it can trigger our stomach to feel hungry. Or when we hear a loud noise, it can trigger us to feel scared.



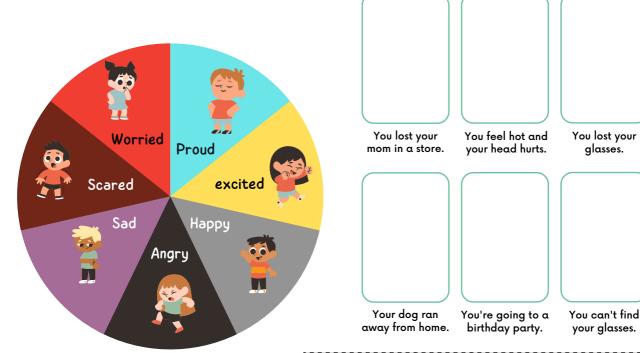
Feelings and Emotions

We feel and sense different emotions differently. If the emotion is happiness or love, you feel warmth sometimes in your stomach, face and whole body. You smile or chuckle when you see a friend you haven't seen in a while. If the emotion is sadness you are likely to feel it in your heart or chest.

We also attach a colour or shape to various emotions we feel. E.g for happiness you could give it a yellowish colour like the colour of the sun. For anger, maybe red like a tomato's colour.



Read each scenario below and decide how you would feel in each situation. Then, cut out the feeling words at the bottom of the page and paste them into the correct box.



Identify the feelings













alasses.





You can't have

the toy you want.

You got an A on

your spelling

test.

How To Manage Your Emotions

Practice the 60 seconds rule: Count up to 60 when you feel upset or angry, it calms you down.

Talk to someone you trust when you feel sad or worried It helps to identify and say how you feel e.g I'm scared, I'm angry.

Do things you enjoy. e.g drawing, coloring, reading.

Fortify yourself with the word of God: Build a relationship with God and know what He says about you.



Fortify yourself with the word of God:





Practice the 60 seconds rule:



Talk to someone

Self-Awareness and Self-Esteem

Have you ever felt less of yourself? Wishing you were someone else?

Having thoughts like if I could be a more talkative or quiet, taller, smarter, have more friends I would be more preferred or popular.

These thoughts come from the level of confidence you have in your own abilities which make up your self-esteem which could be high or low.



Self-Awareness and Self-Esteem

One good way to boost your self-esteem is to spend time really knowing yourself. Know your strengths (what you are good at), weakness (what you can get better at), your likes and dislikes, and difficulties you have overcomed.

When we acknowledge and accept who we are, our uniqueness and our differences, We can be more open, honest to people around us and realize our dreams.

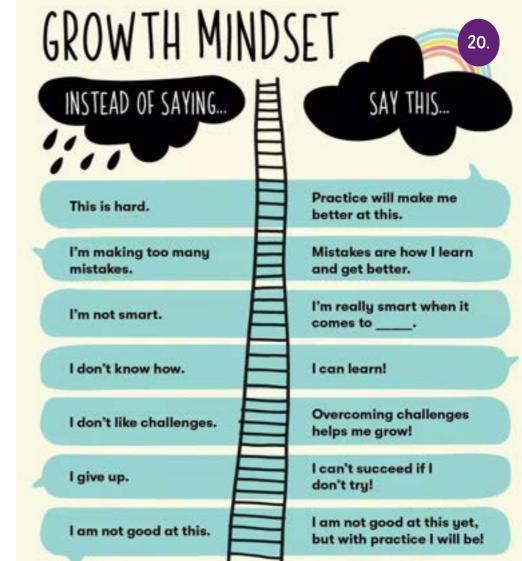


Quick Activity To Know Me Better:

My name is
I amyears old.
I am from state.
I was born on the of, in the year
The country i was born is
I am in complexion
I am from a continent called
I am in complexion and I love my skin colour.
There are a number of people in my family. I love my family.
Some of the fun activities I love to do are
Some activities I would love to do better at are
I love to

Growth Mindset and Positive Self-talk

To have a growth mindset is to believe that you can be better, that you can be great at things you do not do well now. You can learn and be better at anything you put your mind to.



Anxiety

Anxiety is when you feel really worried or scared about something. Sometimes, you might feel like something bad is going to happen, even if there's no real danger. Or you feel your heart beating fast or one might have trouble sleeping or eating.

It's like when you're waiting to go down a big slide, and you feel a little bit scared or nervous in your tummy.

