

# FEELINGS

Everyone has feelings and we express them in different ways.  
Let's have a quick look.

## FEELING or EMOTION

## PIP'S EXAMPLE

### ANGER

When my Dad tells me to do something I don't want to do, I shout at him, all my muscles go tense and I run away and cry.

### WORRIED/ANXIOUS

Mum is having a scan today and I can't stop thinking about it. I can't play with my friends or concentrate at school. My heart is beating fast and I have butterflies in my stomach.

### CONFUSED

I don't understand why my mum is going into hospital when she is acting so normal. I don't know what to believe, my brain feels fuzzy.

### SADNESS






After Dad told us we were not going on holiday, I was angry but then I wanted to be alone. I cried, and my whole inside felt numb. I didn't want to do anything I normally like. I just sat on my bed.

### GUILTY

Dad wanted to play Lego with me but I wanted to see my friend. When I got home he was asleep and it made me feel bad because he didn't have anyone to play with when I was out.




I FEEL SAD

-  Ask for hugs and have a cry
-  Give Pip a cuddle
-  Use 'The Massive Plaster' activity in Pip's Kit to think of things that can make you feel better on sad days
-  Talk or play with a grown-up or friend to make you feel better
-  Make your own den. Look at 'My Grief Den' activity in Pip's Kit

*\* Feeling sad is normal. We can dip in and out of being sad even when our parent is very sick - this is normal too. Sadness needs to come out so try not to hide it.*


# I FEEL ANGRY



 Rip up a piece of paper into the smallest bits

 Use a pillow to scream into

 Throw Pip across the room

 Make a scream or angry box. See the Scream & Shout Box and Mad & Angry Box activities.

 Look at some of the Keep Calm Cards

*\* You might feel angry at your family for making you do things you don't want to, anger at your friends who don't understand you, angry because life feels unfair. It's OK to be angry but try to let it out in a safe space.*

I

FEEL GUILTY



Talk to a grown-up about your guilty feelings, they will help you understand that it is not your fault



Tell Pip what you feel guilty about






Make a plan to have one fun activity to do each day that is all about you. It does not mean you do not care or love your sick parent.

*\* You should not feel guilty about your parent being very sick; it's not your fault. Having fun also does not mean you do not love and care for your sick parent.*

# I FEEL SCARED







-  Talk to Pip and someone you trust about what you are feeling and thinking
-  Try some different types of breathing. Look at the 'Breathing and Balancing' activities in Pip's Kit
-  Write notes to yourself about feeling scared

*\* It is very normal to feel scared at the moment. There are lots of reasons to feel scared but sharing why you are scared can sometimes make it less scary.*



# I FEEL QUIET

-  Ask your grown up to help others understand that you are feeling quiet today
-  Tell people 'I don't want to talk about that right now'
-  Find a quiet place with Pip
-  Do a quiet activity; sit in a den; listen to music; read a book

*\* Sometimes grown-ups can ask you how you are feeling but you don't want to talk about it. That is OK.*



# I FEEL EMBARRASSED

- Write down what is embarrassing you
- Tell your grown-ups what you feel embarrassed about and see if they can help you
- Write your grown-ups a letter

*\* You may feel embarrassed because you feel different from your friends. You may feel embarrassed and angry that your family is now different, and your role within your family has changed. You may be embarrassed about changes in your home or changes in how your parent looks.*

I

FEEL CALM  
OR HAPPY



Remember this feeling, maybe write down how it feels






Tell Pip why you might be feeling calm or happy

*\* Having these nice feeling does not mean you do not care about your sick parent. Sometimes we need to dip in and out of strong feelings. We think better and feel better when we are calm.*





# I FEEL HELPLESS

-  Ask a grown-up what you can do to help around the house. Look at the 'Help Around The House' activity in Pip's Kit
-  Write down why you are feeling helpless and show a grown-up
-  Start collecting memories using the activities in this kit

*\* It is normal to feel helpless when parents are very sick. We cannot make them better but we can still love them and show acts of love*

# I FEEL CONFUSED



- Write down what is confusing you
- If you feel confused about what is happening each day, use the 'Daily Time Table' activity in Pip's Kit
- Write a set of questions to ask a grown up.
- Tell Pip about the things you are NOT confused about, like the love you feel for your parents

*\* There is lots to be confused about. Life changes and what you once thought you knew may no longer be true.*



# I FEEL TIRED


It might be difficult but going to bed earlier, getting fresh air and exercise, and turning off screens an hour before bed can help. Look at 'My Sleeping Brain' activity in Pip's Kit


Create a sleeping routine with Pip. For example, 6pm clean teeth, 6.30pm get into bed and read Pip a book, and 7pm, lights out.

