

Learning to Relax When You Are Upset

Did You Know?

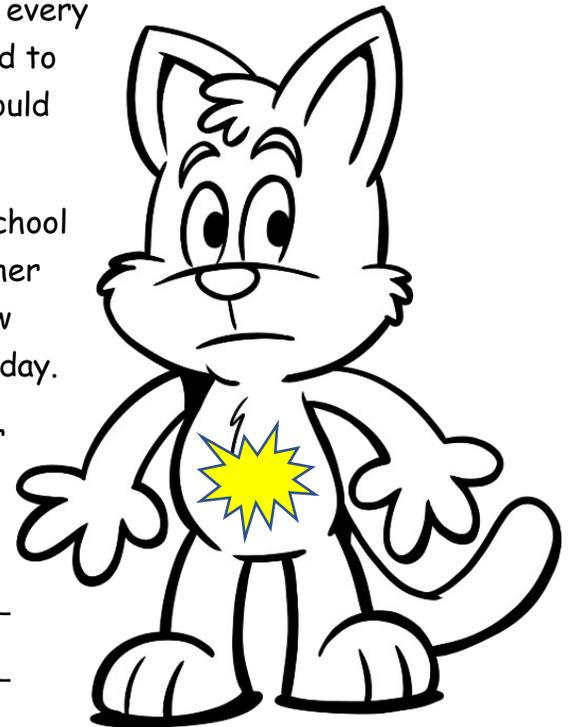
Lots of kids (and adults, too) get stomachaches, headaches, or other aches and pains when they are upset. When you are angry, afraid, or sad, your body may react to these feelings.

Karin Cat felt sick to her stomach when she thought about giving a book report in front of her class. And she had to give a book report every month! She always had a stomachache on days she had to give a book report and sometimes she felt like she would throw-up.

She asked her mother if she could stay home from school when she had a stomachache and sometimes her mother let her. But this didn't really help, because Karin knew that she would just have to give the report the next day.

Do you sometimes feel bad because you are scared or worried?

What happens?



What You Can Do

Always tell an adult how you feel when you are upset. Tell a parent or another adult if your body hurts and talk about anything that is bothering you.

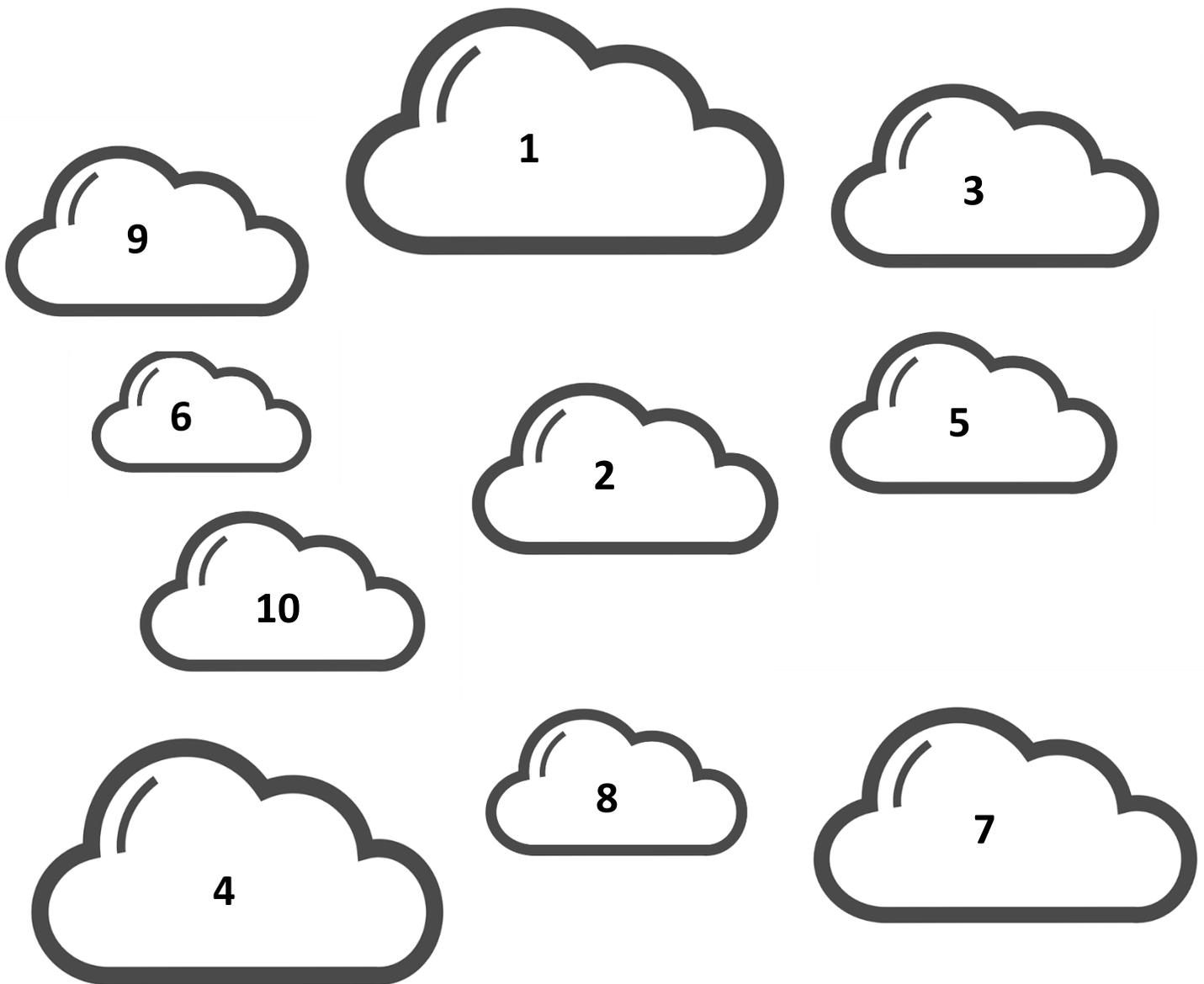
You can feel better by learning to relax. Sit in a comfortable chair and breathe deeply in through your nose and out through your mouth 10 times. If you feel pain or you are uncomfortable, close your eyes and imagine a yellow circle warming the place where you hurt. As you breathe in and out, feel your tummy rise and fall and imagine that the hurt is melting away like a snowball in the sun.

