

## Ups and downs of the day

<https://www.youtube.com/watch?v=nCrjevx3-Js>

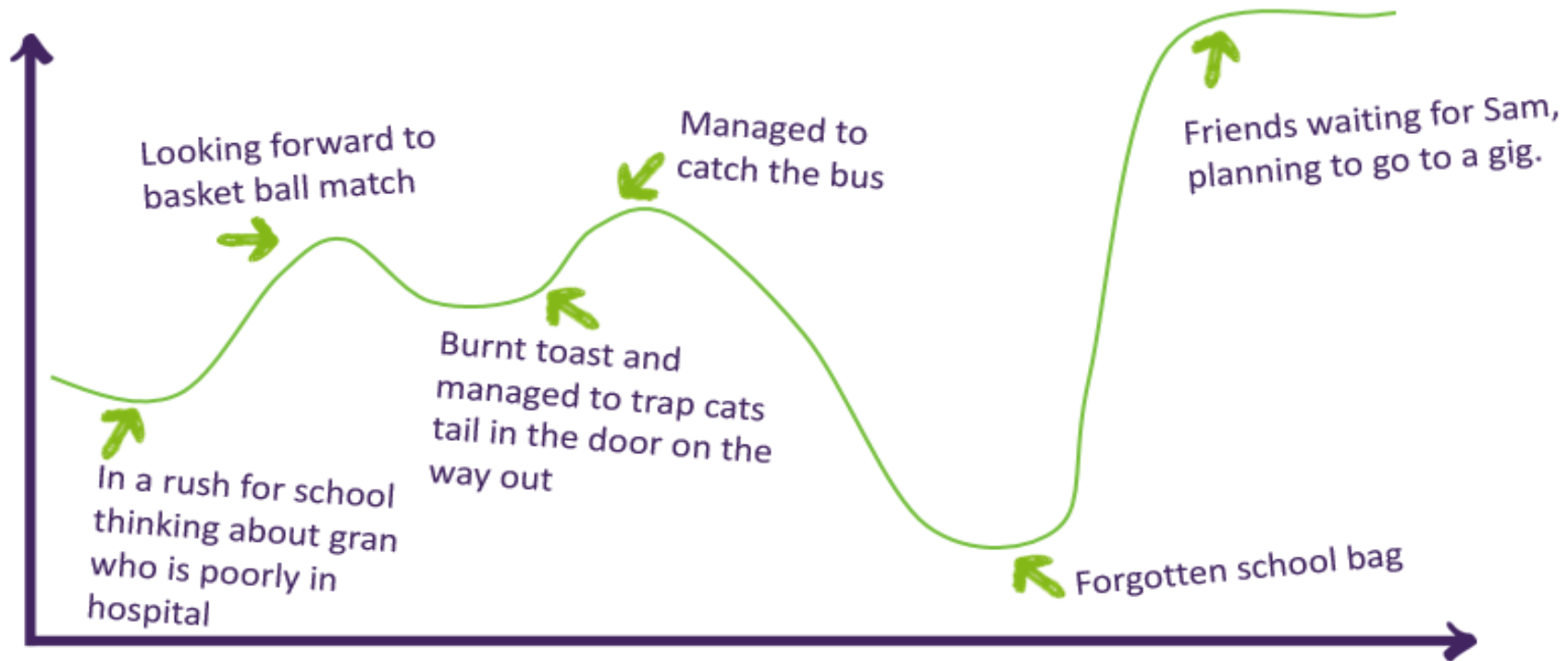
What we will learn:

- ✓ That emotional health changes over time
- ✓ That everyone is different and feelings are normal and ok
- ✓ To recognise that everyone has emotional health
- ✓ Some things that can improve your emotional health

Throughout our life there are times we feel happy and times we feel worried or sad. In one day we will feel lots of different feelings and that is perfectly normal. Feelings do not last forever and in times when we feel cross we may feel that it will take us a long time to feel calm again. But as long as we have the right coping strategies we can start to help ourselves feel better quicker.

This is an example of a day of a teenager at school – he feels lots of different emotions in one day. Look at how his mood goes up and down when certain things happen.

### Timeline – Sam's day



For the next few days make a graph like above on how your mood changes when you are at home during lockdown.

It will also be helpful to note the things that you do in between that help your mood.



Timeline - my day



Timeline - my day



Timeline - my day



What did you learn about yourself?



Please share what you have learnt with someone at home.

Can't wait to see you all soon - stay safe 😊