



~ Play, Move, Imagine ~

I Matter!
I Belong!



Youth Journal

BELONGS TO:

ISSUE 1





Youth Institute - www.odvn.org

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You Matter!

This is for You

We hope it helps you to know you are
cared about!

We hope you will find ideas in this journal
that can help you.

We hope you like learning how using your
imagination, playing, and your
"on purpose breathing" really can help you
to feel better!

You might find some ways that will help
you to feel calmer inside even when things
around you might be upsetting or
different.

**You Matter! So Take Great
Care of YOU!**

HOW I CAN USE MY BREATHING, IMAGINATION, AND PLAYING TO HELP ME OUT?

The more that you know about how feelings and what happens inside your body (physical sensations) causes you to feel, react, and behave...

The more ways you can learn how to take care of yourself!

This is a way of saying "notice what comes first" when something happens to you.

By noticing what occurs in your body when things happen to you or around you, you can notice cues like a racing heart, feeling jumpy, and other kinds of physical sensations.

You can learn to notice these cues and then do calming activities to help you get through or manage your emotions and how you let them out.

You have the power to decide to try these ideas in this journal.

It was created just for you!



I BELIEVE IN MYSELF

I AM GOOD ENOUGH !

I KNOW I MATTER !

I CAN ASK FOR HELP !

I BELIEVE I CAN DO HARD THINGS !

I WILL KEEP CALM BY DOING MY

'ON PURPOSE BREATHING'!

I WILL TAKE GREAT CARE OF ME !



HERE ARE SOME THINGS I LIKE ABOUT BEING ME



Fill in your answers to learn more about yourself.

It is great when I am

The funniest thing that ever happened was when


Best game to play is

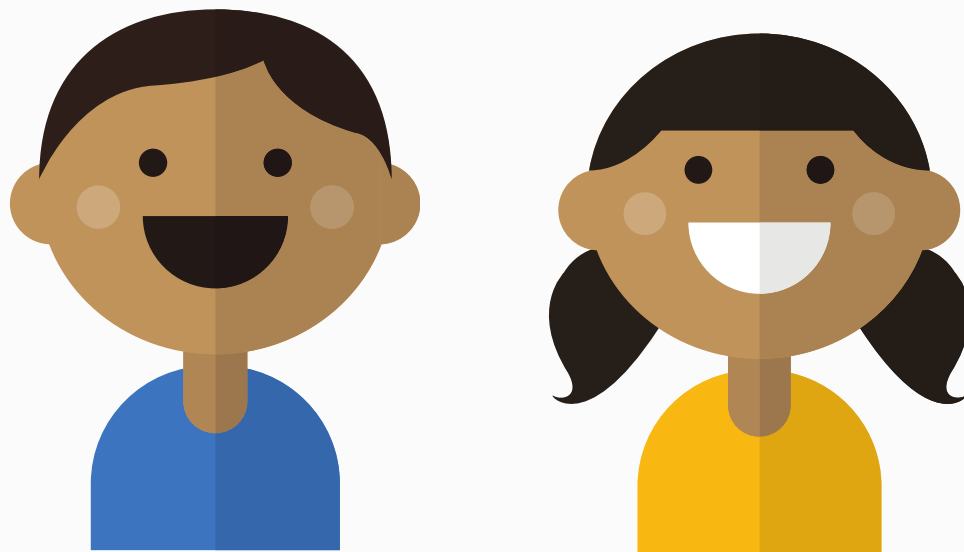
I am the best at

My favorite

Some of my wishes are

Something nice I can say to myself is





JUST BREATHE

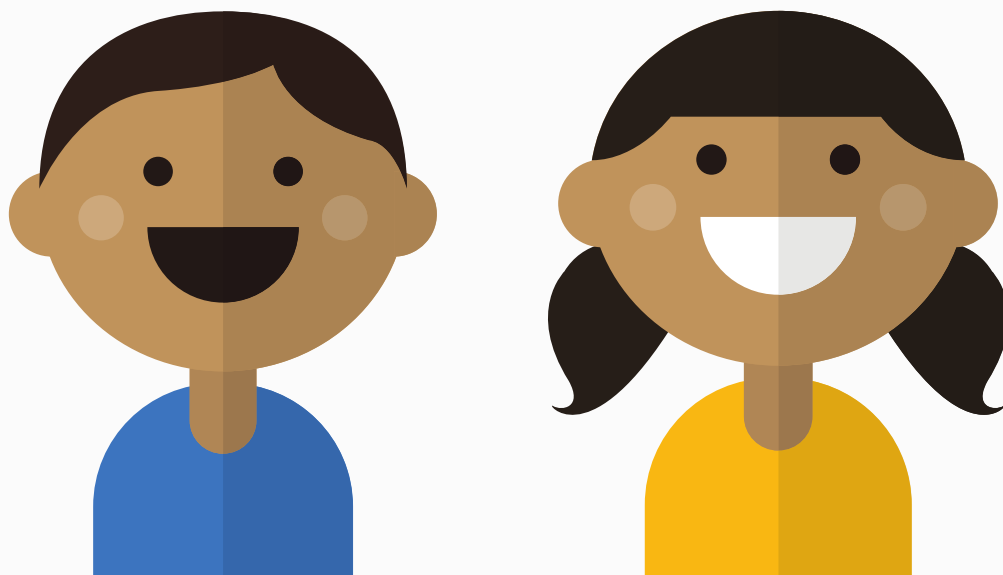
Did you know that we breathe without even thinking about it?

Over and over again, our brain tells our body to keep breathing. We use our lungs, nose, and mouth to bring oxygen into our body and out of our body.

Sometimes when we play, we might breathe faster so we can run, while other times when we are tired, we might yawn so we can wake up. Then there are times when we might shallow breathe because we might feel scared, worried, or upset. Shallow breathing means that we aren't taking deeper breaths in and out.

Did you know you could use your breathing to help you?

It's true! You can use your breath, **on purpose**, like magic to help you when big feelings come up or if something happens that causes you to feel upset, worried, excited, or even sad. **On purpose breathing** helps to calm you on the inside by slowing you down.



JUST BREATHE

What does on purpose breathing look like?

On purpose breathing means you tell yourself to think about breathing in and out. Telling yourself to do this makes your breath help your body, to feel calmer when big feelings come up or if something happens.

It works because you are paying attention to breathing in through your nose and out through your mouth, repeating this 4 or 5 times in a row.