It's okay to feel anxious sometimes, but if it starts to get in the way of doing things you like or need to do, like playing with friends or going to school, then it's important to talk to a grown-up you trust about how you're feeling.



Anxiety Activity

Practice positive self-talk; by speaking your affirmations out loud, such as "I can do this" or "I am strong and capable. Add more
Practise deep breathing when you feel anxious or really worried about something. Breathe in slowly through your nose, hold for a few seconds, and then exhale slowly through your mouth.
When you start to worry about something bad, visualise a happy place or memory, such as a beach, an outing you enjoyed, or your favourite teddy, focus on the details. Add more
Talk to a trusted friend or adult. Write down names of trusted adults or friends you can talk to about your feelings

Guilt vs Shame

Guilt is when you feel bad because you did something wrong. Shame is when you feel bad about yourself because of something you did or because of something someone else did to you. For example, if you lied to your friend, you might feel ashamed.

Both emotions can lead to negative thoughts, low selfesteem, and anxiety, which can impact your mental wellbeing.

Everyone makes mistakes. The important thing is to learn from our mistakes, apologise, and do better next time.



Guilt vs Shame- Activity

Say these affirmations out loud when you feel guilt and shame

Everyone makes mistakes, and it's okay.

I am learning and growing every day. My feelings are important and valid.

I am worthy of forgiveness.

I choose to be kind to myself and others.

I am capable of making things right.

I am proud of myself for trying my best. I am not defined by my mistakes.

I am allowed to ask for help when I need it.

I am responsible for my actions, but I am not defined by them.

I am capable of changing my behavior.

I choose to focus on my strengths.

I am surrounded by people who love and support me.

Friendships

Friendship is when two people really like each other and enjoy spending time together. They might play games, share toys, or talk about things they both like. Friends are kind to each other, care about each other, listen to each other, and help each other out when they need it. You might have a friend in your class at school, a friend who lives in your neighbourhood, or even a friend in your family.





Friendships and Relationships- AFFIRMATIONS;

I am a good friend and I deserve good friends in return. My feelings are important and I have the right to speak up if something bothers me.

I am capable of resolving conflicts with my friends in a kind and respectful way. I respect my friends' boundaries and they respect mine. I am kind and compassionate towards my friends, even when we disagree.

I appreciate and value the differences in my friends.

I trust my
instincts and can
make good
decisions about
who to be friends
with.

I am proud of who I
am and my true
friends will accept
and love me for who I
am.

I have the ability to make new friends and build strong relationships. I can forgive my friends when they make mistakes and ask for forgiveness when I make mistakes.

I can communicate effectively with my friends to build strong relationships.

I can ask for help and support from my friends when I need it. I can create positive and happy memories with my friends.

Questions

What qualities do I look for in a friend?	
How can I show my friends that I appreciate and value them?	
What can I do if I have a disagreement with my friend?	
What can you do if someone is not being kind to you?	
What would you do if you see someone being bullied or treated unfairly?	
How can I apologize if I have hurt my friend's feelings?	
How can I make new friends?	

CONCLUSION

In conclusion, mental health and wellness is an important aspect of your overall wellbeing, and it is essential to take care of your emotional and mental health just as you do your physical health. As a child, it is important to understand your emotions, label them, and communicate how you feel with trusted people in your life.

It is normal to feel a range of emotions, including guilt and shame, anger, grief but It is essential to learn how to manage and cope with these emotions in healthy ways.

It is okay to ask for help from trusted adults when you are going through any emotional or mental stress.

MY FAVORITE THINGS

• My favorite subjects: • My favorite books: My favorite field trip: • My favorite lunch meal:

THIS IS ME IN MY SCHOOL UNIFORM



IMPORTANT NOTES

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Building Total Wellness for Children

For Children Between the Ages of 6 & 17





Prioritise your child's total well-being through access to confidential and affordable virtual therapy sessions that allows them to open up and in the process, overcome their challenges quickly.









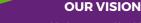




Amani Health is an online therapu platform tailored to meet the needs of minors aged between 6-17 years going through traumas, disorders, depression, addictions, abuse and all other emotional, physical, mental or academic challenges







To create a world where mental health care is accessible, stigma-free, and fully integrated into our daily lives.



Our mission is to provide accessible, affordable, high-quality and effective mental health care services that empower individuals to live happier, healthier lives by leveraging technology and personalized care



