



**MONKEY BOB  
AND ME  
OUR JOURNEY BEGINS.....**



This journal belongs to

.....



# A note for grown ups

We've designed this pack for children aged 4 - 12 to work through with the support of a carer, professional or another trusted adult.

## The pack is split into four sections:

### 1. All about me.

Activities and games designed to get to know the child and give them space to express themselves.

### 2. My emotions.

Activities and games designed to familiarise the child with different emotions and provide them with the language for expressing how they are feeling. Includes simple tools for dealing with difficult feelings.

### 3. Staying safe.

Activities and games focused on Monkey Bob's key messages around safety. Children will identify the trusted adults in their lives who can help them stay safe.

### 4. Healthy house.

Activities and games to help the child understand the difference between healthy and unhealthy behaviours at home. Designed to have a positive impact on behaviour and the family dynamic.

It's fine to work through the sections in order, but the pack is designed to be child-led – used like an activity book – so they can choose the pages they like the look of whenever they open the pack.

Many older children will be able to complete the activities on their own, but you'll see the Monkey Bob find a grown up symbol on the pages that need further explanation or a bit of adult guidance.

At the end of the pack, you'll find a final section for children who've lost someone from their life – either through bereavement or a change in circumstances. Only use this with children where it's relevant – and make sure they have adult supervision for this part.

Visit the Monkey Bob website for loads more child-friendly resources:  
[www.monkeybob.org.uk](http://www.monkeybob.org.uk)

# A bright and cheery hello from **Monkey Bob**

## Hello you!

Well, isn't this exciting – your very own Monkey Bob journal - There are loads of activities and games in here just for YOU. I really hope you'll have fun trying them out.

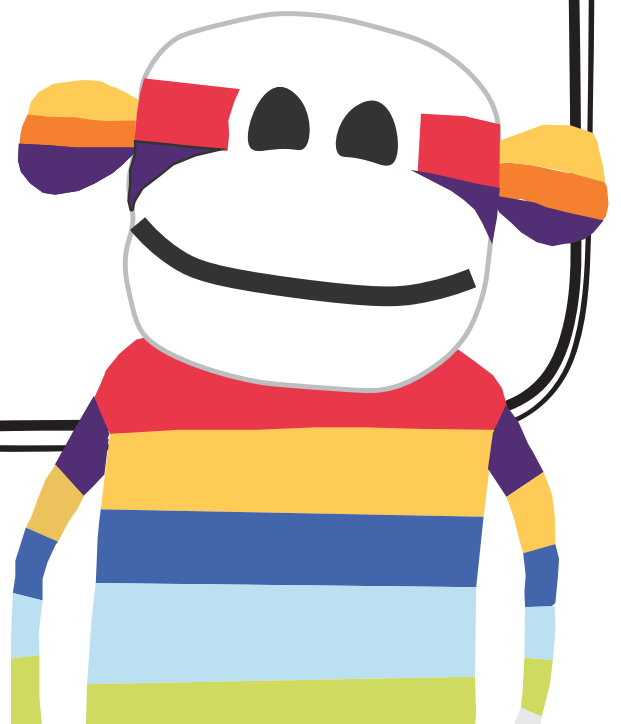
I can't wait to get to know you a bit better and find out more about you and the important people in your life. We're going to learn about your feelings – ones that make you feel good and ones that make you feel not-so-good – and we'll learn how to cope with them.

We'll also think about safety and what it means to be safe. Who are the people who can help you to stay safe? What can you do to make your house a healthy house? It's ok if you don't know the answer to these questions yet – we're going to work that out together.

This journal is **YOURS**. It's up to you how you work through the pages. You might be able to do some of the activities on your own. Great! But make sure you have a grown up around to help – especially on the pages with the Monkey Bob find a grown up symbol.

Shall we get started? I wonder where the journey will take us...