*\* Feeling tired might be because you are finding it difficult to go to sleep, or staying asleep the whole night. Tiredness can also come from feeling lots and lots of strong emotions such as sadness and being scared.*


# I FEEL GRUMPY



 Listen to music, or watch a film. Look at the activities in the Keep Calm Cards

 Be on your own




 Throw Pip around a room

 Talk to a grown-up about why you feel grumpy

*\* Grumpy feelings are OK. Often we can cope with these on our own until they pass, or talking about them to someone you trust can help.*



# I FEEL NUMB

-  Talk to a grown-up about feeling numb
-  Tell Pip and draw a picture of yourself
-  Try the 'Share A Feeling' activity in Pip's Kit with your family as you see a feeling that you connect with

*\* Do not feel worried if you don't have any feelings yet. This is normal. Often feeling nothings protects us from feeling too much. It does not mean that you do not care or love your sick parent. You will have feelings in the future.*








# I FEEL JEALOUS

- ▶ Try to arrange some activities you liked doing with your friends before your parent got very sick
- ▶ Write down all the reasons why you are jealous. You can share these with Pip or a grown up
- ▶ If you are missing your friends, try and work out how to keep in contact
- ▶ Fill in 'A Card for a Good Friend' activity in Pip's Kit and give it to them

*\* Feeling jealous of friends who do not have a parent who is very sick is normal. You might feel like you are missing out, or that you do not like the changes that are being made to your home or life.*



I FEEL LONELY

-  Talk to friends, or write them letters
-  Talk to Pip
-  Spray some perfume, aftershave, soap, hand cream or anything that reminds you of your parent onto Pip
-  Draw or write down all the people who love you or are there for you. Look at 'My Paperchain People' activity in Pip's Kit
-  Try some of the activities written on the Keep Calm Cards

*\* Feeling lonely can be because your parents are either sick or busy caring, so you might feel like you have been forgotten, or perhaps you feel lonely because none of your friends understand how you are feeling. You are also probably missing your parent you love when they were well.*

# BE CREATIVE

Any creative activity that you enjoy doing can be a great way to relax you, and help let difficult emotions go. It could be:

**Lego building, Drawing, Painting, Junk model making, Singing, Writing, Playing guitar, Collage making, Textile Design, Building a minecraft world, Cooking**



E  
ESCAPE  
THE MOMENT



Escaping the moment by doing something that absorbs you can take your mind off of feeling rubbish. It can give you space which then allows you to return to the moment feeling calmer. It might be:

**Reading, Watching TV, Gaming , Listening to music**

# BE ACTIVE



Exercise can produce the body's natural happy chemicals. Exercise is moving your body. When your body is busy, your mind will be distracted from your worries. It could be:

**Running, Dancing, Football, Playing 'it' with friends, Swimming, Jumping, Skipping.**



# COUNT

Counting can be calming because it focuses the mind on something else. **So count to 10 or 50, or 100. Or count backwards.**

It's quite good to count slowly either out loud or in your mind. Count with slow and measured breathing.

**Repeat this until you feel your mind focus less on your worries.**

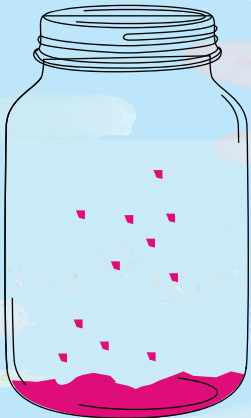


IMAGINE  
YOUR SPECIAL PLACE

This is the chance to design your very own special place in your imagination. **This is a place where you can visit when you want to feel safe, secure, relaxed and happy.**

Close your eyes, breathe slowly and think of yourself at that place using all of your senses. Focus on the details. So say it is your favourite park, imagine what each flower smells like? What noises can you hear? Is it a hot day? Your place can be an ocean, desert island, forest, the inside of a castle, a cave, on the moon, a star, a planet far, far away or simply under the stairs. It may be outside in nature, inside a house, or from a picture or dream. It is your place, where you can be yourself. **So if you feel stressed or unhappy you can simply close your eyes, take a deep full breath and go to your special place.**

# BUILD A SNOW GLOBE



You need a jam jar and some glitter. Fill the clean jar with water and add a load of glitter. Screw on the lid and shake. (If you have some, you can add glycerine or baby oil to make the glitter fall slower)

**The next time you are feeling mad and angry, shake your globe and watch the glitter settle. By the time the glitter has all fallen to the bottom you might be feeling a lot calmer.**

# CAMELEON CHANGING COLOUR

Close your eyes and imagine you are filled up with a colour you don't like (this will represent the bad feelings you are feeling). Now imagine that there are taps in your feet and the colour you don't like is running out, to be replaced with a nice colour you like coming in through your head. **If you let the colour run out of the taps for about 2 mins you may feel better.**