

My Feeling Better Workbook

Help for Kids
Who Are Sad & Depressed

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First printing

Draw a scary face in the box below.



Feeling Safe and Protected

Each of us has our own idea of what makes us feel better when we are sad and scared.

In the space below, name the people and things that provide safety and comfort for you.

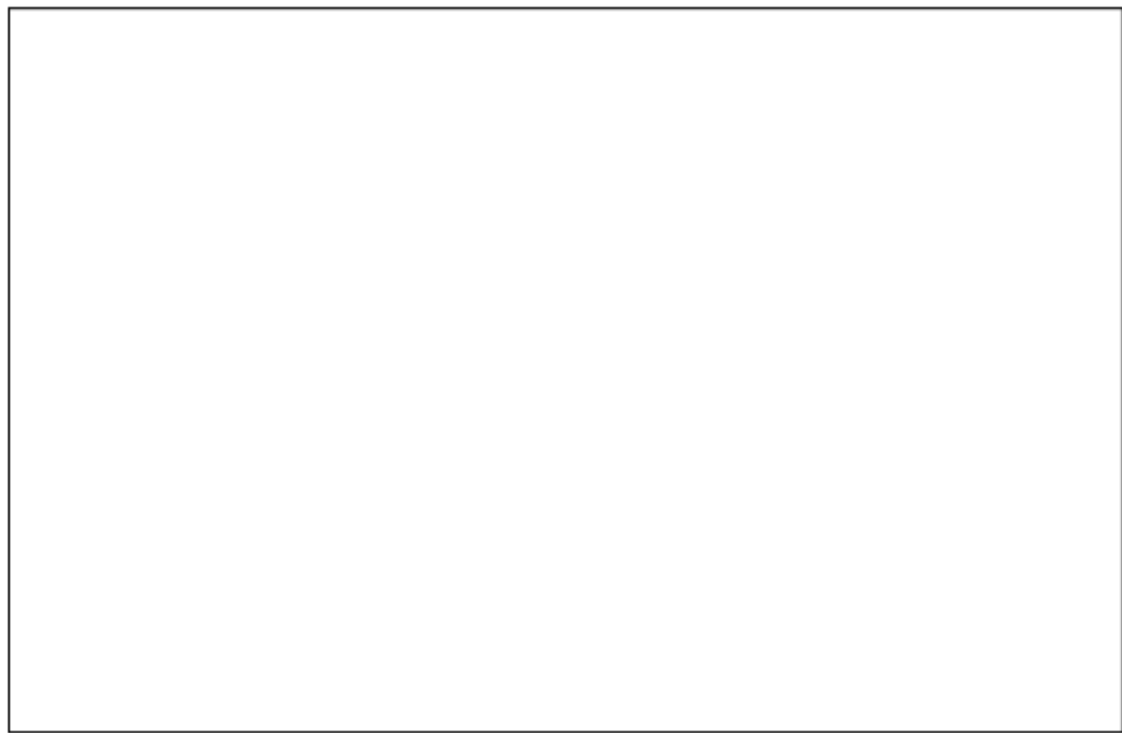
Name three people with whom you feel comfortable talking about your fears.

1. _____
2. _____
3. _____

Share your fears and let others help you feel better.

You have seen labels in clothes, on food, and on toys. Many kids are familiar with labels and brands of toys, food, and clothes. Labels explain what the item is, what it does, and what is inside. Usually, a label is designed to catch your eye and make you interested in the item.

Find something that has a label. What does the label say, and what does it look like? Make a copy of the label here.



Does the label do a good job of describing this item? Can you tell what the item is just by looking at the label? Would you change the label? Make any changes you would like in the drawing.

My Self-Label

Let's use the label idea to describe ourselves in a catchy and creative way. This label is good only for today because we grow and change every day. The self-label will include:

- Who I am
- What I like to do
- What is inside or how I feel

Use the space below to make a self-label.



Since people don't come with labels, it is important that we find a way to let others know what we are really like. We can practice communicating the things we like, what our interests are, and how we truly feel on the inside.

A word of caution: Some people may "label" others or think they know what a person is really like without taking time to get to know them. It is a good habit to describe ourselves and our own feelings but to avoid labeling others.

“Ouch! That Hurts!”

One day Megan got out of bed and felt sleepy and tired. She wondered why she was tired after sleeping all night. Oh well, it was time to get ready for school, so she pushed ahead with brushing her teeth, combing her hair, and getting dressed. Megan was frustrated trying to find something to wear because none of her clothes seemed to match or feel right.

When Megan put on her pants, her finger was caught in the zipper. Megan thought, “Ouch! That hurts!” Then at breakfast Mom said, “Hurry up or you will be late.” Megan tried to eat her cereal quickly and bit her lip because she was chewing so fast. Megan said, “Ouch! That hurts!” Mom said, “Move it along; we have to go.”

Megan hopped out of the chair and rushed to get her backpack. In her rush, she hit her leg on the chair and she said, “Ouch! That hurts!” Mom said, “Let’s go right now.”

Megan got in the car and rode with her mother to school. Neither Megan nor her mom said anything on the way to school.

Now Megan was feeling really sad and tired. Megan went into school and made her way to her classroom. In the hall, her friend Devin ran up to say hello. Devin was moving fast and accidentally bumped into Megan and almost knocked her down. Megan wanted to say, “Ouch! That hurts!”; but she couldn’t because she was crying. Devin said, “What’s wrong with you? That was an accident, and I’m sorry.”

The teacher came over and asked Megan to stop that crying. The teacher reminded Megan that she had a lot of work to do today and it was time to get started with schoolwork.

Ever notice how you can feel real blue at certain times and then you feel better? Often there are situations that cause us to feel tense or stressed.

Stressful Situations

Situations are places we go, things we do, or people we are around. Each day is made up of many different situations. Usually we are fine in our daily situations, but occasionally there are places, things, or certain people that leave us feeling tense and irritable. The word for what we feel in those situations that make us tense is “stress.” There are times when we have stressful situations and we feel upset. That is when we need to find a way to talk about how we are feeling.

The following describes a game that helps you practice talking about how you feel when you have been in a stressful situation, and helps you notice how feelings change when stress is removed.

Ask an adult to play the Freeze Up, Warm Up game.

All you need to play the game is a paper towel and a glass of ice water. Imagine that the ice water is tension or stress.

Place your finger in the ice water until it gets cold. This takes about thirty seconds. Then remove your finger from the water.

Now think of as many words as possible to describe how your finger feels.

Of course, it is cold. But what other words can you think of to describe how this feels?

Does it take long for your finger to warm up?

Just as happens to the cold finger, our feelings can change when we get out of the stressful situation and talk about what is going on with us.