*From your new friend,  
Monkey Bob*



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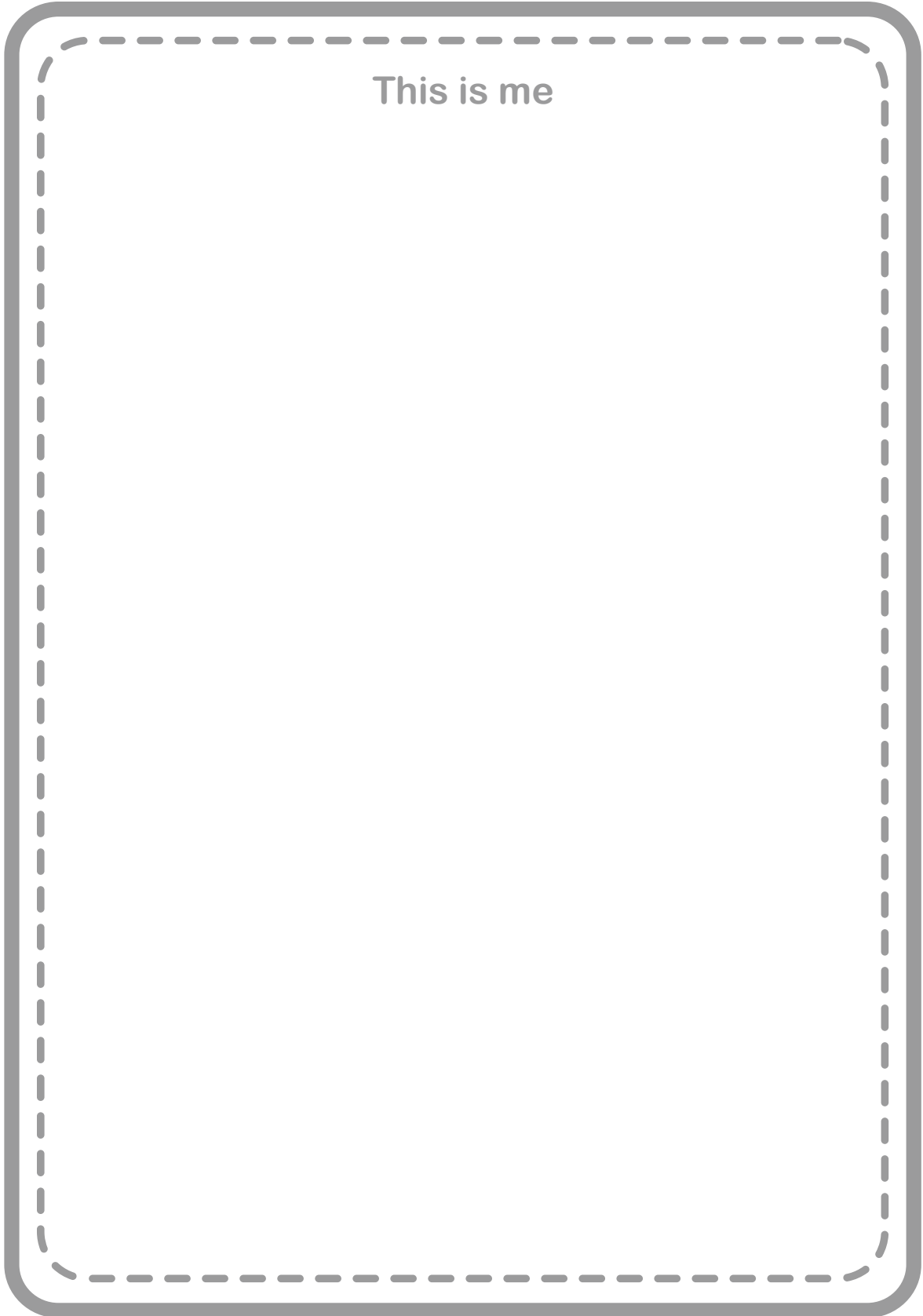


all  
about  
me

# I'd love to get to know you better

Draw a picture of yourself in the box below. Then on the next page, write down all the things that make you YOU.

This is me



# All about me

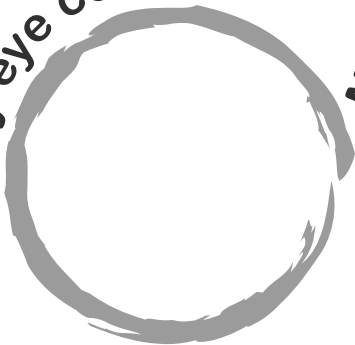
My name is

.....

My birthday is



My eye colour is



My hair colour is



I am

years old



My shoe size is



My hobbies are



My best friend is



## My favourites

Colour .....

Toy .....

Animal .....

Place .....

Food .....

Book .....

Song .....

TV programme

.....

When I grow up...



When I grow up I want to be a firefighter. **Tell me about you!**

I want to be...

My house will look like this...

3 things I would like to do...

1 .....

2 .....

3 .....

