Created for the use of:

ALGOMA FAMILY SERVICES FOUNDATION

&

Algoma Family Services
SERVICES AUX FAMILLES D'ALGOMA

Monthly Newsletter

Youth Mental Health

created by:

Hi, my name is: Lorenzo Gionet

Flame Faces His Fears:

Flame was a small, green dragon who wanted to fly high in the sky. But he felt scared. He was scared of falling, and scared the other dragons might see.

Flame watched the big dragons soar, and he wished he could be brave like them. It looked like they could touch the clouds!

One day, Flame took a deep breath and said,

“I will try my best.”

Flame’s wings shook, and his tummy felt wiggly. He started flapping his wings slowly. Then he flapped a little faster. Soon, he lifted off the ground! The wind felt soft on his scales. “I did it!” he cheered.

Flame learned that courage means trying, even when you feel scared. And from that day on, he knew he had a brave fire in his heart.

Your “Feel-Good Friend” is:
FLAME!



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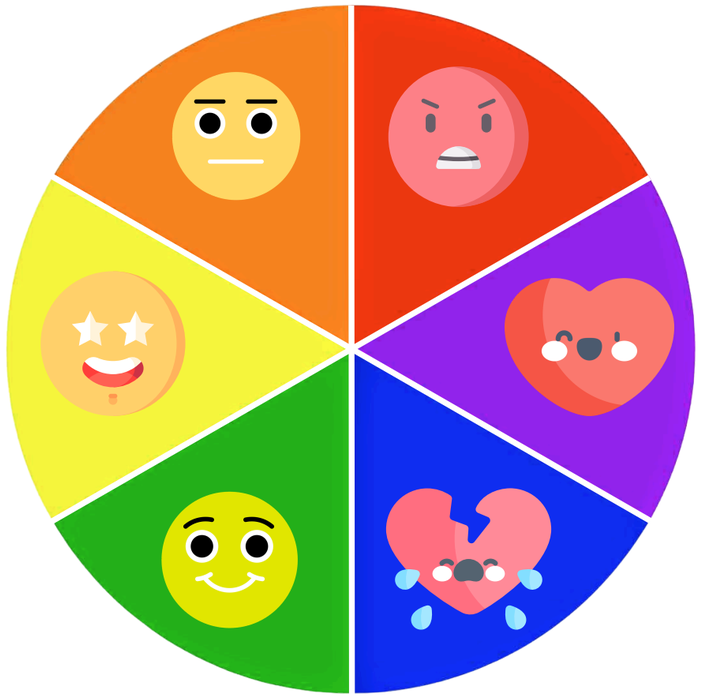
What do feelings look like?

Draw a line to match the feelings to the faces.

Mad

Excited

Sad



Loving

Happy

Bored

Draw what your current emotion looks like:

Hi, my name is:

_____

Design an album cover for how you feel right now. Make sure to include the name of the album in the drawing.

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Courage Collective

Music connects us to our favourite artists, but it can also help connect us to our emotions. Some songs can cause emotions to surface - sometimes whether we'd like it to or not.

This month we're focusing on using songs to help broaden our emotional intelligence.

We will use songs we already know to start, using them as a language to convey how we feel.
We will then make our own songs names based on specific emotions.
Lastly on the back, you can create an album cover based on how you feel right now.

"In My Feelings" Playlist

Some songs cause emotions to stir in our bodies and some can change our emotional state.



What are some songs that you currently listen to, and what emotions do you associate with them?

1. _____

2. _____

3. _____

4. _____

5. _____

Pretend you were a famous singer and songwriter: what song names would you give to your emotions?

1. Happy: _____

2. Loving: _____

3. Sad: _____

4. Angry: _____

5. Fear: _____

If today was a song, it would be called:

_____.

_____.

Continue on the back!

Kiki the Kind Fox:

Kiki was a small, orange fox who loved watching others. She noticed when someone shared, helped a friend, or said something kind. It made her heart feel warm.

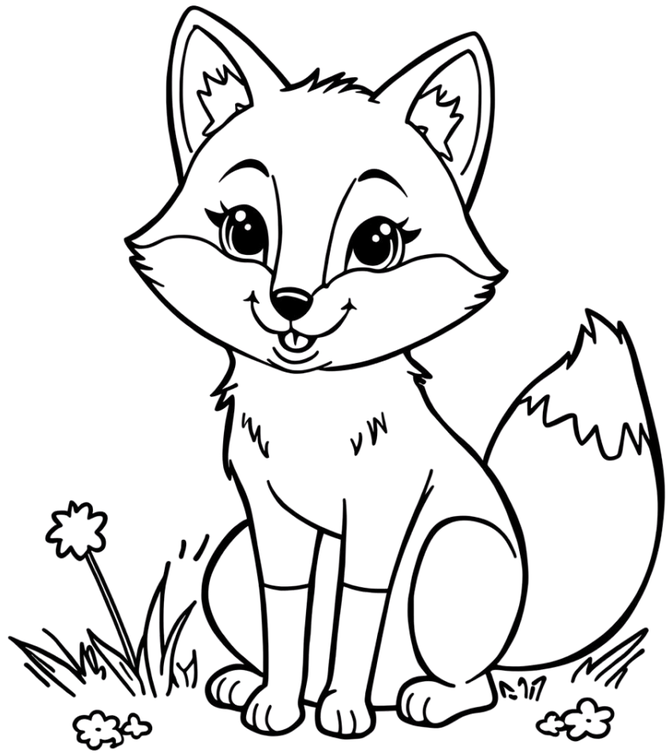
Kiki wanted to be kind too, but she wasn't sure how.
What if her kindness was too small?
One day, Kiki saw a little bird drop its food. She paused, took a gentle breath, and said,

"I can help."

She carefully picked up the food and gave it back.
"Thank you," the bird smiled.
Soon, Kiki started smiling more, helping others, and sharing what she had. And something special happened — others began doing kind things too.
Kiki learned that kindness can spread from one small action.

And from that day on, she carried a warm, caring spark in her heart wherever she went

Your "Feel-Good Friend" is:
KIKI!



This journal belongs to:

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KIND vs UNKIND ACTIONS

IF **KIND**, DRAW: 

IF **UNKIND**, DRAW: 

SHARING YOUR FAVOURITE TOYS =

SAYING "I LOVE YOU" =

SAYING "THANK YOU" =

HITTING OR PUSHING SOMEONE =

CALLING SOMEONE NAMES =

IGNORING SOMEONE SPEAKING =

TAKING TOYS WITHOUT ASKING =

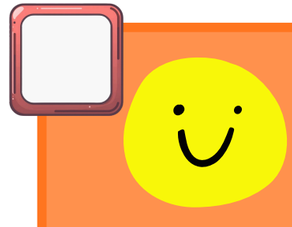
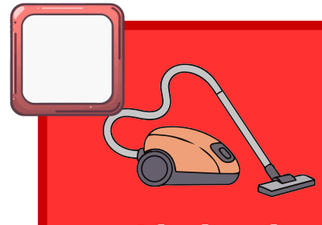
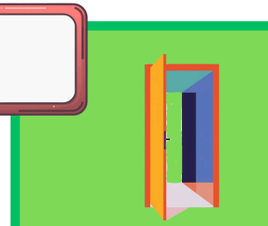
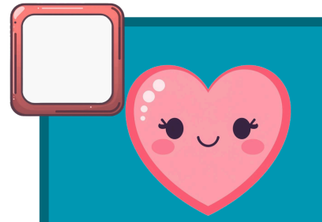
BREAKING SOMEONE ELSE'S TOYS =

LAUGHING AT SOMEONE HURT =

WAITING PATIENTLY IN LINE =

♥ Kindness Bingo ♥

Draw an X in ☐ to mark your Bingo after!

 I said "Thank you."	 I smiled at someone.	 I helped clean up.
 I held the door open.	 I helped a friend.	 I told someone "I love you."
 I picked up litter.	 I helped make dinner.	 I helped put away groceries

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Courage Collective

Kindness is something we can practice every day.

A smile, a helping hand, or kind words can make someone feel seen, supported, and valued. When we choose kindness, we help build stronger friendships and a caring community.

This month, we will explore how small acts of kindness can make a big difference.
We will participate in daily acts of kindness and being mindful of how our actions can uplift others.

At the end of the month there is a mindfulness exercise to complete on the back of this booklet.

"Kindness is Mindfulness" Exercise

Name: _____

Days I participated: _____

Best reaction I got: _____

_____

_____

_____

Being kind everyday makes me feel like:

_____

_____

_____

4 Week Kindness Challenge

Here we have 4 weeks of daily challenges. Some of these are kind to others and some are kind to ourselves. You can try our examples or feel free to get creative!

1 Say “Hello” to someone new.	**2** Compliment a friend.	**3** Offer to help someone in need.	**4** Ask to sit with someone sitting alone.
8 Get Creative: What kind act did you do today?	**9** Tell your reflection: “You are beautiful.”	**10** Leave a kind note for a stranger to find.	**11** Donate a book to the library.
15 Tell your reflection: “You look great today.”	**16** Get Creative: What kind act did you do today?	**17** Write a letter to a far away relative.	**18** Hold the door for everyone you can today.
22 Talk to someone new your age.	**23** Ask your guardian their favourite way to show kindness.	**24** Tell your reflection: “You deserve to be happy.”	**25** Get Creative: What kind act did you do today?