The next few pages give you some helpful ways to remember **on purpose breathing** called:

- Star Breathing,
- Leaf Breathing,
- Hand Tracing Breath,
- Snake Hissing Breath, and
- Blowing Bubbles Breathing.

You might have already created one that works for you! What do you call yours? _____



Star Breathing

Slowly trace the star with your finger.

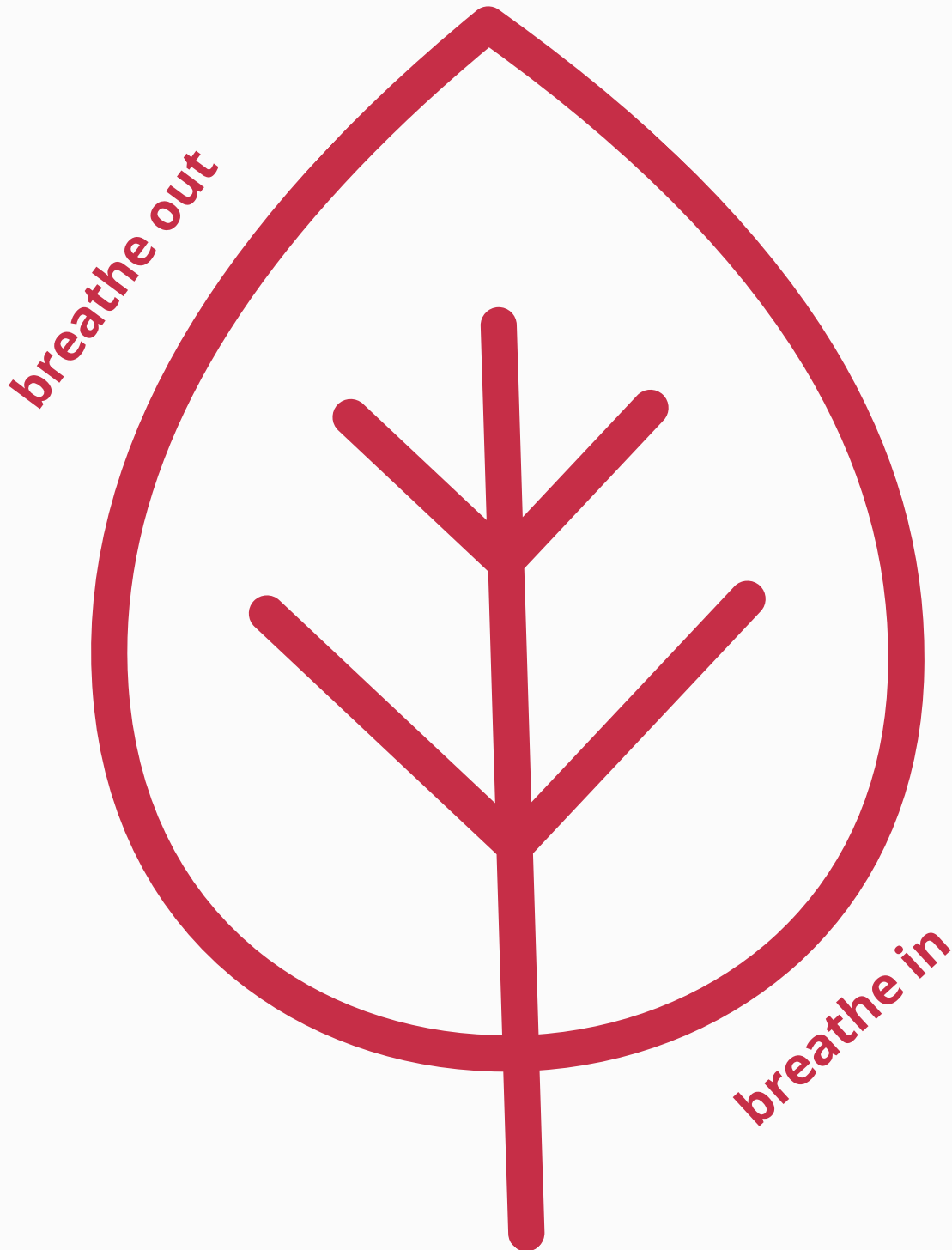
Breathe in through your nose while tracing the right side -

Breathe out through your mouth while tracing the left side -

Go around the star 3 to 5, repeating your on purpose breathing.

Adapted from consciousdiscipline.com

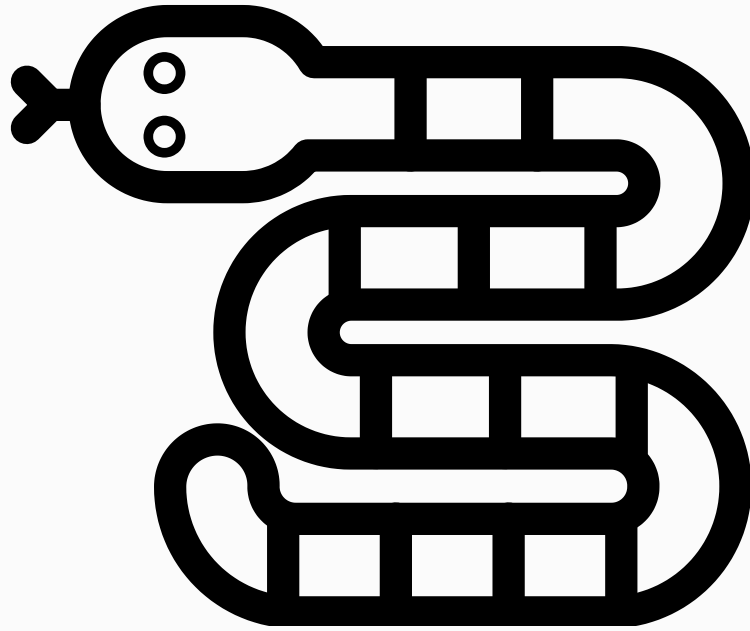
Leaf Breathing



While tracing the right side of the leaf breathe in. Breathe out while tracing the left side of the leaf.

Repeat 3 to 5 times.

