

Feel Good Box

A Feel Good Box is something you can make all on your own. It's a good place to keep things that can help you feel better when you're having uncomfortable feelings. It can be as big or as small as you need, and you can put whatever you'd like in it.

It can be anything you'd like: a lunch box, a special bag, or a special box you've decorated yourself. It should be easily moved, so that if you have to go somewhere, you can take it with you!



You can put almost anything you'd like into it.

A balloon is good to practice “Belly Breaths.” Belly breaths are where you breathe deep so that your tummy comes out instead of just your chest. The goal is to blow up the balloon as much as you can with one breath!

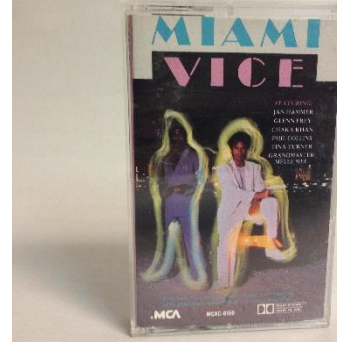


You can also include things that you like to do for fun, so that they're always with you!



You could include a small snack or treat (that won't go rotten if you don't eat it right away!)

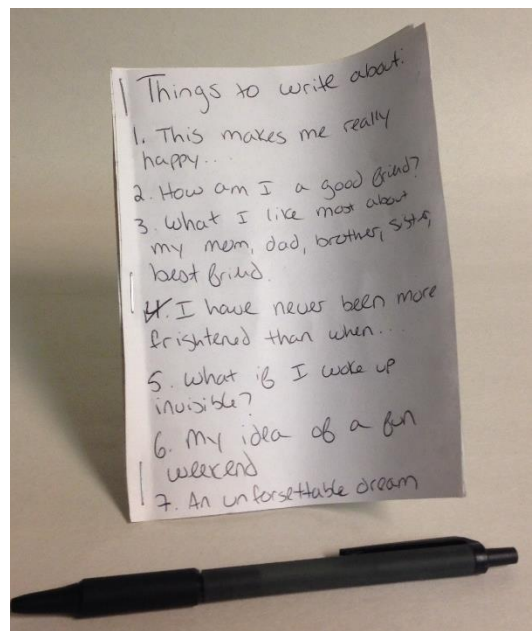
Music is also a great tool to helping feel good!
If you have an mp3 player you could keep it in your Feel Good
Box

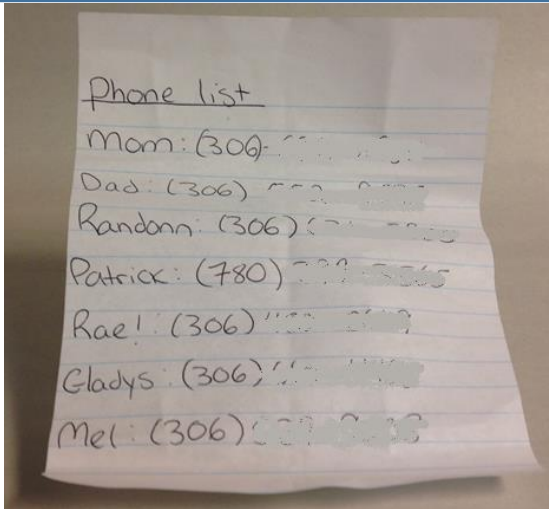


A ball is a good thing to keep in your box –you can either squeeze it when you're feeling mad or sad, or you can bounce it around when you're feeling bored. To make your own stress ball (not for throwing!) fill a balloon with flour.

A journal is a good way to feel good. It could either be a written journal or a drawing journal – any way you'd like to express your feelings! But don't just use it to write about the bad or upsetting things going on in your life – you should write about the good too! Can't think of anything to write about? Try one of the following:

- How am I a good friend?
- I have never been more scared than when...
- What would I do if I woke up invisible?
- My idea of a super fun weekend would be...



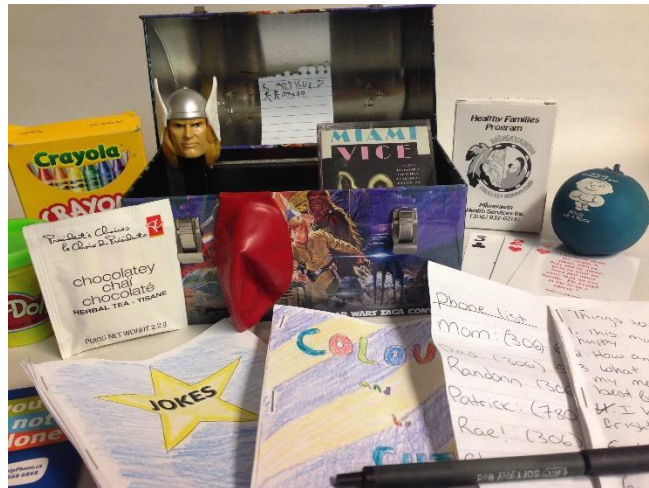


It is important to have people to talk to about how you are feeling. It is important to include the phone numbers/email addresses/ contact information of people you feel comfortable talking to. Kids Help Phone is also available – they are open 24 hours a day, 7 days a week. If you ever have a problem you don't know how to handle on your own, Kids Help Phone is there to help. They also have a really cool website with lots of fun games and answers to some questions kids and youth ask them all the time.

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Some things you might want to include

- A list of family or friends you could call
- A journal
- Music
- A list of things you like to do for fun
 - Ride your bike
 - Go for a walk in the park
 - Play your favourite video game
 - Pet your pet
 - Watch your favourite movie
 - Go for a run
- A colouring book
- Bubble wrap
- Call the Kids Help Phone
- Practice your breathing
- Squeeze a ball or a toy
- Read a book or magazine
- Your favourite thing



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