



### Let's Talk About Follow-up Pack!

- **Empathy**  
Looking out and caring for ourselves and those around us.
- **Emotions**  
There are lots of emotions that we can feel, and sometimes we can feel more than one emotion at once (e.g excited yet nervous to try something new). No emotions are bad and it is okay to feel angry, upset or nervous sometimes.
- **Butterfly Thoughts**  
These are positive thoughts and actions that can cheer us up when we do feel sad or angry. Thinking of things we enjoy like spending time with friends, playing sports, art etc.
- **Tree of Thought**  
A visual representation of our minds and thoughts. The roots of a tree make the tree strong and similarly, our roots make us strong. Our roots are made of things like family, friends and things that make us happy (butterfly thoughts are good examples of these). The children can design and create their own tree drawings/sculptures (including deep roots) and decorate them with the things that make them happy. When they are feeling sad they can look at or recall their tree of thought to remind them of the positive things in their lives keeping them strong.
- **Deep breathing**  
Introduction to using our breaths to calm us down. Children are encouraged to breathe deeply, raising the arms up as they inhale and lowering them as they exhale, and to imagine their roots extending into the ground, keeping them strong. This encourages relaxation and can help reduce stress and anxiety.
- **Active brains**  
This goes into detail about keeping the brain healthy by being active, when we are thinking, talking, dancing, playing etc. Connections are made in our brains (like the branches of a tree!) Using the techniques covered promotes a healthy, active brain.
- **The Worry Control**  
This is a device which encourages the children to talk to someone they trust if they are feeling worried. Rather than letting a worry build up and become overwhelming, the children can mentally “zap” their worry to freeze it. Effectively putting it on hold until they have the opportunity to discuss this with somebody who they trust, which will let them find a solution or reassurance.
- **Cyber Safety**  
Reminding the children that sometimes people write things online that they would never say in real life, and that not everything we read online is true. It is important to remember this and always talk to a grown up if they see something that upsets or worries them. It is important to remember that saying something nasty on the internet can be just as hurtful to someone as saying it in real life. Bullying is never okay, whether it's online or in person.
- **Talk About It**  
The audience sees Sam getting bullied and that she doesn't know what to do about it. Bobbie introduces her to the “best coping skill of all,” talking! Talking can help to ease our



worries and is so much better than keeping our feelings to ourselves and letting them overwhelm us. It can be difficult to articulate how we feel, if this is the case, the children can use their hands to do a “thumbs up” or “thumbs down” which will allow a family member, friend or teacher to recognise that they are feeling down and are in need of help.

- **Anger Island**

This section presents anger as an obstacle that can be overcome (leads into mindfulness)

- **Mindfulness**

Encourages the use of deep breathing as a tool to help manage our reactions to our thoughts and emotions. Rather than reacting straight away to difficult situations (which can often result in negative responses which create more problems) we can use deep breathing to calm us down and allow us time to evaluate the situation and come up with a positive solution. This may be to explain why you are upset, to talk to an adult about the situation or to apologise. The Glitter Bottle can be used as an aid to facilitate this deep breathing. The bottle is a good representation of our mental states: the bottle represents the mind and the glitter inside represents our thoughts and emotions. When we are calm and content our minds are clear, like the bottle when the glitter is settled at the bottom. When we are angry or confused our thoughts can cloud our judgement in the same way that the glitter clouds the water in the bottle. The bottle is shaken up so that the glitter fills the bottle, the children can watch the glitter inside as it settles and imagine that their mind is settling along with the glitter. As they watch they can take calming deep breaths. This technique means they have something to focus on other than the situation and ensures that deep breathing is done for an appropriate amount of time to allow the child to calm down.

Here's a handy guide to create your own Mindfulness Glitter bottles!

<http://heartmindkids.com/how-to-make-a-glitter-jar-for-mindfulness/>

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>

- **STOP**

An acronym to help children remember how to calm themselves down and then find solutions to a difficult situation.

- **S** is for Slow Your Breath. This allows the child to calm down.
- **T** is for Take Your Time. There is no need to rush to find a solution, children can wait to speak to someone they trust to help them.
- **O** is for Open Up. Encouraging the children to discuss their problems with friends or a trusted adult.
- **P** is for positivity. Recalling the Butterfly Thoughts and Tree of Thought, when we feel down we can focus on the positives in our lives to remind us that we are worthwhile and to cheer ourselves up.

- **Growth Mindset**

Knowing that you can achieve the things you aspire to by working hard, looking after yourself and calling on support from family and friends when needed.

**Keep positive Brain Busters!**

**One Day Performances Team**