Snake Hissing Breath



**Breathe in through your nose slowly counting to 3.
Then with a long, slow breath, out of your mouth,
make the hissing sound. Repeat 5 times.
Color your snake how you would like it to look.**

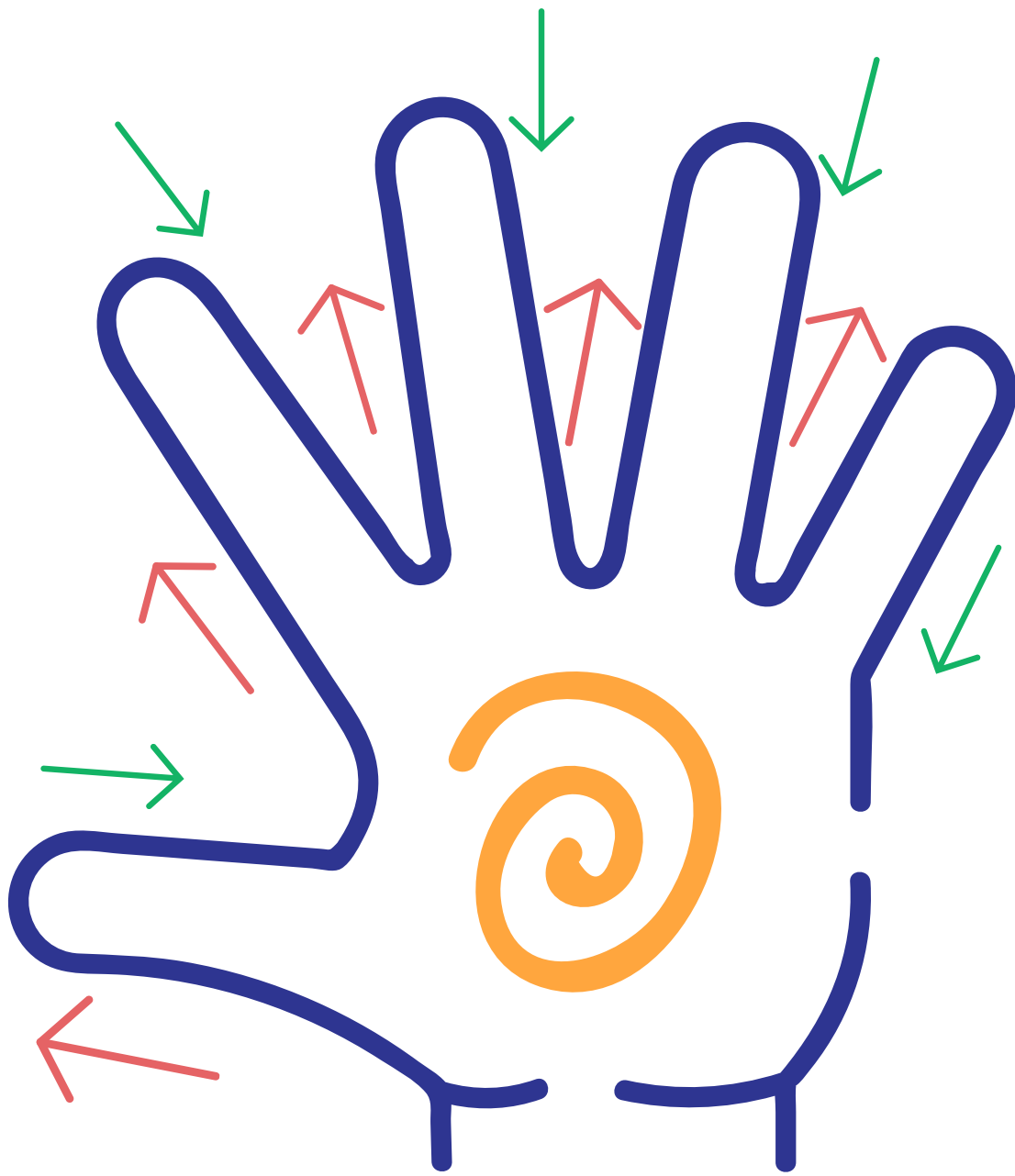


Blowing Bubbles Breathing

**Take a deep slow breath in through
your nose.**

**Blow a long exhale out of your mouth,
pretending to blow as many bubbles as
you can.**

Try this 5 more times.



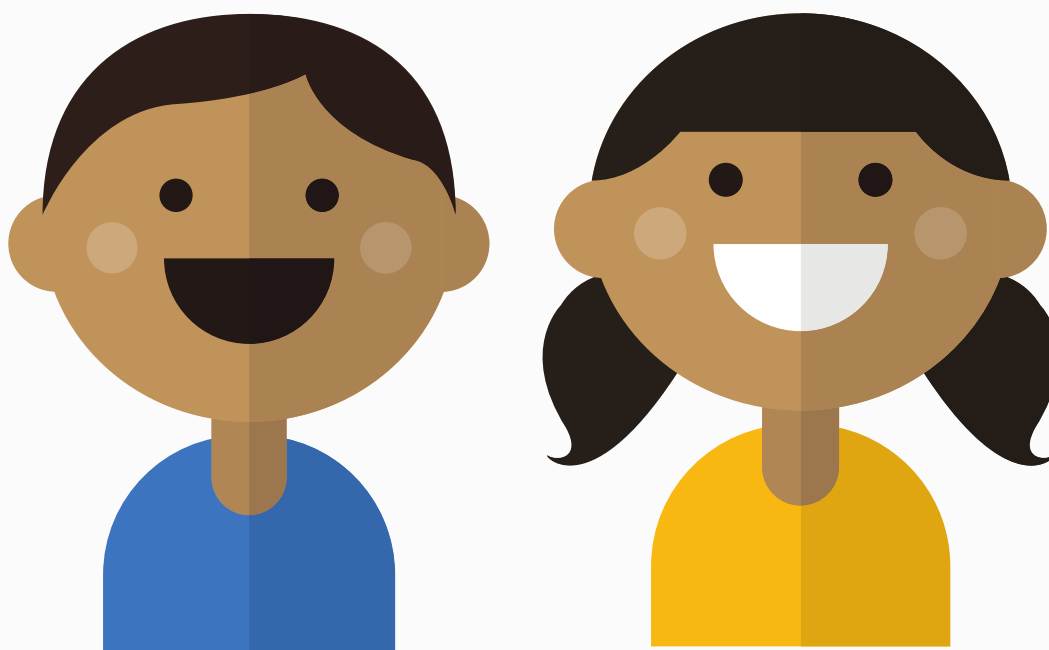
Tracing Hand Breathing

Trace your fingers, breathing in as you go up and breathing out as you go down. Go around your hand 3 to 5 times.





