

Moving from Uncomfortable to Comfortable Feelings

- There are many things we can do to help ourselves move from feeling **uncomfortable** emotions to ones that we find more **comfortable**.
- Attached are a number of ideas that may help you to feel more **comfortable emotions** or to return to them.
- Choose an idea from the ones below that you have used in the past and share with the group how it helped you to feel more **comfortable**.
- You may also like to share which idea you would like to try in the future as well.
- Once you have chosen an idea and shared how it worked for you, you might like to add ideas to the blank cards. Discuss these ideas as a group.



Talk to a trusted adult.

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Spend time with friends.

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Get some fresh air.

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Do something you love.

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Dance around.

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Sing a song.

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Play a sport or be active.

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Try a new activity.

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Listen to or play music.

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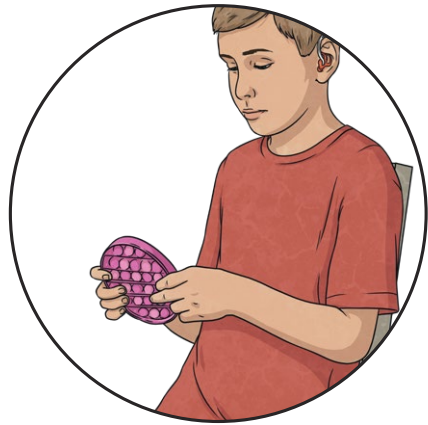
Have a drink of water.

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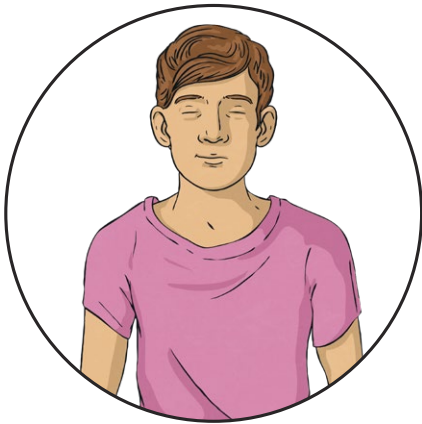
Crumple or rip paper.

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Use a fidget toy.

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Take deep, slow breaths.

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Count to ten slowly.

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Limit time on social media.

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Go for a walk.

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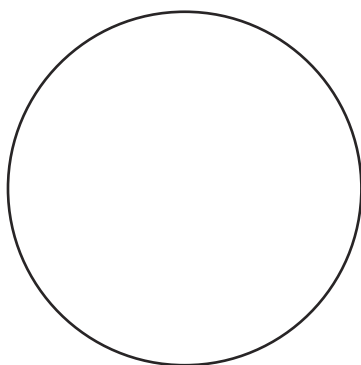
Do some yoga.

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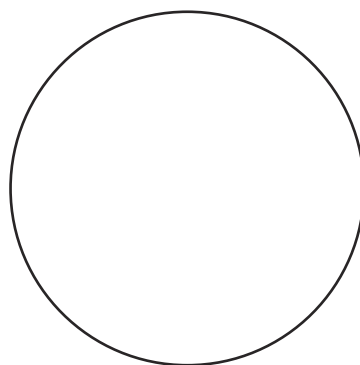


Mindfulness – paying attention to what you can see, hear, smell and touch.

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