5 Tell your reflection: “You are strong.”	**6** Share a meal with a friend.	**7** Compliment a stranger.
12 Write a thank you note to your teacher.	**13** Tell your reflection: “You are loved.”	**14** **Valentines Day <3** Tell someone you love them!
19 Write a note listing all the people you love and why.	**20** Dance with a friend to your favourite song.	**21** Take a walk and pick up litter along the way.
26 Write a note listing all your favourite things to do, and do one of them.	**27** Take a walk and wave to everyone you see.	**28** Tell your reflection: “I love you.”

FEBRUARY

Buddy the Brave Beaver:

Buddy was a small, brown beaver who liked to stay close to his dam. He watched the other animals explore the woods near his dam, try new things, and climb the big hill beyond the trees. It made his whiskers twitch just thinking about it.
Buddy wanted to be bold too, but he wasn't sure he could.

What if he failed?
What if everyone saw?

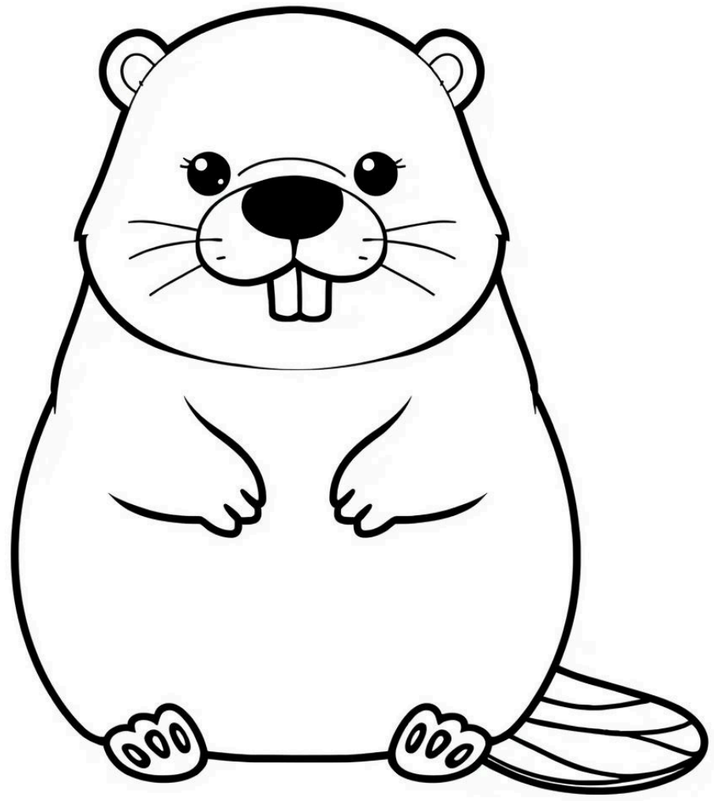
Finally, one day, Buddy stood at the bottom of the hill. He took a slow breath and said,

"I can be brave."

His legs felt shaky, but he took one small step. Then another. And another. Soon, he reached the top. The wind felt strong against his fur. "I did it," he whispered proudly.

Buddy learned that being bold doesn't mean you aren't scared. It means taking one step anyway. And from that day on, he carried a quiet, steady courage in his heart wherever he went.

Your "Feel-Good Friend" is:
BUDDY!



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Help Buddy find the treasure:

BuckTooth-RedBeard the Pirate has hidden his treasure!
Only the bravest heroes can help him find it!
Complete the treasure map, performing brave acts to show Buckbeard that you and Buddy are the bravest heroes.

START HERE

1: TRY A NEW FOOD!
Sometimes a new food or experience can be scary. Let's push ourselves to try anyways.



2: SPEAK YOUR FEELINGS
Vocalizing our feelings can sometimes feel hard, but we often feel much better after we tell someone we love how were feeling.

3: HELP SOMEONE IN NEED
Uplifting others can help uplift ourselves!
The next time you see someone struggling with something lets try our best to help!

BuckTooth-RedBeard says:
"ARRRGGH MATEYS! ONLY THE BRAVEST CAN FIND MY GOLD DUBLOONS.



5: PUSH PAST FEAR
Fear can be a big monster in our life, but by looking at our fear and doing what scares us anyways teaches us the monster isn't as big and scary as we might think.

4: TRY AGAIN!
Failure is a part of life. What is important is that we push ourself to try again.



BUCKTOOTH-REDBEARD'S TREASURE:
"ARRGGG! My treasure is yours, Youngin'. You proved yourself to be one, real brave hero.

Adventurer's Guide:

Name: ----------

Which step was most difficult, and why:

Being BRAVE makes me feel like:

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"Welcome Adventurer! They call me 'BuckTooth-RedBeard', and my treasure has been stolen!

Unfortunately, the Pirate's Guild has me on day shift and I won't have time to search for my precious gold doubloons!
Only those with a true and brave heart will be able to decipher my map!"

Inside you will find a treasure map with clues to help unlock the treasure.

YOUR JOURNEY STARTS HERE



1: TRY A NEW FOOD!

Sometimes a new food or experience can be scary. Let's push ourselves to try it anyways.



2: SPEAK YOUR FEELINGS

Vocalizing our feelings can sometimes feel hard, but we often feel much better after we tell someone we love how we're feeling.



3: HELP SOMEONE IN NEED

Uplifting others can help uplift ourselves!
The next time you see someone struggling with something lets try our best to help!



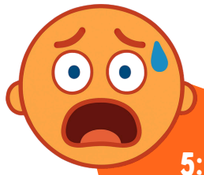
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5: PUSH PAST FEAR

Fear can be a big monster in our life, but by looking at our fear and doing what scares us anyways teaches us the monster isn't as big and scary as we might think.



6: SHOW SOMEONE YOUR CREATION

Showing your art (whatever it may be) can make us feel vulnerable, but ends up making us feel stronger



7: DO SOMETHING THAT MAKES YOU UNCOMFORTABLE.

Life begins outside your comfort-zone. Let's push ourselves to do something we might not want to.



8: FIND YOUR INNER CALM.

Big feelings can feel wild and out of control. Bravery is taking a minute to breathe in for 4 seconds, hold for 3, and breathe out for 5. Repeat 5 times.



9: HONESTY IS BRAVERY.

Spend a day being as honest as you can while also being kind.
With kind words, and mindfulness we can always speak our mind.



10: ADVENTURE GUIDE.

Take your time to complete the adventure mindfulness guide on the back of this booklet.



YOU'VE FOUND THE TREASURE!

Milo the Motivated Monkey:

Milo was a small monkey who loved to climb. He watched the bigger monkeys swing from branch to branch and wished he could do it too.

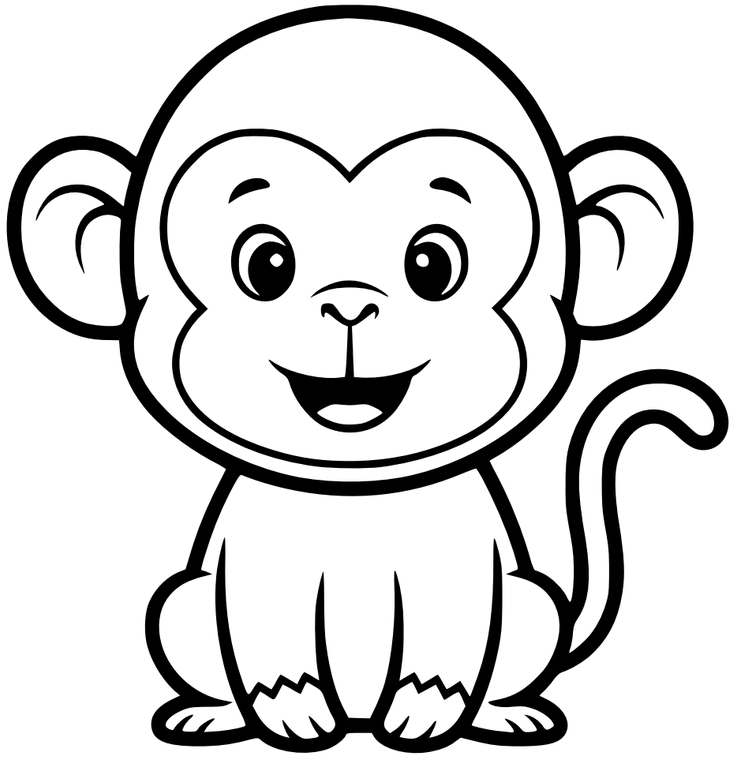
He tried climbing a tall tree one day... but slipped down.
Milo felt frustrated. Maybe he wasn't ready yet.
But the next day, he tried again. This time, he climbed a little higher. And the next day... even higher.
He paused, took a deep breath, and said,

"I can keep going if I continue trying."

Step by step, Milo kept climbing. Soon, he reached the branch he had been dreaming about. He sat proudly, smiling in the sunshine.

Milo learned that growing takes time, practice, and trying again.
And from that day on, he kept climbing, learning, and growing a little more every day.

Your "Feel-Good Friend" is:
MILO!



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What is something you would like to do, but may be afraid to try.

How do you think you could achieve your goal like Milo did?

What are 3 kind things that I can tell myself if I'm afraid?

1.

2.

3.

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Fear can sometimes play a big part in our lives. It can sometimes be so big that it gets in the way of the things we want to do.

It's important to recognize the fear, and push ourselves to try anyways. We may fail along the way, but if we continue to get back up and try again, we can see ourselves succeed.

This month we're going to look at the things we want to do, but might be too afraid to try for whatever reason and how we can push ourselves to continue trying.