Draw Yours ...



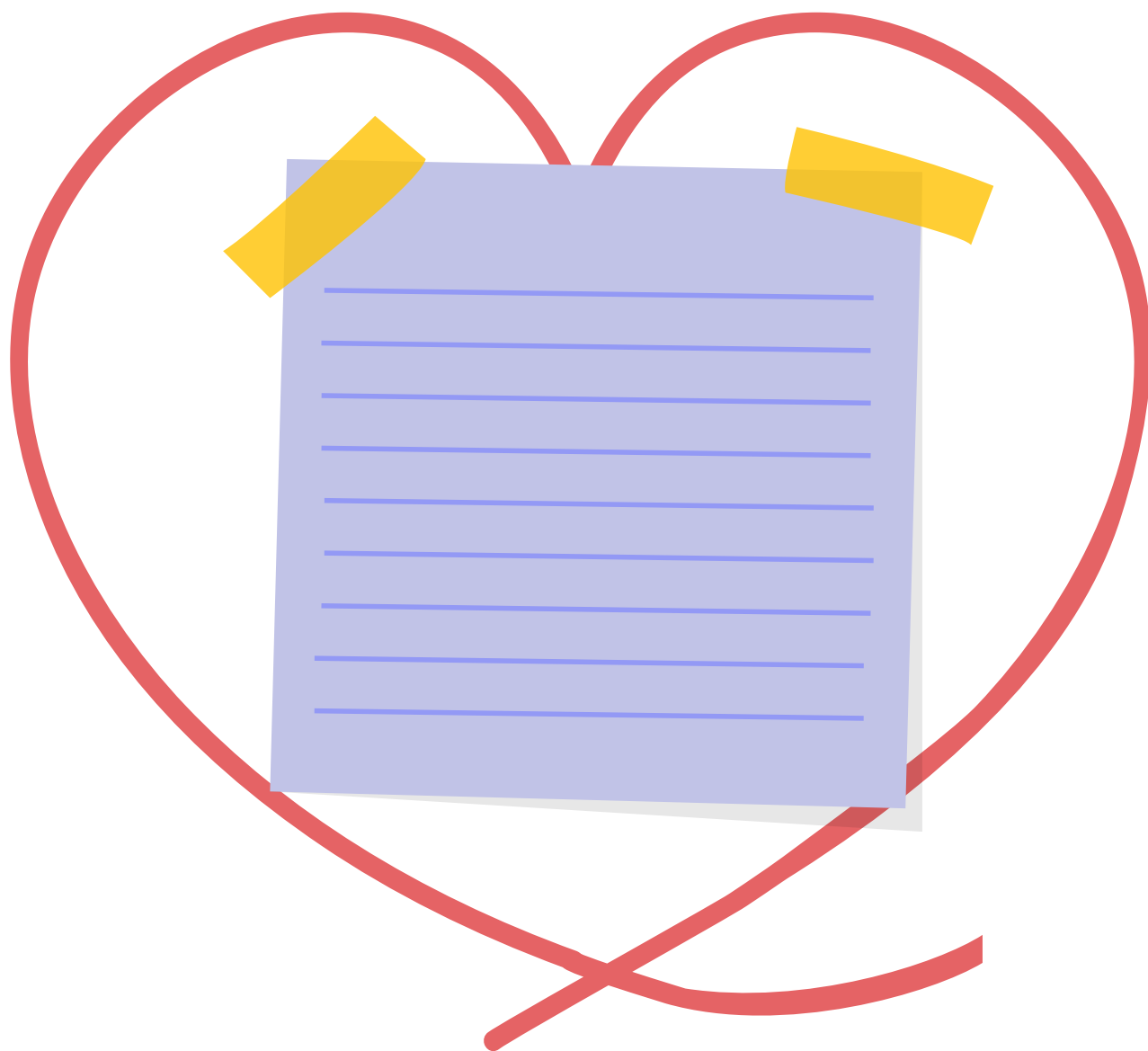
JUST IMAGINE

What can our imagination help us to do?

Our imaginations can help us to be okay because we can use art, music, coloring, drumming, singing, or writing to learn more about ourselves or to help us get through tough moments.

You get to decide what to say, draw, or do!

The next few pages give you a place to draw, write, or create so that you can use your imagination to create and learn more about who you are.



**Leave a note that tells others what you think
they should know.**



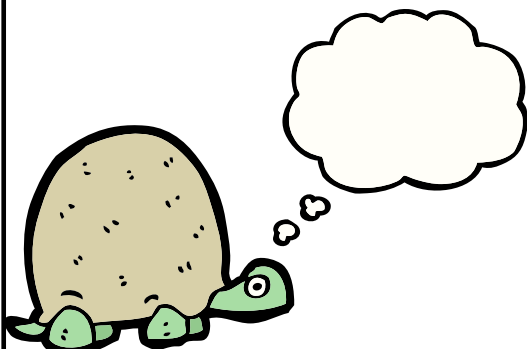
My Shield

JOURNAL WRITING

Reflection and Realization

A journal allows you to freely express yourself without fear of disapproval or criticism. Not only is it a good outlet, but it is also a way to release feelings and record how you are physically feeling.

On this page, write about what changes have happened.



My day in Cat Pics



WAKING UP

A large empty white square box with an orange border, intended for a drawing of the cat waking up.

ME AT SCHOOL

A large empty white square box with an orange border, intended for a drawing of the cat at school.

OVER LUNCH

A large empty white square box with an orange border, intended for a drawing of the cat over lunch.

DISMISSAL TIME

A large empty white square box with an orange border, intended for a drawing of the cat at dismissal time.

