

# Boost "Feelings Vocabulary":

Move from the simple to nuances of feeling

Name them, read about them, let them know that all of their feelings are okay to feel then give them the tools they need to manage them. Show them you understand how they're feeling.

Use them in oral sentences including cause and effect

## I'm feeling...

 Calm	 Happy	 Silly	 Relaxed
 Nervous	 Annoyed	 Sad	 Shy
 Surprised	 Hungry	 Angry	 Confused
 Sleepy	 Sick	 Hurt	 Hot

## FEELINGS AND EMOTIONS



Suspicious  Confused  Hysterical  Bored   
 Bored  Shocked  Jealous  Happy   
 Surprised  Enraged  Confident  Sad



Shy  Hysterical  Mischievous  Shy   
 Lonely  Enraged  Confused  Smug   
 Jealous  Sad  Happy  Confused



Enraged  Surprised  Shy  Jealous   
 Jealous  Shocked  Mischievous  Smug   
 Shy  Lonely  Enraged  Happy



Nervous  Sad  Enraged  Jealous   
 Hysterical  Shocked  Hysterical  Shocked   
 Jealous  Smug  Confused  Lonely

## **THINKLADDER**

FREE

*Available on iPhone only*

This app aims to debunk our subconscious beliefs that (often) profoundly influence our mood, automatic thoughts and habitual responses.

Matt and Katie Gatt from New Zealand left their jobs to make this app that teaches people how to form healthier thought patterns.

Travel up a 'thought ladder' to discover what you really believe about yourself, according to your conscious thoughts. The app will then give you personalised insights into how to debunk these beliefs.

## **EMOTIONARY BY FUNNY FEELINGS**

FREE

*Available on iPhone only*

This all-ages app is a world first dictionary of emotions and funny-feelings.

Understanding, embracing and being present with all our feelings, including 'negative' feelings is crucial to developing resilience.

Having a dictionary of emotions in the palm of your hand allows you to drill down in the moment, to find the most appropriate word. By funnelling through 5 primary emotions to find the right category of feeling they're experiencing, the app subtly educates users on the nature of emotions.

## **GRATEFUL: A GRATITUDE JOURNAL**

FREE

*Available on iPhone only*

According to researchers at the Harvard Medical School, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

Grateful was created to make expressing gratitude in your life both easy and fun, as well as to remind you, during those down moments, of the many blessings in your life (that you've documented in Grateful).

Remember, there are a huge variety of apps out there to give you a boost in the areas of relationships, sleep, diet, exercise, alcohol and drug use, working-life, and thought-life.

## **Symptoms of Anxiety Age 3-5**

- Nightmares and/or difficulty sleeping
- Regression – “baby talk” may return or may begin to wet their pants or bed
- Poor development of social skills and acting out in public
- Very disruptive behaviors (may be expelled from Preschool or Kindergarten)
- Tantrums and/or crying fits that are not easily soothed or calmed
- Overly bossy with a need for control – may be verbally abusive to adults or peers
- Struggles with focus or learning – may begin to be diagnosed with learning disabilities
- Low self esteem or confidence in themselves and their abilities
- Frequent headaches, stomachaches, etc – frequently sees the nurse or doctor
- Overly angry, aggressive, and/or agitated – easily set off
- Fearful of being away from their caregiver – very clingy
- Often lonely – withdraws from friends and family members
- Difficulty trusting others and making friends
- Seems to be confused – may have “wild eyes” when stressed
- Reenacting the trauma through their play
- Follows rules closely – has a fear of punishment
- Decreased appetite, weight loss, and/or upset stomach
- Fearful of things that remind them of the trauma – places, sounds, people, etc
- Avoids touch and/or eye contact
- Easily scared

## **Symptoms of Anxiety Age 6-12**

- Overreacts
- Nightmares and/or difficulty sleeping
- Acts out in public
- Disruptive at school (may be expelled or suspended)
- Overly bossy with a need for control – may be verbally abusive to adults or peers
- Low self esteem or confidence in themselves and their abilities
- Frequent headaches, stomachaches, etc – frequently sees the nurse or doctor
- Overly angry, aggressive, and/or agitated – easily set off
- Fearful of being away from their caregiver – very clingy
- Often lonely – withdraws from friends and family members
- Difficulty trusting others and making friends
- Seems to be confused and has trouble focusing
- Reenacting the trauma through their play
- Decreased appetite, weight loss, and/or upset stomach
- Fearful of things that remind them of the trauma – places, sounds, people, etc
- Has suicidal thoughts, plans, and/or attempts
- Experiments with drugs and/or alcohol
- Has sexual knowledge beyond that is normal for their age
- Hoards food

## **How anxiety affects children**

As well as affecting how kids feel, anxiety can have an effect on their thinking. They perceive the fear or danger they're worried about to be much greater than it actually is. Thinking about the situation makes them more worried and tense.

Kids experiencing anxiety may come up with their own strategies to try and manage distressing situations. This often involves trying to avoid the situation or having a parent or other adult deal with it for them.

While this works in the short term, avoiding the fearful situation makes it more likely that they'll feel anxious and be unable to manage it next time. As a result, they can find it harder to cope with everyday stresses at home, school and in social settings.

Anxiety can also result in physical symptoms such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). Other symptoms may include irritability, difficulty concentrating and tiredness.