What are 3 things I would like to do that I'm afraid to try?

1.

2.

3.

What holds me back from trying?

1.

2.

3.

What the steps can I take towards acheiving my 3 goals I listed?

1.

2.

3.

Tara the Thoughtful Tiger:

Tara the Tiger loved to explore.
She climbed rocks, played with her friends, and tried new things every day.

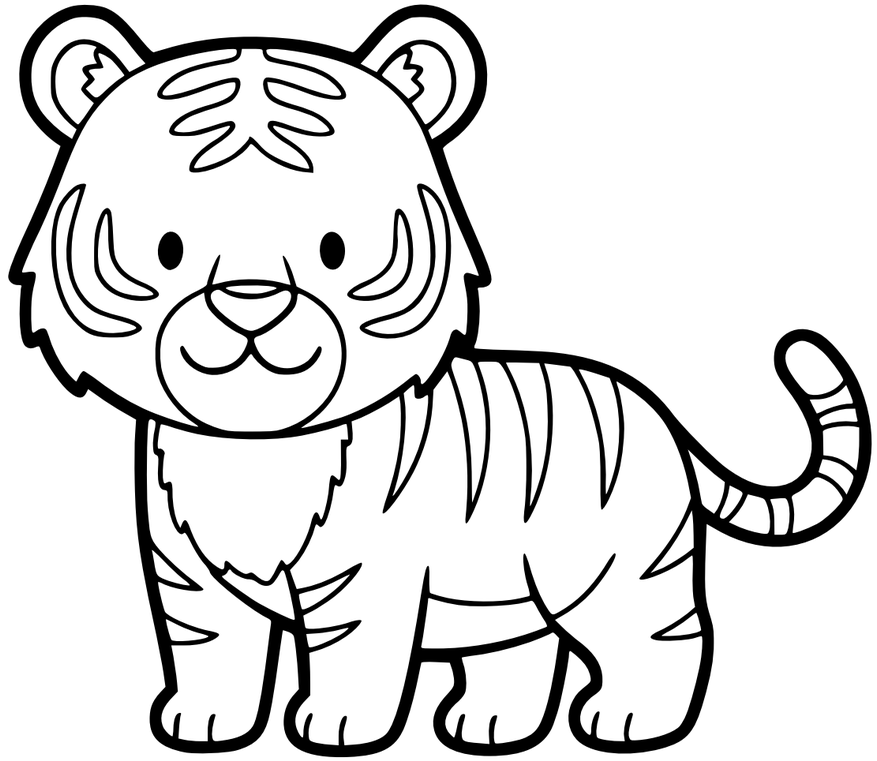
One morning, Tara saw her friends racing across a slippery log.
She wanted to go fast too... but she paused.
She looked at the ground.
She thought about how it might feel if she slipped.
Tara took a deep breath and chose to go slowly instead.

Her friends cheered when she made it across safely!
That day, Tara learned something important:

“Smart choices help me stay safe and strong.”

Now Tara tries to think before she acts, ask for help when she needs it, and choose what feels right.
You can make smart choices too!

Your “Feel-Good Friend” is:
TARA!



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SAFE vs UNSAFE ACTIONS

IF SAFE, DRAW: 

IF UNSAFE, DRAW: 

TARA WAS PLAYING WITH HER TOYS ON THE STAIRS. WHEN SHE WAS DONE SHE LEFT THEM THERE. =

TARA NOTICED THAT HER SHOELACE WAS UNTIED DURING HER WALK. SHE STOPPED AND TIED IT IMMEDIATELY. =

A STRANGER SAYS THEY KNOW TARA'S PARENTS, AND OFFERS HER A RIDE. TARA SMILES AND ACCEPTS IT. =

TARA SEES HER FRIEND PLAYING ON THE ICE ON THE LAKE. SHE THINKS IT LOOKS FUN AND JOINS THEM. =

TARA SEES A STRANGER TALKING TO HER FRIENDS DURING RECESS. SHE TELLS HER TEACHER IMMEDIATELY. =

Draw a something you think is a safe act:

Draw a something you think is an unsafe act:

What are 3 choices I've made that I am proud of?

1. _____

2. _____

3. _____

What are 3 choices I learned a lesson from?

1. _____

2. _____

3. _____

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Every day, we make choices — big and small.

Some choices help us grow, build trust, and keep others safe.
Some choices can hurt feelings, cause problems, or lead to consequences we didn't expect.

Learning to pause and think before acting helps us make decisions we can feel proud of.

This month, we're practicing how to think it through, consider what might happen next, and choose what feels right — even when it's hard.

What are 3 positive actions I can take this month?

1.

2.

3.

What are 3 actions I can take that may cause harm to others?

4

5

6

What consequences do I think could occur for each action?

1.

2.

3.

4.

5.

6.

Minnie the Mindful Mouse:

One morning, Minnie the mouse heard the house buzzing and bustling. She wanted to scurry away fast... but she paused. She sat still and noticed her wiggly feelings. Her heart was beating very quick.

Minnie took a slow breath in through her nose. Then she let it out gently through her mouth. She breathed in again, counting quietly. She breathed out and felt her body soften.

After one mindful minute, Minnie felt calm and brave. That day, Minnie learned something important:

“Pausing and breathing helps me feel safe and strong.”

Now Minnie remembers to pause, take a breath, and choose what feels right.

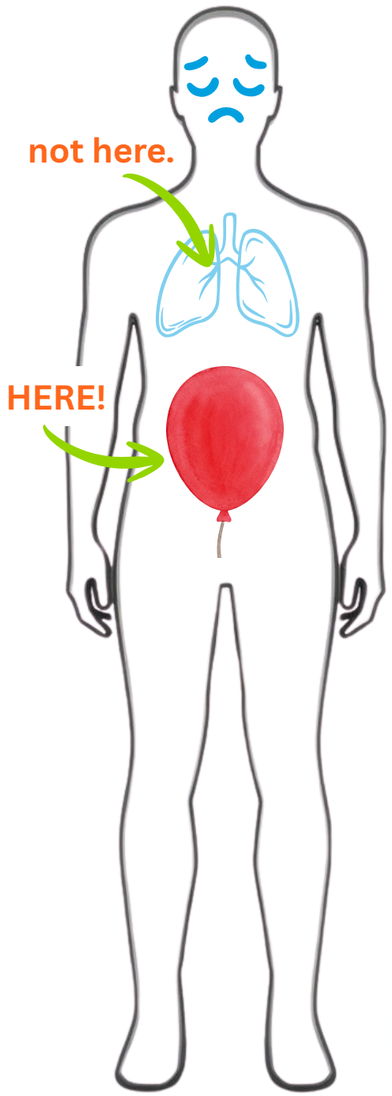
You can pause and breathe too!

Your “Feel-Good Friend” is: MINNIE!



This journal belongs to:

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Belly Balloon Exersice

Big feelings can feel even bigger in our bodies, and can make our bodies feel tight and heavy.

We can remind our body that we're okay by taking a minute to focus on the breath.

Let's start by placing your hand on your stomach and imagine a balloon deep inside.



Feel the air leave while exhaling all your breath. Imagine the balloon fully deflating.

While Inhaling imagine the balloon filling as full as you can get it.

When full we'll hold for 2 seconds, and then slowly deflate the balloon all the way.

Repeat 5 times.



Use 3 words to describe how you felt before breathing.

1. _____

2. _____

3. _____

Use 3 words to describe how you feel after breathing.

1. _____

2. _____

3. _____

After Completing the Exercise:

Let's Check Inwards:

Does your body feel any different after taking the time to breathe?

Use 3 words to describe how you feel after breathing.

1. _____

2. _____

3. _____

Why does this work?

During moments of stress, our bodies may prioritize chest breathing. This breathing is shallower and doesn't allow as much oxygen into our brains.
By focusing on belly breathing, we activate deeper breathing and this gives our brain more oxygen which helps us begin to relax our body and mind.

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Our emotions can sometimes feel bigger than our bodies can handle. This can make us act in ways that hurt ourselves or others.

By taking a moment to focus on our breathing and naming how we feel, our emotions won't feel as big and help us be mindful in our next actions we take during emotional crisis.

This month we will be focusing on some breathing and mindfulness exercises that are useful to try when experiencing big emotional energy.

Before Beginning

Before begining the exercise let's take some time to name how we're feeling. These can be specific emotions, colours, or anything else that feels true.