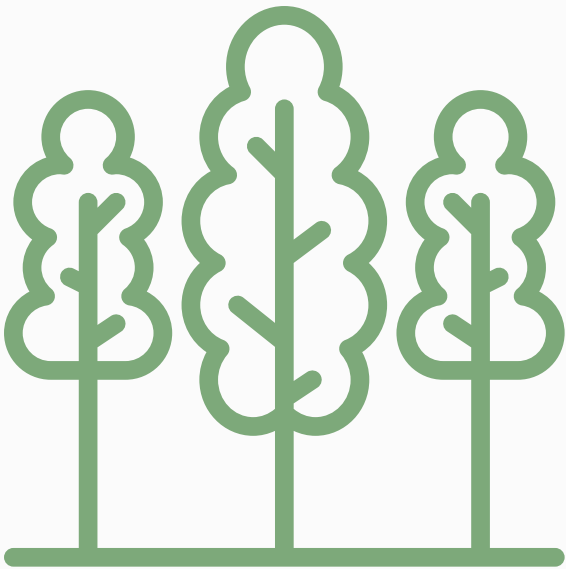
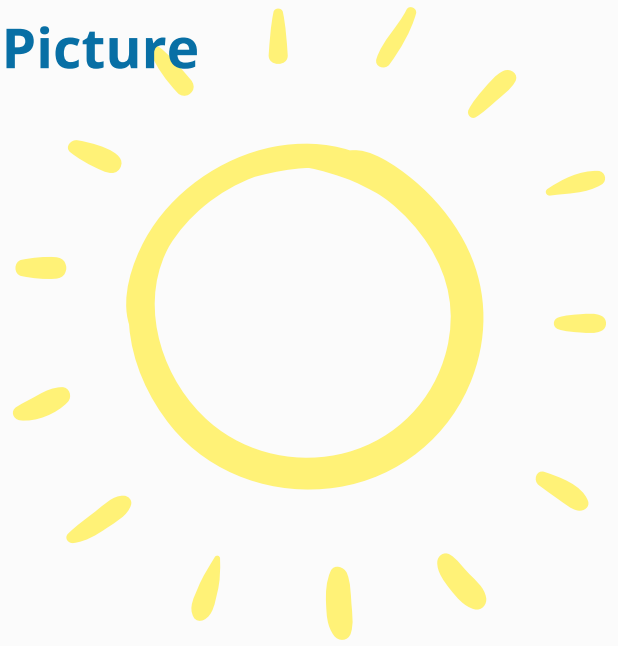
FUN W/ FRIENDS

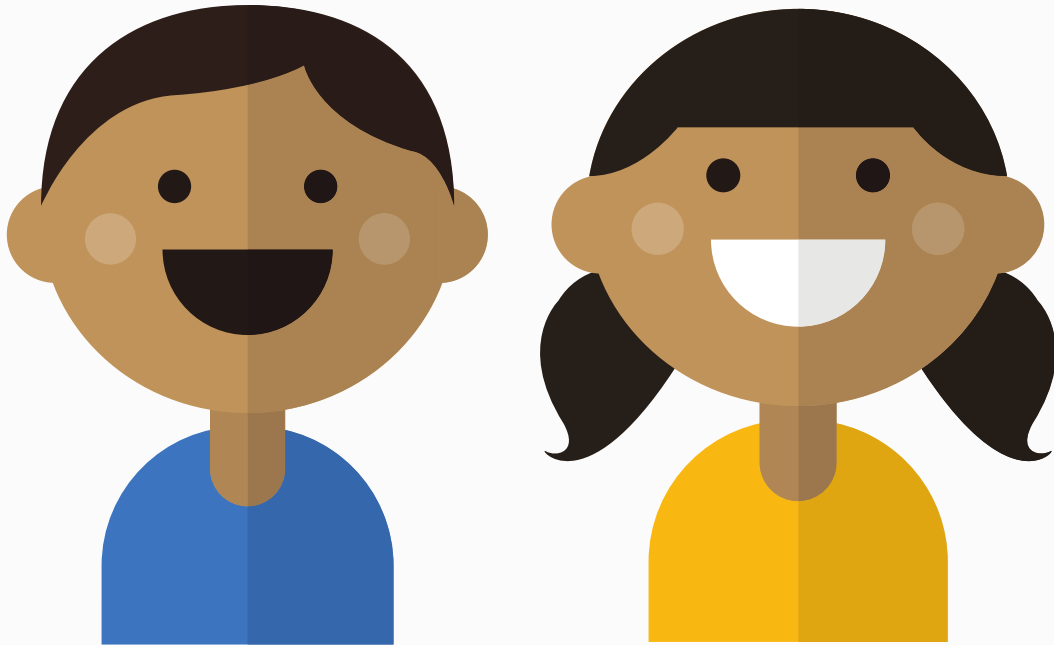
A large empty white square box with an orange border, intended for a drawing of the cat having fun with friends.

BACK AT HOME

A large empty white square box with an orange border, intended for a drawing of the cat back at home.

Finish the Picture





TAKE GREAT CARE OF YOU

Have you ever heard anyone say that our brain, body, and feelings are all connected or linked together? Do you wonder what that means?

It means that when we experience something - we feel it in different ways. Our brain and our body always send messages to each other. These messages tell our brain and body to make changes to the way they are working.

Our thoughts and feelings can affect our body. Almost at the same time, physical sensations or reactions are happening on the inside of our body too. These have an effect on what we think, how we feel, and what we do. We can learn to watch for cues to help us. Sometimes, if we need to feel calmer inside and less stressed, we can notice the cues and change how we respond by doing breathing, mini moves, or maybe singing, or humming.

For example, if someone goes to school on the first day, they might feel worried and that feeling of worry might show up inside their body as a stomach ache. Their belly might feel tight, like knots, or even sick. They might not be able to eat breakfast because they are feeling worried. They might express their worried feeling by sitting close to their parent or by not wanting to talk to anyone even if others are being nice to them. They may seem shy to other people until they feel safer.



I am feeling worried about my first day at my school. I behave by not wanting to talk to anyone and it's hard to leave my parent.

I feel the worry inside my body. I can tell by the cues inside my body. My stomach aches, feels tight like knots, and I feel like I might be sick.

Breathing, like we learned can be really, really helpful when feelings get big. Experiencing feelings happens to all of us. Sometimes our feelings may be okay while other times our feelings may not feel okay. How we decide to show our feelings to others through our behavior needs to be safe for us and for them. Finding a safe person to talk with is helpful, but if you can't find someone, you can find ways to help yourself, too.

MY OWN COPING WAYS

COPING MEANS

you find positive ways to help you deal or get through hard stuff that has already happened or is happening.

POSITIVE SELF-TALK

I will tell myself that I

THE SONG I SING OR HUM TO MYSELF TO HELP ME COPE

I AM GRATEFUL FOR



3 WAYS I COPE ARE



I THINK TODAY I FEEL

- ☐ AMAZING
- ☐ GREAT
- ☐ GOOD
- ☐ OKAY
- ☐ NOT OKAY

Taking care of me matters!

