

Facts4Life Activity Mat

Check In Activity

Think about how you are feeling today. If you were to pick a drink that reflects your feeling what would it be? Maybe something fizzy and light, or something strong, maybe something sweet, or cool... Draw the drink choosing a glass or cup that fits your mood too.



Remember, how we feel changes all of the time so even if you're feeling a bit like flat cola right now you might feel like hot chocolate with rainbow sprinkles later. **Ups and downs** are completely normal!

Brilliant Bodies

Watch this short video on anxiety then answer the questions.

https://www.youtube.com/watch?v=FfSbWc30_5M

Anxiety is a feeling that can be a jumble of fear and uncertainty. Everyone gets anxious at times.

What sorts of things might cause anxiety?

What is our brain trying to do when we are feeling anxious?

What were the three different types of brain responses that the clip mentioned?

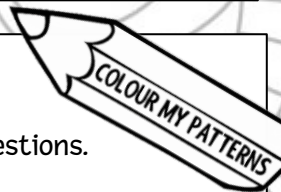
Our bodies respond to anxiety in different ways. What physical signs were mentioned in the clip? Can you think of any other signs?

When someone is feeling anxious, they need to calm down and feel safe.

What sorts of things help you to feel safer and calmer?

Further Facts4Life research:

'Smoothing the path'. See what you can discover about the vagus nerve. Stimulating this nerve helps us to feel soothed. List or draw the sorts of things that help to stimulate this nerve.



B T H G I L F N F T S X F N A
S U A X L E E E H M L A C F N
S Y T Z A R A G Y Y T H Z O X
M R L T V R I O T S P D K P I
Y L V O E F M Y A Q W X K K E
C R U A X R C P E B R A I N T
X S O H V U F M W A C U G R Y
U D J G K M S L S D I E O E S
A K U E R X P R I U L O K V R
T B Q P Z L S B S E H Q Y I T
U E B M J E E K A B S X U D N
U S N Z N M E V F G V E T H J
Y X Z S H P W R E N S M C P J
X U T Q E I A T F V K C Q Q M
J T C I V X G Z M F V E Q S J

Puzzle Time!

anxiety
fight
flight
freeze
brain
safe
fear
nervous
calm
sweaty
butterflies
tense



Take Notice

Eat something with your full attention.

Choose a foodstuff that you like and start

by having a really good look at it. Notice all of the detail of its appearance.

Now, have a little taste, just a lick or a nibble. Slow down your eating to make it last as long as you can and pay close attention to the flavours, the textures and what's happening in your mouth as you eat.

Breathe deeply, remembering to smell your food as you eat it.

For more activity ideas, visit

<https://facts4life.org/for-parents-carers/>