Use 3 words to describe how you feel before the exercise:

1. _____

2. _____

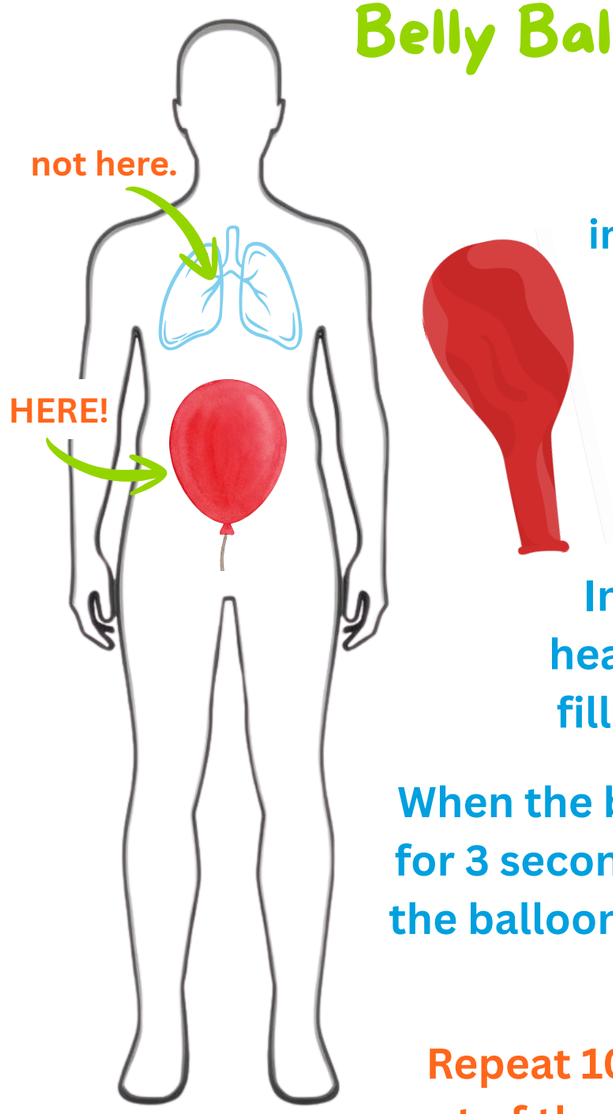
3. _____

Let's Check Inwards:

Does your body feel any different after naming how you feel - even if a small difference?

By naming our emotions, they may no longer feel like big monsters in a dark room - instead we have turned on the light and can see that the monster maybe wasn't as big or mean as we thought it was.

Belly Balloon Exersice



Let's start by placing your hand on your stomach and imagine a balloon deep inside.

Feel the air leave while exhaling all your breath. Imagine the balloon fully deflating.

Inhaling, count to 4 in your head, and imagine the balloon filling as full as you can get it.

When the balloon feels full, we'll hold for 3 seconds, and then slowly deflate the balloon while counting to 5 in your head.

Repeat 10 times, and complete the rest of the exercise on the back of this booklet.

AFTER YOU'VE TRIED THE EXERCISE: If you want to try and get *fancy*, try the exercise again and see if you can feel a tingling sensation that occurs in our limbs as we breathe.

Mighty Minis

Helpful Tools - Feelings Wheel

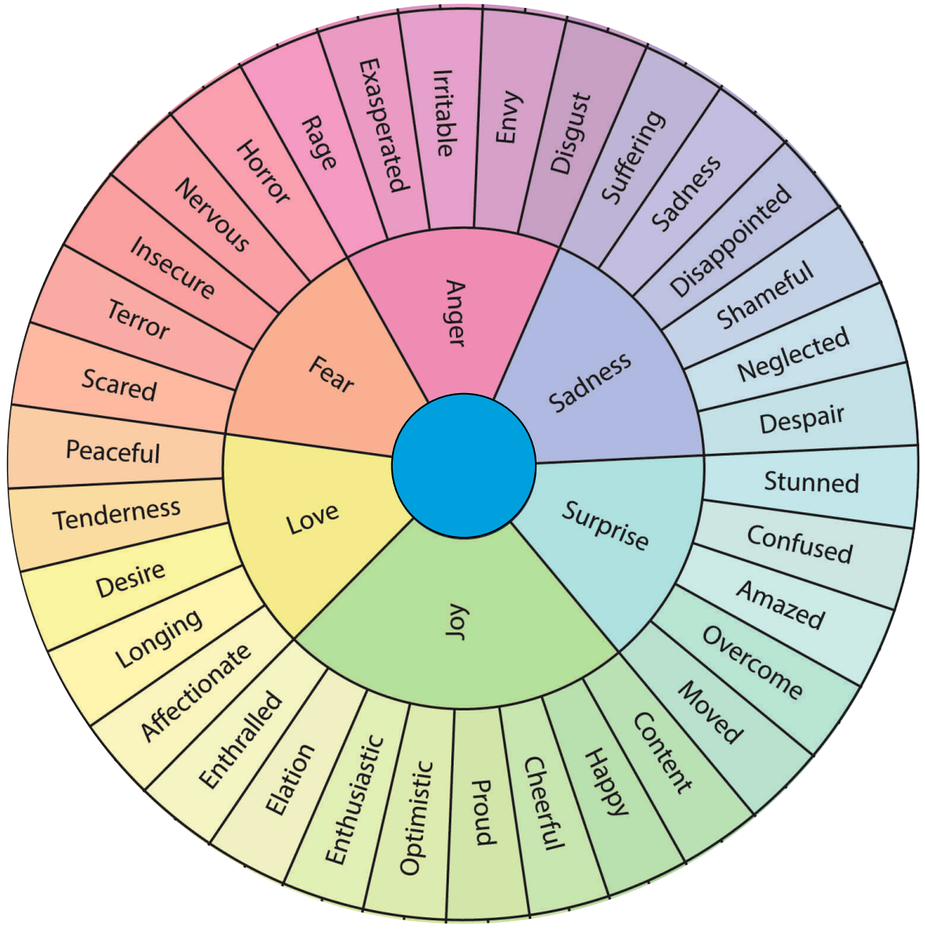
Sometimes big feelings need big words to describe them.
Do you see how you're feeling on the wheel?



Courage Collective

Helpful Tools - Feelings Wheel

Sometimes we know what we're feeling, but don't have the words to speak it.
This tool can help identify more specific feelings that can be occurring inside us.
Start with one of the middle 6 emotions, and see if you the outer layers help better explain what's going on inside.



Olive the Observant Owl!

One evening, Olive the Observant Owl heard the forest rustle and creak. The shadows felt big and spooky. She wanted to flap away fast... but she paused. She perched very still and noticed her fluttery feelings. Her feathers felt tight, and her heart was thumping.

Olive slowly looked around with her wide, bright eyes. She noticed the moon glowing softly. She listened closely and heard the crickets singing their nighttime song. She felt the sturdy branch beneath her talons.

Olive took a slow breath in through her beak. Then she let it out gently. As she breathed, she kept noticing what was around her and how her body felt.

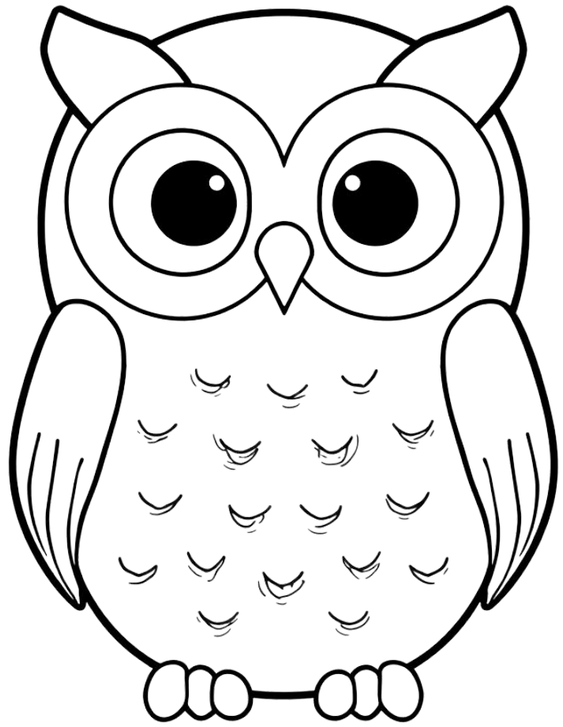
After a mindful moment, Olive felt steadier and calmer. That night, Olive learned something important:

“Observing helps me feel safe and strong.”

Now when Olive feels afraid, she pauses, notices, and lets herself settle.

Your “Feel-Good Friend” is:

OLIVE!



This journal belongs to:

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5 Senses Exercise

Let's practice using our 5 senses to notice things!

What are 5 things you see?



What are 4 things you feel?



What are 3 things you hear?



What are 2 things you smell?



What is 1 thing you taste?



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During times of emotional crisis, our minds can spin out of control - our breathing begins to grow quicker, and suddenly something small, has become a big deal.

Taking the time to ground yourself by connecting to how you experience the world, not only calms the mind, but helps you reconnect your thoughts to your body.

This month we're going to practice the "5 Senses Grounding Technique".

Outside of crisis mode we'll practice what observing through the senses feels like, we'll go through our 5 senses and name sensations, and experiences we witness as they occur.

After we've tried it outside of 'crisis mode', we can try it in crisis mode and record how we feel afterwards.

Next Time:

During this month let's focus on if we can try this when we notice that our emotions are becoming big and we're getting lost in our heads.
Use the space below to make note of any results.
There are no wrong answers.

After using the 5 Senses Exercise, I felt:

1. _____

2. _____

3. _____

Let's Check Inwards:

It can be frustrating if sometimes the tools we use, don't have the results we were expecting - but helping ourselves doesn't always look like a straight line.
What is more important is that we noticed how we felt and took the time to try and calm ourselves. Be kind to yourself and celebrate the effort it takes to even try to help yourself in the moment. You tried this time, and next time you'll try again. That's all that matters.

5 Senses Exercise

Let's begin by finding a spot you won't be disturbed. Before beginning, let's take some time to steady our breath and focus inward on what breathing feels like in the body. Inhale "1", exhale "2", and continue to 10.

Let's Begin!

What are 5 things you see?



What are 4 things you feel?



What are 3 things you hear?



What are 2 things you smell?



What is 1 thing you taste?



Continue on the back!

Cleo the Committed Cat

One afternoon, Cleo the Committed Cat lay curled up on the couch. The day felt heavy and quiet. She didn't feel like playing or exploring at all. She wanted to stay still... but she paused. She noticed her sleepy, stuck feelings. Her tail rested without a swish.