Floating Away on a Cloud

Do you like mazes? Here is a special maze that will help you practice deep breathing to relax.

Take a pencil and place it on cloud number 1. Now move your pencil to each cloud in order from 1 to 10, circling each cloud when you get to it. As your pencil circles each cloud, breathe in slowly and breathe out slowly.

When you are done with the maze, see if you feel more relaxed.

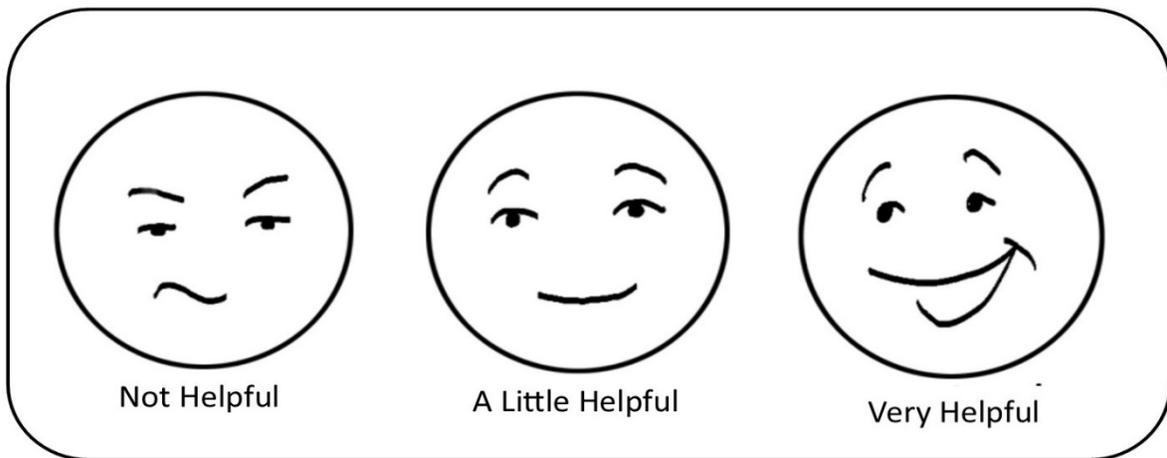


Other Things to Do When You Are Upset

- Talk about how your day went with your parents or another adult every day. Talk about things that bother you.
- Keep your body healthy by eating good food and exercising.
- Get enough sleep (8 to 10 hours each night). If you are having a problem sleeping, talk to a parent or other adult about this.
- Don't avoid situations that make you upset. Avoiding these situations just makes things worse.
- Spend time with others. Being with other people, both friends and family, almost always helps when you are having a difficult time.
- Play games, play sports, explore a hobby. Have fun!

Does Relaxing Help When You Are Upset?

Color in the face that describes how much this exercise helped?



Can you think of anything else that would help?