"Look for the helpers"

Mr. Rogers

Sometimes you feel okay and know you can handle things on your own. Sometimes, though, you might need help or feel you may want to talk with someone.

If you feel you need some help, 'Look for helpers'. Keep trying until you find a person that listens to you and helps you. If you need to talk with someone right away text 4hope to 741 741 and reach a trained counselor within 5 minutes.

Who has helped me?

What has helped me before?

List ideas to try!

Add your ideas of books, websites, and questions you want to check out.

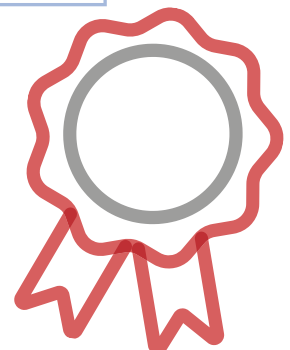


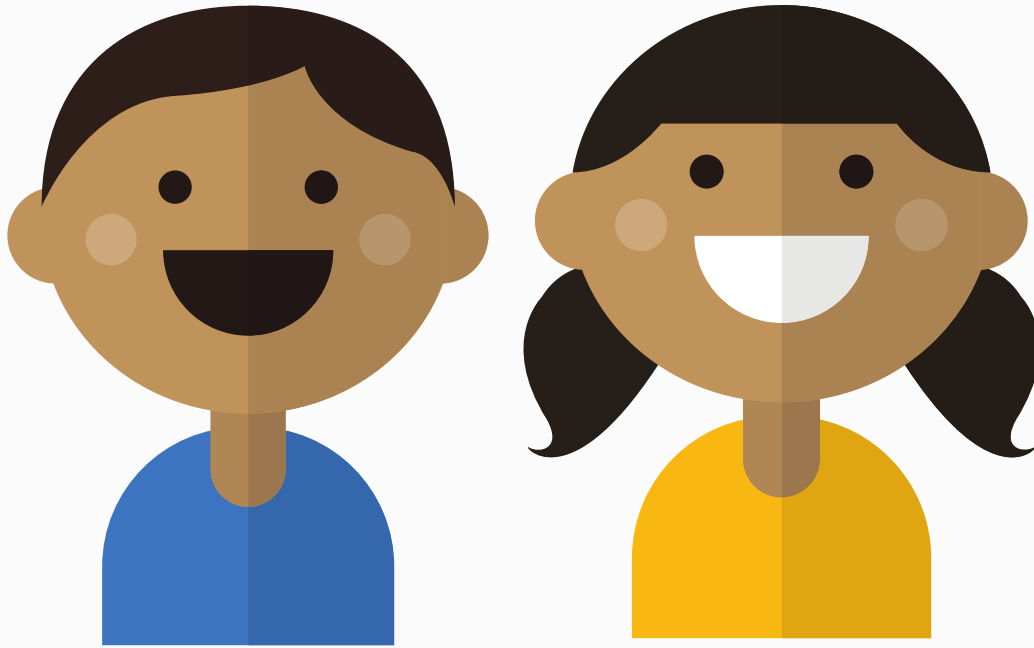


★ *Ways to Take Care of Myself ~Bingo~*

Color in the squares that match what you have done for yourself recently.

	TOSSED A BALL BACK AND FORTH TO MYSELF	TALKED TO FRIENDS	PAID ATTENTION TO MY FEELINGS & BODY CUES	SAID SOMETHING NICE ABOUT MYSELF
BRUSHED MY TEETH	PRACTICED STAR BREATHING	DRIBBLED A BALL OR RODE A BIKE	HAD FUN	"LOOKED FOR THE HELPERS"
TRIED A MINI MOVE	DRANK WATER		PRACTICED YOGA POSES	THOUGHT SOMETHING GOOD ABOUT MYSELF
DID LEGS UP THE WALL POSE TO FEEL SAFER	ATE GOOD FOOD	USED MY IMAGINATION TO HELP	HUGGED MY PARENT	SANG A SONG THAT HELPED ME FEEL BETTER
USED NATURE TO HELP MY FEELING AND EMOTIONS	MADE ART	CLEANED UP MY STUFF TO HELP ME FEEL BETTER	WROTE IN MY JOURNAL	PRACTICED LIKING MYSELF



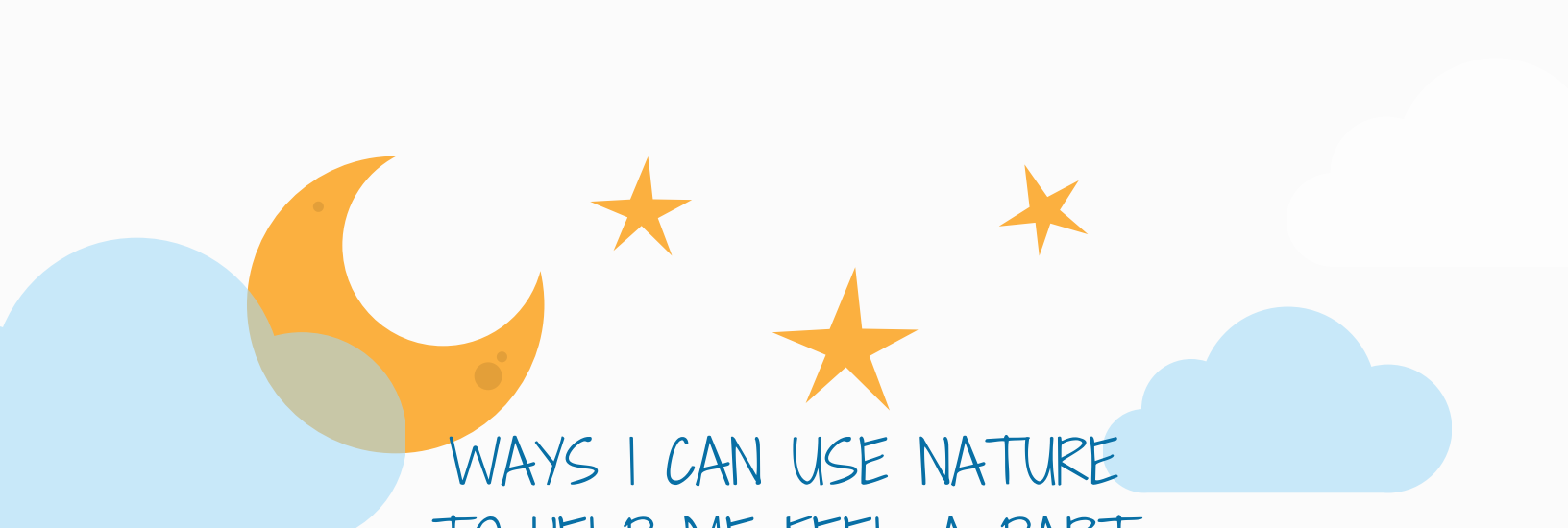


JUST MOVE

Did you know that moving our body is a way to feel calmer inside and less stressed?

