

ACTIVITY LIFT ME UP

We all have things in our life that make us feel good; things that lift us up when we're not feeling our best. We also have things in our life that can weigh us down and make us feel not so good. Knowing what lifts you up or weighs you down is powerful information. It can help you better understand your feelings and emotions. It can be helpful when you need a pick-me-up.

OUTCOME: improve understanding of individual feelings and emotions.

WHAT YOU NEED

- A pencil or pen
- Hot-air balloon image (back of this sheet)
- Pencil crayons (optional)

WHAT TO DO

1. Think about things in your life that make you feel good, loved, supported, happy, joyful, and safe.
 - These might be people, objects, activities, thoughts, foods, experiences, etc.
 - They might be things you enjoy at any time or that help you feel better when you're feeling down.
 - For example, a friend giving you a compliment.
2. Write the things that make you feel good and 'lift you up' on the balloon portion of the hot-air balloon image.
3. Think of things in your life that can make you feel not so good, sad, angry, frustrated, anxious or depressed.
 - These might also be people, objects, activities, thoughts, foods, experiences, etc.
 - They might be things you try and stay away from or avoid.
 - For example, people who don't treat others with kindness.
4. Write the things that can make you feel not so good around the basket, sandbags and tethers attaching the balloon to the basket.
5. Optional: Add colour and creativity to your balloon.

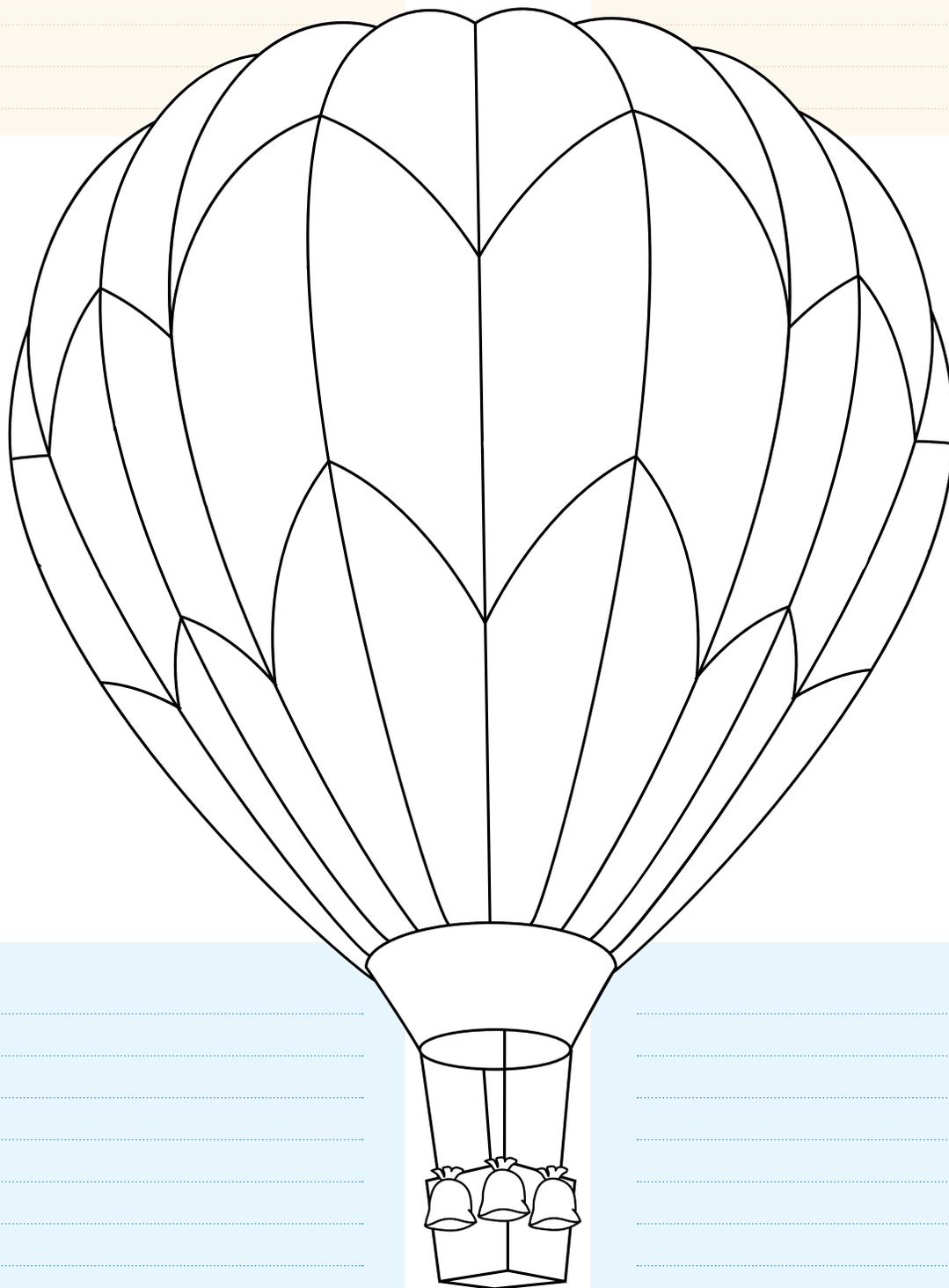
WHAT'S NEXT

- Spend some time thinking about what lifts you up. Why are these things helpful for you? How can you use these things when you're not feeling your best?
- Take a few minutes to think about what weighs you down. We may not be able to completely avoid things that weigh us down. Now that you're more aware of the things that weigh you down, how can you use this information to keep you feeling your best? How can you remind yourself of what lifts you up?



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