Cleo decided to choose one small thing to do. She stretched her paws out long and slow. Then she hopped down to the floor and took a few soft steps. She walked toward the sunny window and felt the warm light on her fur.

As Cleo moved her body, she felt a little spark of energy wake up. She stayed with that feeling and kept going, one tiny step at a time. After a gentle moment, Cleo felt lighter and more proud. That day, Cleo learned something important:

"Doing one small thing helps me feel better and strong."

Now when Cleo feels low or stuck, she chooses one helpful action and begins.

Your "Feel-Good Friend" is:

CLEO!



This journal belongs to:

ALGOMA FAMILY SERVICES FOUNDATION

When I Feel Blue, I Can Do:

This month we're focusing on pushing past **BLUE** feelings by doing simple activities we enjoy.

Activity Ideas:



Movement Activities:

- Take a short walk
- Stretch for 5 minutes
- Dance to a song I like
- Ride a bike around the block



Enjoyment Activities:

- Listen to my favourite music
- Draw or colour
- Play with a pet
- Watch a funny video



Achievement Activities:

- Clean a small area
- Complete one homework problem
- Organize one drawer
- Make your bed



Connection Activities:

- Talk to a friend
- Call a distant family member
- Eat a meal with someone
- Help someone with a small task

Draw what you will do, the next time you feel Blue:

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Courage Collective

Everyone feels BLUE from time to time.
What is important is that we try to break the cycle of letting the feeling decide what we will and wont do.

This month we're going to focus on breaking the cycle through action.

The next time you feel yourself holding back from doing something based on your mood, lets focus on trying some of the methods in the book, and even some of your own ideas.

The main idea is that we focus on things we like to do to help improve our mood.

Next Time:

During this month let's focus on if we can try this exercise in moments of feeling BLUE.

Use the space below to make note of any results.
There are no wrong answers.

After using the Action-Oriented Exercise, I felt:

1. _____

2. _____

3. _____

Let's Check Inwards:

It can be frustrating if sometimes the tools we use, don't have the results we were expecting - but helping ourselves doesn't always look like a straight line.
What is more important is that we noticed how we felt and took the time to try and calm ourselves. Be kind to yourself and celebrate the effort it takes to even try to help yourself in the moment. You tried this time, and next time you'll try again. That's all that matters.

When I Feel Blue, I Can Do:

Let's take a moment to think about what it is that we actually like doing in our free time. This way we have actions to go to when we're feeling down. We're trying to focus on things that get us out of our head and enjoying life.

These activities are broken down into 4 categories:

Movement Activities - These are things we can do that move our bodies.

Enjoyment Activities - These are things that we can do that simply make us feel better without having to do much.

Connection Activities - These are things we can do that connect us to others through forms of communication.

Achievement Activities - These are things that we can do that give us a sense of accomplishment.

What Movement Activities do I like?

ie: dancing, going for a walk, ride a bike



1. _____
2. _____
3. _____

What Enjoyment Activities do I like?

ie: listen to music, drawing, play with a pet



1. _____
2. _____
3. _____

What Connection Activities do I like?

ie: text a friend, call a family member

1. _____
2. _____
3. _____

What Achievement Activities do I like?

ie: clean a small area, make your bed



1. _____
2. _____
3. _____

Andy the Aware Ant!

One day, Andy the Ant felt the ground shake beneath his feet. Everything felt too big and loud. He wanted to rush away... but he paused. He noticed his tight, wiggly body.

Andy gently brought his attention to his head. He noticed it resting safely on his neck. Then he noticed his shoulders and legs, one by one, standing on the solid ground. He felt his feet pressing down and holding him steady.

Andy took a slow breath in. Then he let it out softly. As he breathed, he kept noticing each part of his little body, from top to bottom, letting each part relax.

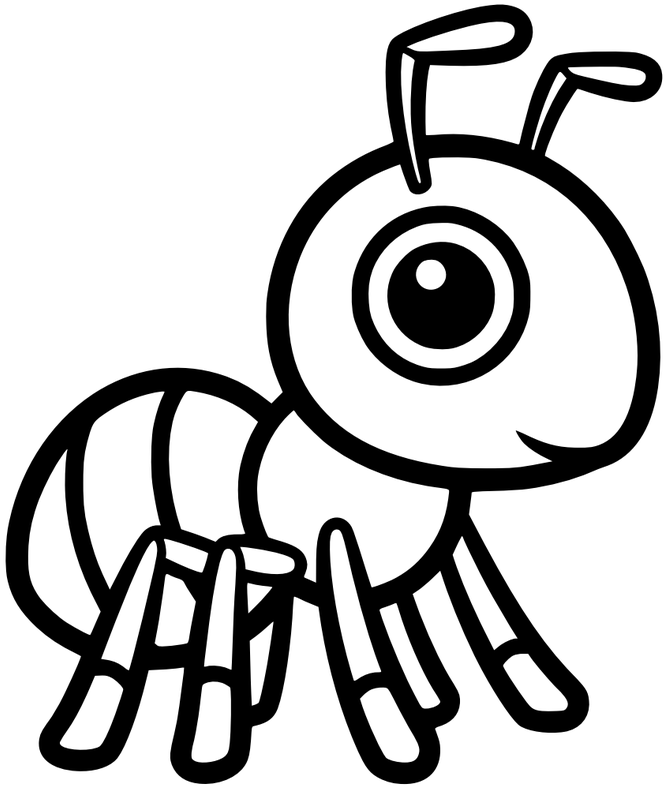
After a quiet moment, Andy felt calmer. That day, Andy learned something important:

“Noticing my body helps me feel safe.”

Now when Andy feels overwhelmed, he pauses and checks in with his body.

You can notice your body too!

Your “Feel-Good Friend” is: ANDY!



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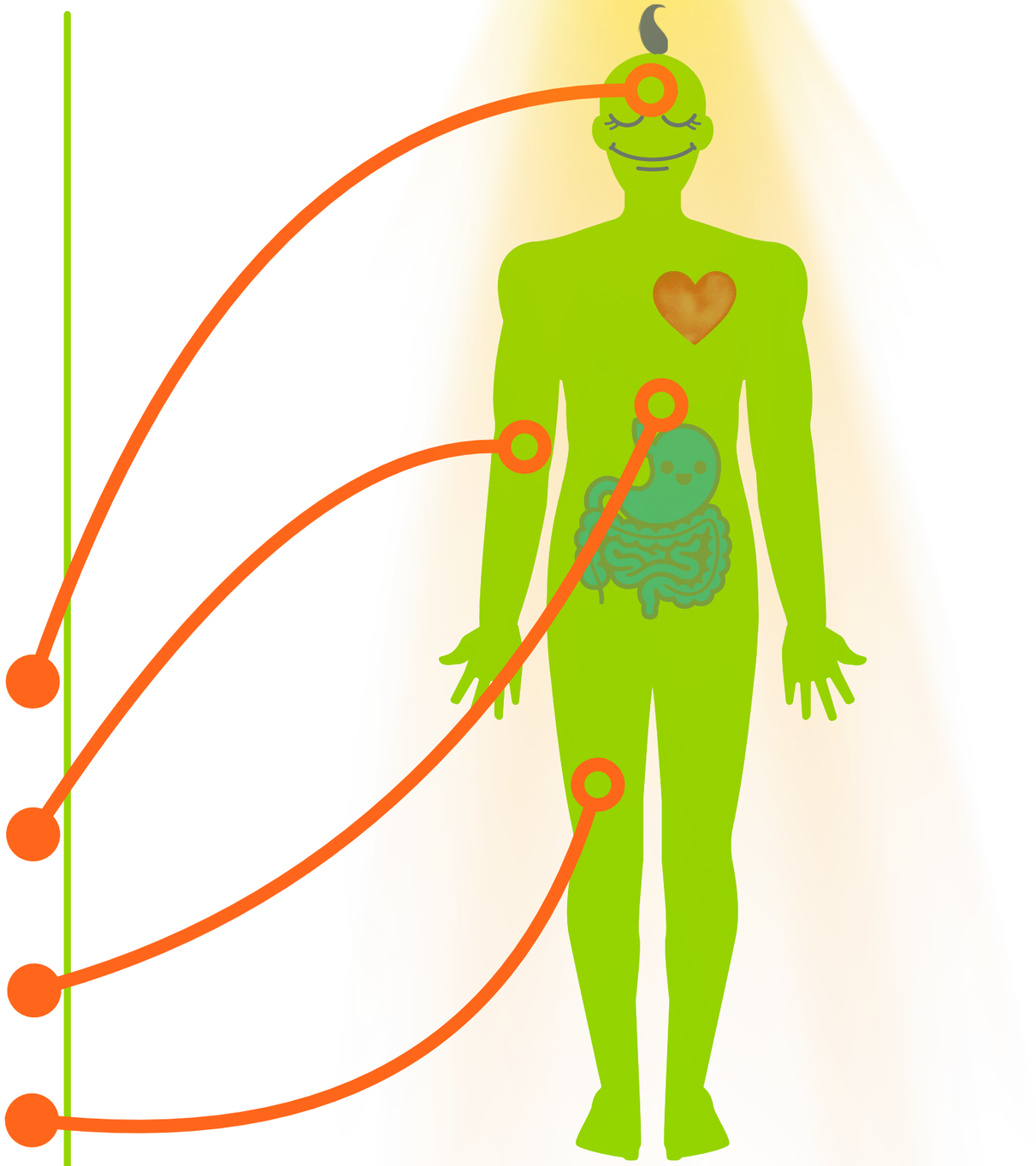
Body Scan Exercise

Let's begin by getting into a comfortable sitting position with a guardian.