Moving, playing, and practicing poses are great ways to help us help ourselves. It works because moving around allows stored up energy and feelings out through physical exercise.

The next few pages will show you ways to use mini moves, noticing nature, and some yoga poses to use as coping to feel better, safer, and even calmer.



WAYS I CAN USE NATURE TO HELP ME FEEL A PART OF THE WORLD

Look Up at the Sky

What do you see? Colors, clouds, sun, stars, or even the moon?

See the Trees and Flowers

Do you see the trees or flowers? How high is the tree growing? What else is around?

Listen to Sounds Outside

Do you feel vibrations, hear noises, animals, birds singing, or something else?

Plant Your Feet on the Ground

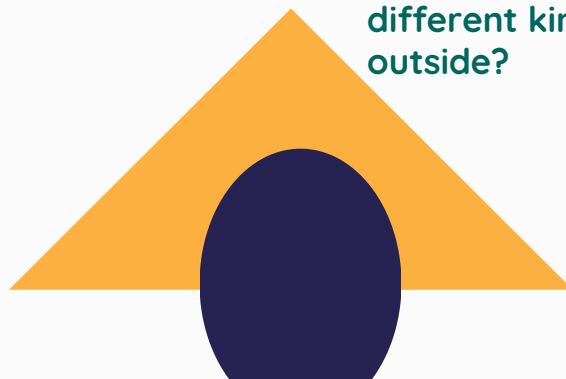
The earth beneath you holds you up. Let yourself feel the ground beneath your feet. We are connected to others.

Feel the Warm Sunshine

Do you notice if you sense the warm feeling from the sunshine or is it more cold outside?

Breathe in the Fresh Air

As you breathe in - use your nose to see what you can smell outside. Do you notice different kinds of smells outside?



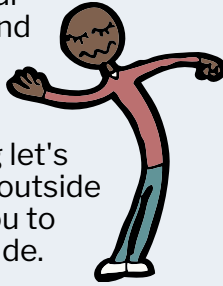
MINI MOVES

Moving Helps Me Feel Better

Wiggling and Motion

Let your brain tell your body what it needs and which ways it wants to move around.

Wiggling and moving let's stored up energy go outside of you. It may help you to feel more settled inside.



Singing Head, Shoulders, Knees, and Toes

Singing this song while doing the motions will get your body moving to help you cope with your feelings. It's fun to sing it slow and then faster.



Stand with Hands in Your Pockets and Breathe ...

This simple move allows you to feel your feet on the floor, lets you put your hands safely next to you. You can do your on purpose breathing too.



Dances Moves

Put your favorite music on and dance! If you don't have any music around... no worries! Move and dance to your own song.

Moving helps your body let go of stuck feelings and negative energy. You might find you feel joyful!



Raise Your Arms Up ...

When you notice your shoulders feeling heavy or tight, reach your arms up to the sky, then bend over to touch the ground.

Add in other moves like tensing up and letting go where you notice tight muscles.



Drumming & Marching ...

If you don't have a drum, no worries - clap you hands on your knees. Make a beat, speed it up then slow it down. Create patterns and rhythms.





Sometimes, yoga poses are practiced in a group with others.

No worries, if you don't have a group or a mat because many of us use a blanket and the floor. You can even go outside to do yoga, if you are allowed to.

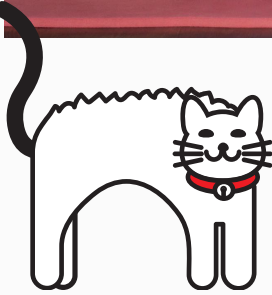
Try sitting, placing your hands upwards, and find a place of calm by doing your on purpose breathing.



Try showing your parent how to practice yoga and on purpose breathing! They might really like doing it with you!

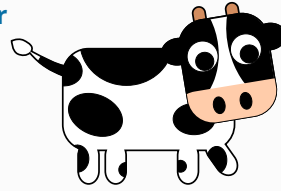
Sit Cross-Legged Pose - rest hands on your knees. If you are having a hard time sitting flat, prop up on a folded blanket or place a pillow under your hips.

This pose helps strengthen your back and calms you down.



Cat Pose - round your back and tuck your chin into your chest, breathing in ... Then do cow pose ...

MEOWING IS FUN!



Cow Pose - sink your belly towards the floor and then arch your back while looking up, Breathing out ...

MOOING IS FUN, TOO!



Legs Up the Wall Pose - do this pose to help you feel settled and safe inside.

Place you bottom close to the wall. Then put your legs up. You can relax your arms on the ground.

Stay for awhile - maybe like 5 minutes. This pose really helps!



Tree Pose - while standing on one leg, bend the other knee, place the sole of the foot on your inner thigh or on the inside of the calf.

Raise your arms into the air and sway like a tree.

This improves balance and strengthens your core. You can stand against a wall for support.



Child's Pose - on your mat, start by sitting up and then leaning forward allowing your hands to rest above your head.

This pose is great for resting and feeling calmer.

I Am! I Matter!

This is my own pledge ...
I know to believe in myself even if others
try to say differently.

I am

I am

I am



full of kindness

adventurous

quiet

daring

grumpy sometimes

a singer

full of creative ideas

lovable

helpful to others

great cook

honest

curious

sassy sometimes

complex

athletic

MY REVIEW

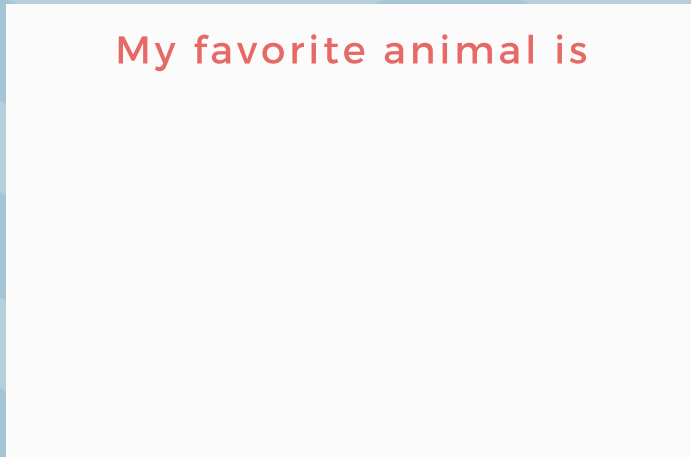
What gets me feeling happy is

A yellow arrow pointing to the right, outlined in red, intended for writing the answer to 'What gets me feeling happy is'.

