

Be a STAR of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

STOP

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

TAKE A BREATH

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

To get started, follow the steps on the STAR model.

RELAX

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!