Getting Started:

We have provided a script for your guardian to help you follow along with the body scan.

"Close your eyes and focus on breathing in.
(allow full breath in)
And breathing out.
(allow full breath out)
Imagine a relaxing soft golden light covering the top of your head. Feel it move down your face, down your jaw and neck. Notice any feelings that may be happening, and let them relax and move on.
The golden light covers your shoulders, down your arms, hands, to the tips of your fingers.
The light gently covers your chest and upper back, moving down your to your lower back and stomach. It gently smoothes any sensation you are feeling.
The light quietly glides down your hips, legs and pools at your feet - letting any tension, heaviness slip away leaving only relaxation.



What Body Sensations Was I Experience

Using the numbers below, describe any sensations or feelings that you noticed occurring while you scanned and what they felt like in the body using the lines below. Additionally, you can use the corelating numbers to mark on the model where they occured.

1.

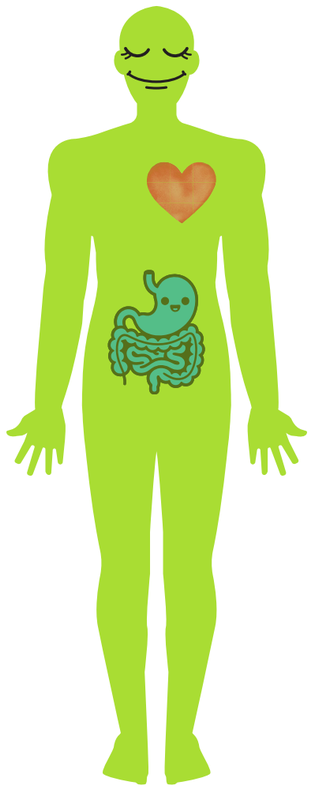
2.

3.

4.

5.

Describe how you feel after doing the exercise, and noticing bodily experience?



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Being aware of feelings that occur in our body means we can respond better to these feelings and sensations.

This month we're focusing on the "Body Scan Exercise".

We're going to practice noticing sensations, heaviness, or tightness that may be occurring in the body and let our bodies let go and sink deeper into relaxation.

This exercise is a great way to reconnect the brain and thoughts back to the body.

This exercise is also great at preparing our body for bed. Try it out the next time your having trouble falling asleep.

Body Scan Exercise

Before we engage in the body scan, lets take a moment to read through the steps so we can do the exercise seamlessly.

Getting Started:

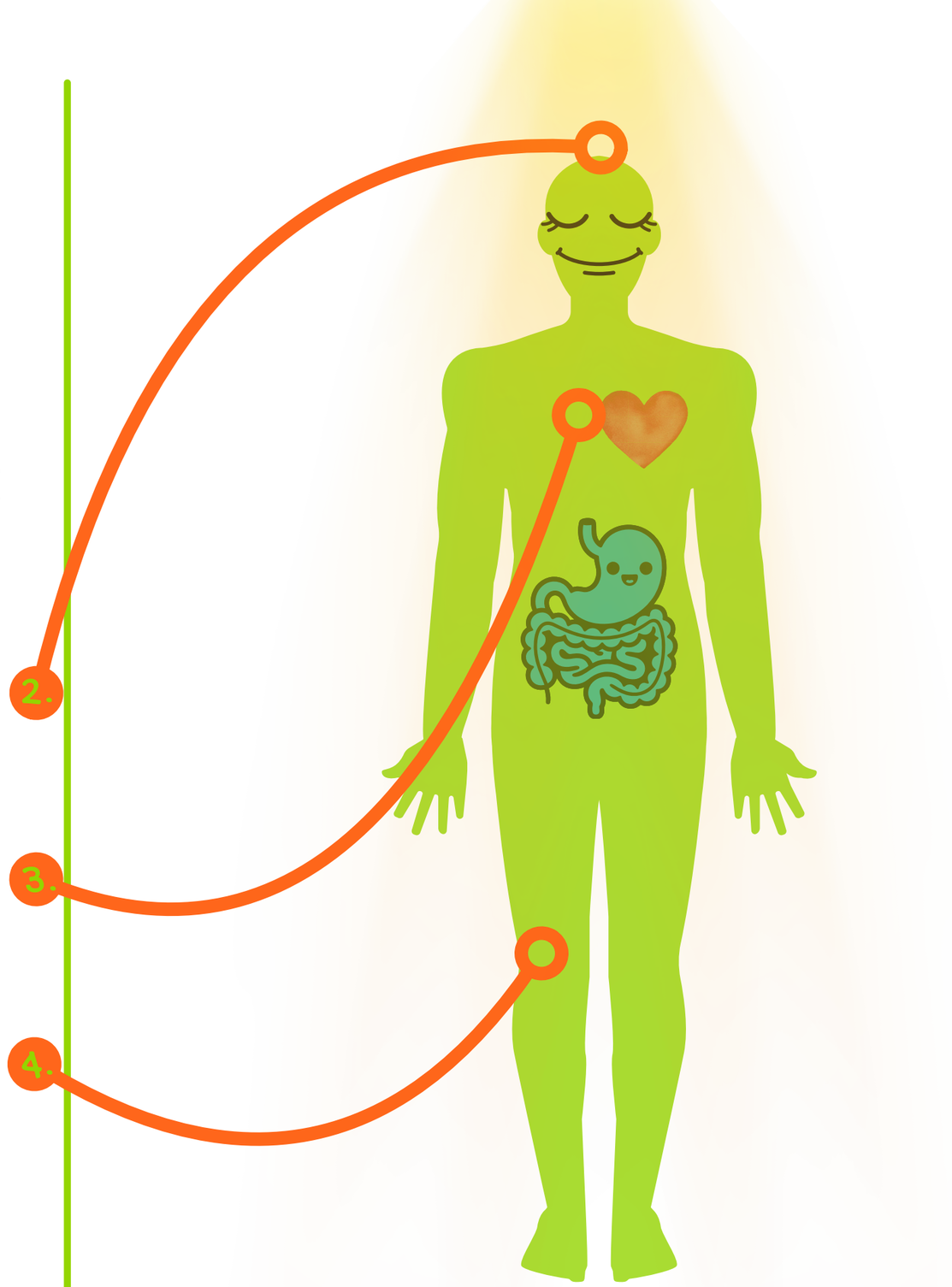
1. We'll begin with getting into a comfy position. Make sure youre in a spot where you won't be interupted. Once comfortable close your eyes and focus on your breath and how it feels in your body to experience inhalation and exhalation.

2. Next, imagine a soft glowing light starting at the top of your head. The light covers your scalp, face, ears, jaw and neck. Notice any tightness, heaviness, or other sensations. Feel the light gently wash it away as you continue on.

3. Imagine the golden light covering your shoulders, chest, back. Imagine it running down your upper arms, down to your finger tips. Do you notice any sensations here?

4. Imagine the light covering your stomach and lower back. Let it wash over your thighs and calves, finally pooling at your feet.
Notice any left over tension in your body, and release it.

Lets try and challenge ourselves to see how long after the exercise we can remain in this state of relaxation and just focus on the inhalation, and exhalation of the breath.



Continue exercise on back

Cory the Communicative Capybara!

One day, Cory the Capybara felt something didn't feel right inside. His chest felt heavy and his thoughts felt tangled.
He wanted to say, "I feel bad"...
but he paused.

He noticed the feelings swirling inside him.
Cory gently brought his attention to what he was feeling.

He noticed the tight feeling in his chest.
Then he noticed the scrunch in his brow and the clench in his paws.

He stayed still and listened to himself.
Cory took a slow breath in.

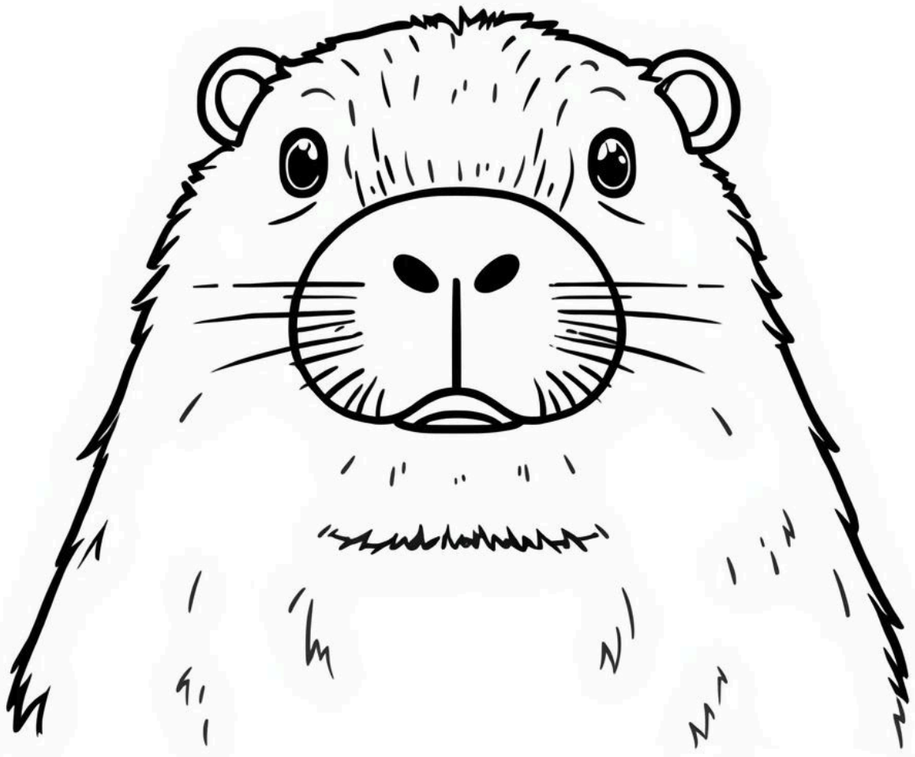
Then he let it out softly.
As he breathed, he asked himself what those feelings were trying to say.