What bugs me the most is

A yellow arrow pointing to the right, outlined in red, intended for writing the answer to 'What bugs me the most is'.

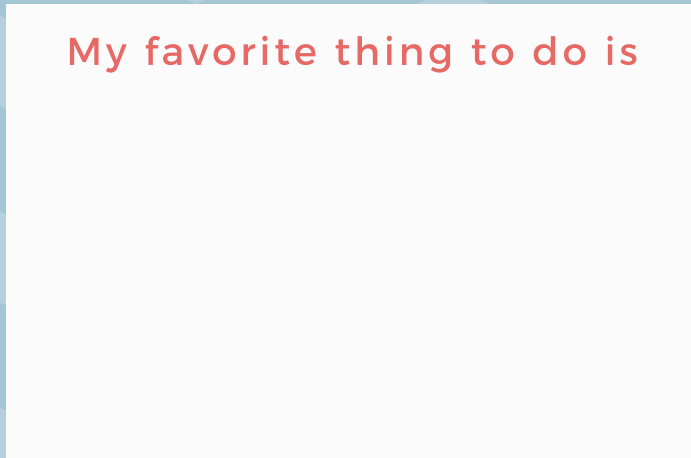
My favorite animal is

A large white rectangular area for drawing the favorite animal.

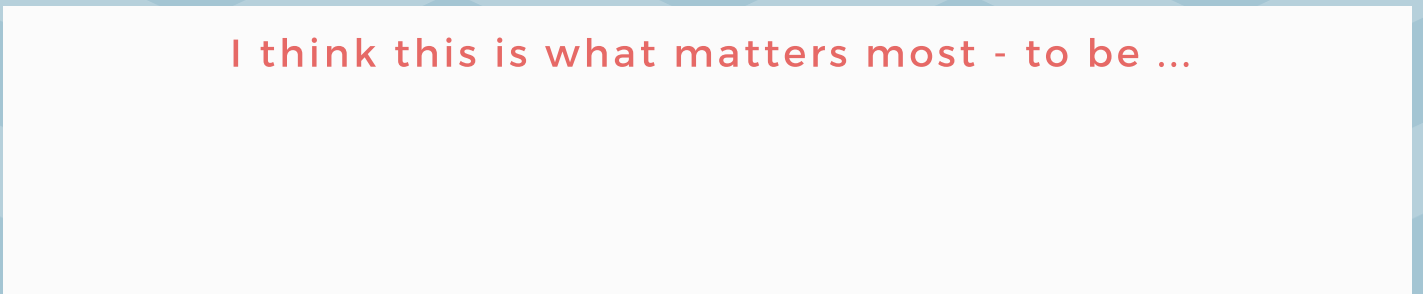
A drawing of
my favorite character

A large white rectangular area for drawing the favorite character.

My favorite thing to do is

A large white rectangular area for drawing the favorite thing to do.

I think this is what matters most - to be ...

A large white rectangular area for drawing what matters most.

I give myself this many stars.



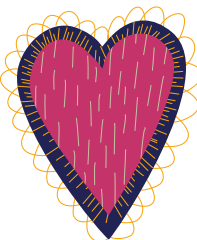
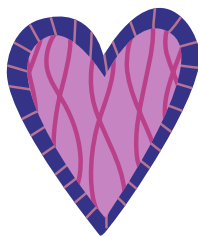
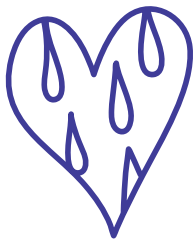


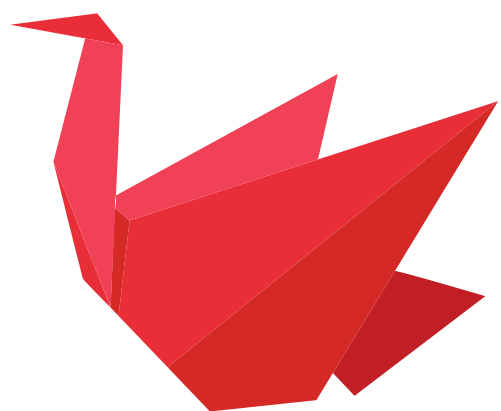
I AM CURIOUS ABOUT

I know that ...

I want to see more of ...

I want to see less of ...







Here's More

Places to check out if you want to know more.
If you need support and want to talk with someone right away you
can reach a trained crisis counselor withing 5 minutes if you

Text 4hope to 741-741

Yoga

[ZENWorksYoga.com](https://zenworksyoga.com) teaches students resilience and how to pause, breath and reset.

Watch their YouTube videos that show you how to use movement and breathing to find a calm place inside you.

Guided Imagery

kidsrelaxation.com - You can read these stories by yourself to relax or you can find stories to watch on YouTube. Search guided imagery for kids.

Below is one you can look up: Join Simon an Australian Green Tree Frog in the Rainforest: https://youtu.be/EGTnEcNYo_k

Tapping

Tapping for Kids video with Alison shows you how to tap to feel better:

<https://youtu.be/R0NUNNhosPU>

Gorilla Thumps and Bear Hugs - This book written by Alex Ortner explains to kids how to tap and how tapping really works. For more information:

<https://www.thetappingsolution.com/gorilla-thumps/details.php>

National Runaway Safeline

1800runaway.org serves as the national communication for runaway and homeless youth.

Call: 1-800-RUNAWAY (1-800-786-2929)

Click: 1800RUNAWAY.org

Text: 66008

Text, Call or Chat

[Loveisrespect.org](https://loveisrespect.org) empowers youth to prevent and end dating abuse.

Chat: 24/7/365

Call: 1-866-331-9474

Text: LOVEIS to 1-866-331-9474