After a quiet moment, Cory understood more clearly.

"I feel frustrated," he said,
"because my game didn't go the way I hoped."
That day, Cory learned something important:

"Using clear words helps others understand how I feel."

Your "Feel-Good Friend" is: CORY!



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Emotional Library

Cory the Capybara used his Emotional Library to use more direct and specific language to express his emotions.
Let's try Cory's method.

Getting Started:

Using the emotion wheel on the opposite page, let's try and upgrade the words "BAD" & "GOOD" to be more descriptive.

1. *What word can we swap BAD with?*

"I feel BAD because my parent took my game away."

1. _____

2. *What word can we swap GOOD with?*

"I feel GOOD because I went to the spa with my friend."

2. _____

3. *What word can we swap BAD with?*

"I feel BAD because I lost the baseball game."

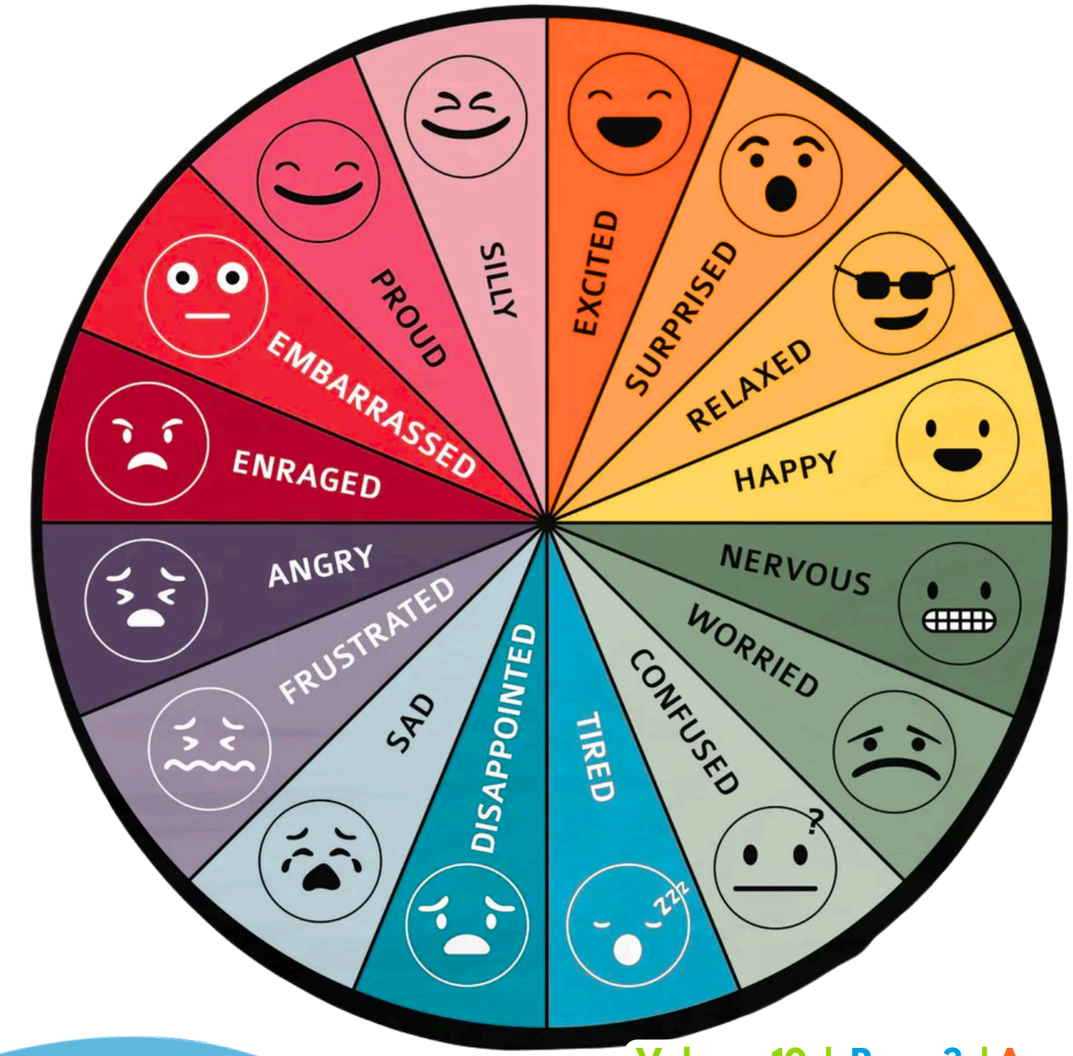
3. _____

4. *What word can we swap GOOD with?*

"I feel GOOD because I am going to Disneyland."

4. _____

Emotion Wheel



Visualize the Emotion

Using the Emotion Wheel, choose an emotion, and draw what you think this looks like. It can be an emoji, you experiencing the emotion, or get creative with it.
Make sure to name your creation when complete!

Hello, my name is:

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Emotional Literacy - or the ability to identify, hold space for, and express your emotions in a healthy manner, isn't solely being mindful of the emotions we experience. Sometimes, we can identify something is either a positive or negative experience, but maybe we dont have the language to convey this to others.

This month we're going to try and expand our *Emotional Language Lexicon* - or our *Emotional Expression Library*.

Instead of saying "I feel good." or "I feel bad." we're going to focus on trying to use more descriptive words to convey our emotions.

In this exercise, we will look at an emotion wheel, and pinpoint how we can use different words to express how we're feeling to ourselves as well as to others.

Emotional Library Upgrade

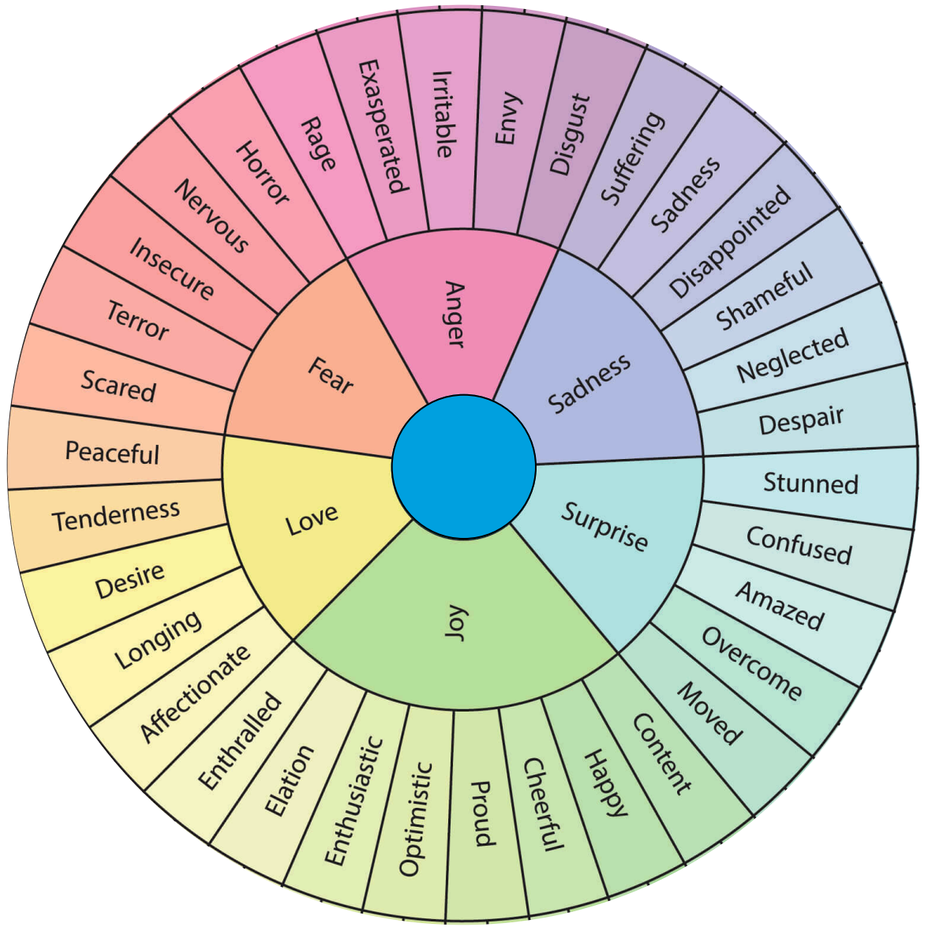
The words “GOOD” and “BAD” when trying to convey emotions can mean almost anything.
When we win a game, yes we feel *GOOD*, but that doesn’t fully capture the emotions we’re experiencing.

Let’s practice adding new words to our “Language Lexicon”.
Using the emotion wheel provided and personal experiences you have had - lets try and use 5 emotion specific words to convey how you felt in the moment.

1. _____
2. _____
3. _____
4. _____
5. _____

Emotion Wheel

Start with one of the central emotions (Joy, Fear, Anger, Sad, Disgust). Each one has been dissected to include more specific emotions the further from the center you get.



Continue exercise on back

Holly the Hopeful Hedgehog!

One day, Holly the Hedgehog felt a heavy cloud inside.

Her heart felt low and her thoughts felt stuck.
She wanted to curl up and hide...
but she paused.

Holly remembered a few things that helped her feel better.

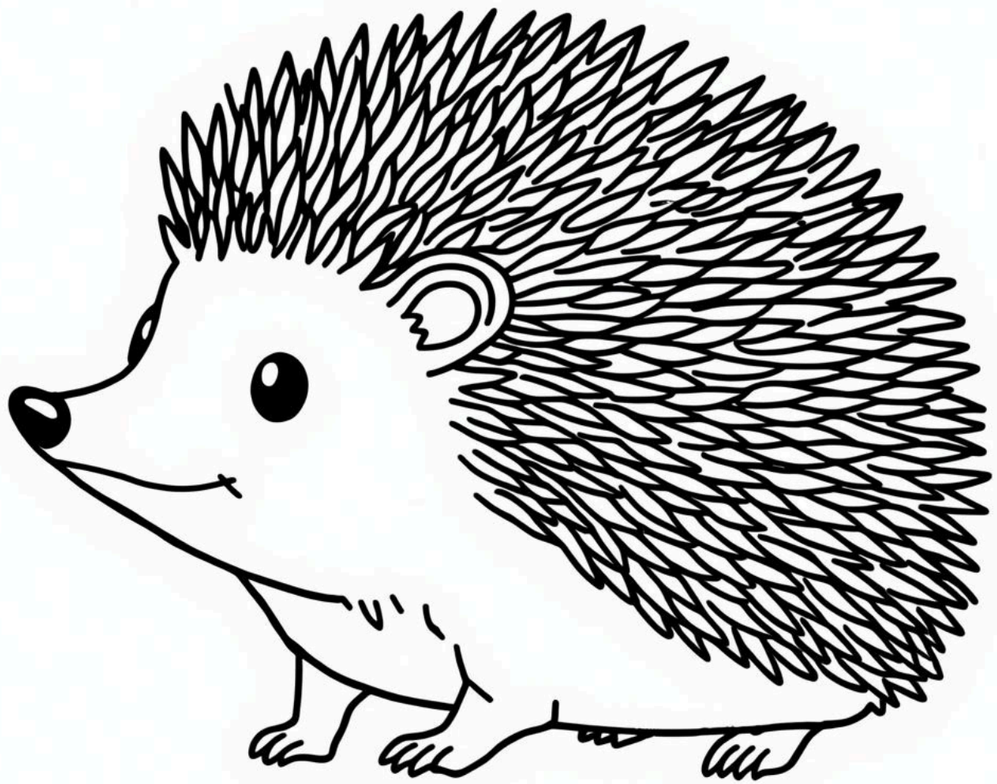
She noticed a smooth stone in her paw
and a picture that reminded her of a happy moment.
Holly took a gentle breath in.

Then she let it out softly,
holding those comforting reminders close.
After a quiet moment, Holly felt a little lighter.
That day, Holly learned something important:

“Having helpful things nearby can bring me hope.”

Now when Holly feels sad or worried, she pauses and reaches for what helps.

Your “Feel-Good Friend” is:
HOLLY!



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My "Hope Box"

A Hope Box is a personal collection of things that are meant to bring you positive memories, comfort and remind you of strength during times of need.

To Get Started

We will need:

- A box (This can be a shoe box, a decorative box, anything that can store your items)
- *Memory Items:* These are items that hold sentimental value. (Photos of people you care about, notes or cards with kind words, small momentos of special occasions, any achievment items that have been awarded)
- *Coping Reminder Items:* These are small physical reminders of coping techniques. (Notes with written affirmations - "This feeling will pass", Instructions on breathing exercises, people you can contact for support, a list of things you enjoy doing
- *Sensory Comfort Items:* These are items that engage the senses. (Something with a calming scent, a small soft item to touch, hard candy or gum to taste, small instrument to play music to hear.)
- Decorations: the box should be personalized to feel like yours, things like stickers or drawings can decorate the outside of the box.

What's in My "Hope Box"

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Why it's in my "Hope Box"

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

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Courage Collective

Sometimes our "*Coping Toolboxes*" can feel more imaginitive than we're able to attempt in the height of emotional turmoil.

It is in these moments where a Hope Box can come in handy.

A Hope Box is a small box containing a collection of things that make us feel better.

This month we're going to focus on creating a Hope Box that fits our needs, so that when our Toolbox of strategies falls short, we can try a physical Emotional Coping Toolbox - or our Hope Box.



My "Hope Box"

A Hope Box is a personal collection of things that are meant to bring you positive memories, comfort and remind you of strength during times of need.

To Get Started

We will need:

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- Decorations: the box should be personalized to feel like yours, things like stickers or drawings can decorate the outside of the box.

What's in My "Hope Box"

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Felix the Feeling Firefly!

One evening, Felix the Firefly noticed his light glow dim.
Something felt off when he was with his friends.
He wanted to stay quiet and float away...
but he paused.

Felix remembered a new way to share his feelings.
He turned toward his friend and spoke slowly.
“I feel left out,” Felix said,
“when I’m not included in the game,
because it makes me feel like I don’t belong.”

Felix took a gentle breath in.
Then he let it out softly,
staying with his words.

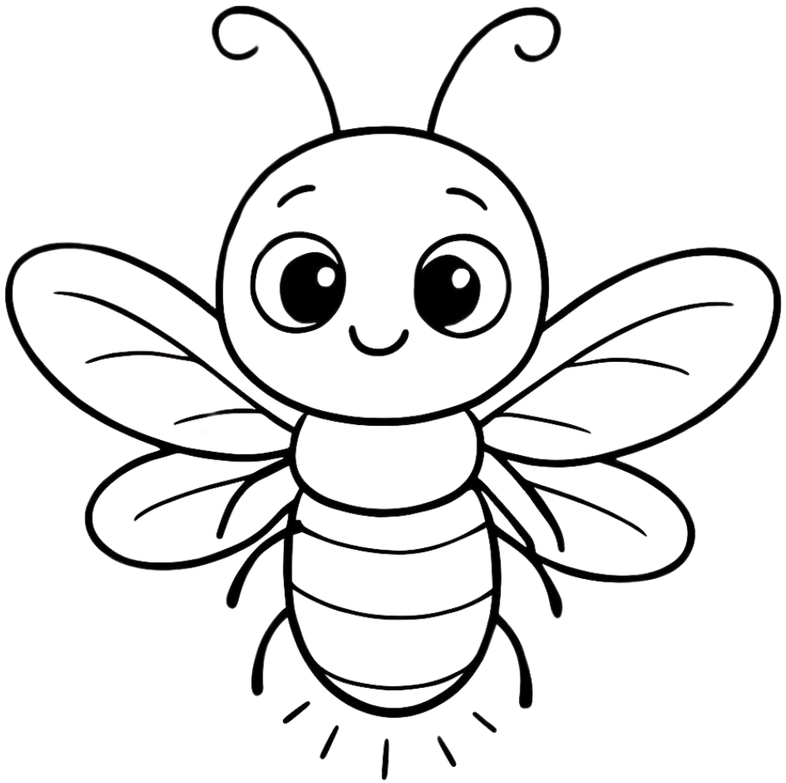
After a quiet moment, his light glowed brighter.
His friend listened—and understood.

That day, Felix learned something important:

“Sharing how I feel helps others know what I need.”

Now when Felix has a hard feeling with someone,
he pauses and says how he feels, what happened, and why.

Your “Feel-Good Friend” is:
FELIX!



This journal belongs to:

ALGOMA FAMILY SERVICES FOUNDATION

"I Feel..." Statements

"I Feel" statements allow you to express your emotions to others, and helps build trust and understanding.

Using the emotion wheel, choose an emotion that fits in each sentence.

Formula:

"I feel (Emotion) when (Situation) because (Effect)."

1. *What emotion word can we add to this sentence?*

"I feel _____ when my someone I love says they love me because it is nice to be loved."

1. _____

2. *What emotion word can we add to this sentence?*

"I feel _____ when I accidentally break my toy because it is my favourite."

2. _____

3. *What emotion word can we add to this sentence?*

"I feel _____ when I lost the baseball game because my team was counting on me."

3. _____

4. *What emotion word can we add to this sentence?*

"I feel _____ when I do well at school because I try my best."

4. _____

Emotion Wheel



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Effective communication with others involves fully articulating - *effectively providing all details* - of what we're experiencing, why we are experiencing it, and the effect it has on us.

The use of this specific sentence structure is important because it establishes an opportunity for the other person to actively listen to you, recognize your experience and react according to how they see fit. This then allows trust to grow in the relationship and helps strengthen the bonds we have with those around us.

This month were going to focus on building effective communication sentences.

These will revolve around the "I Feel" statements, that follow loose formula to help keep them focused on communicating with others in healthy ways.

"I Feel..." Statements

"I Feel" statements allow you to express your emotions to others, and helps build trust and understanding.

Using the emotion wheel on the opposite page as well as the formula below, let's try some "I Feel..." statements.

Formula:

"I feel (Emotion) when (Situation) because (Effect)."

Example:

"I feel tenderness when my friends say they love me because it is nice to be loved."

Using this formula and the emotion wheel on the opposite page let's try and create 5 effective communication sentences we can say to those around us.

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