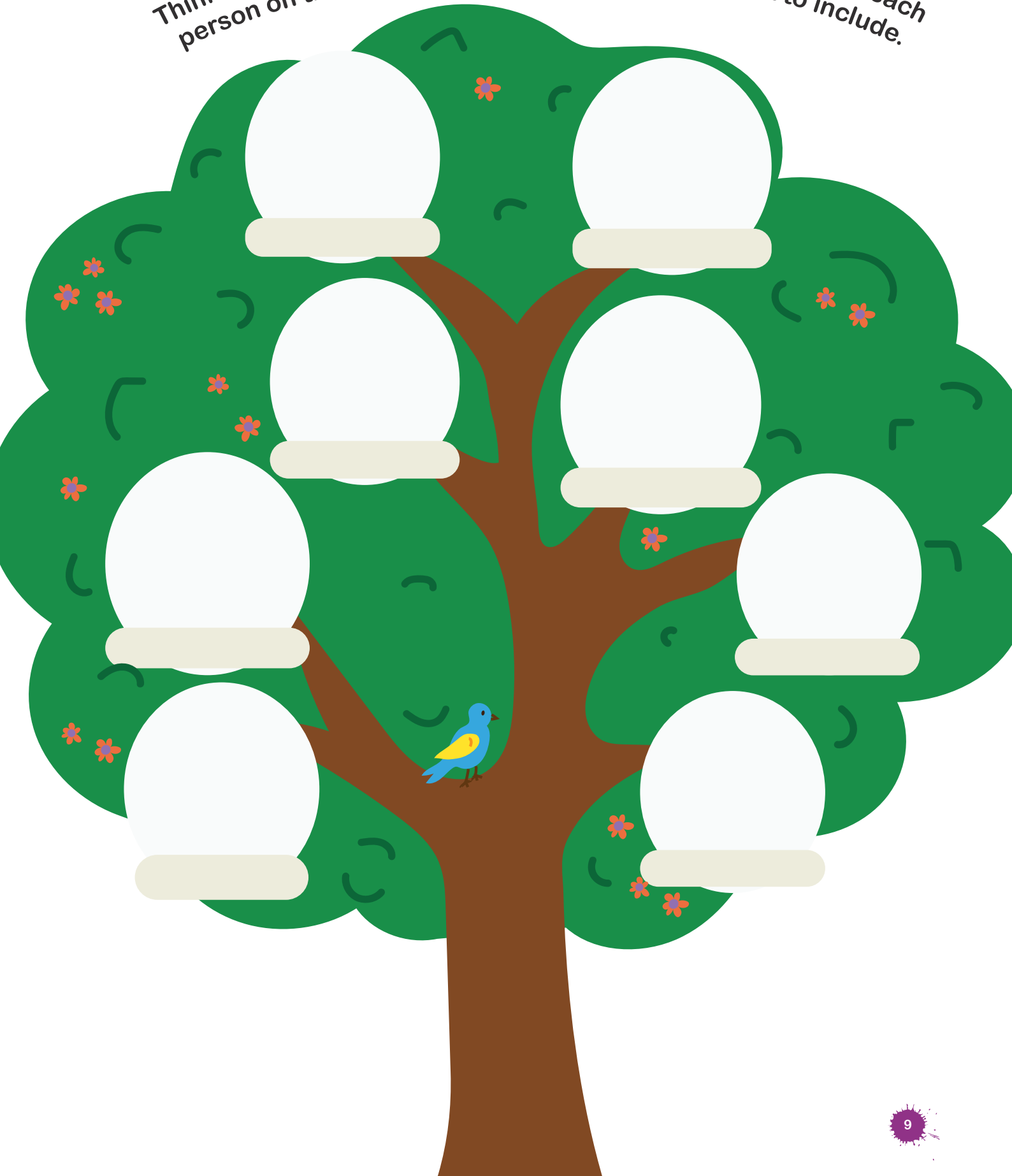
**This is fun!**  
I want to be an astronaut...  
or a gymnast!



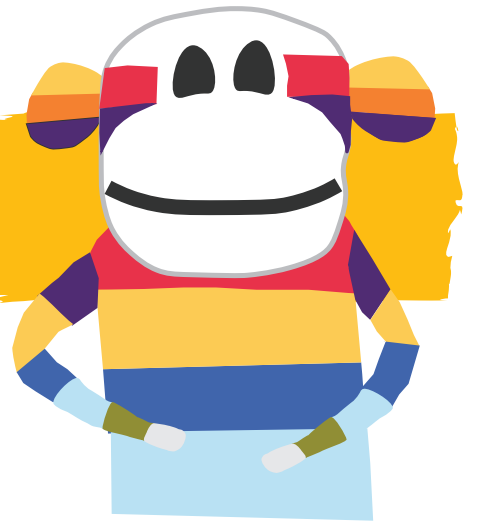


# My family

Think about the people in your family and draw a picture of each person on the tree. You can choose who you want to include.



# The Story Of My Life



Use these boxes to draw or write important memories from your life...

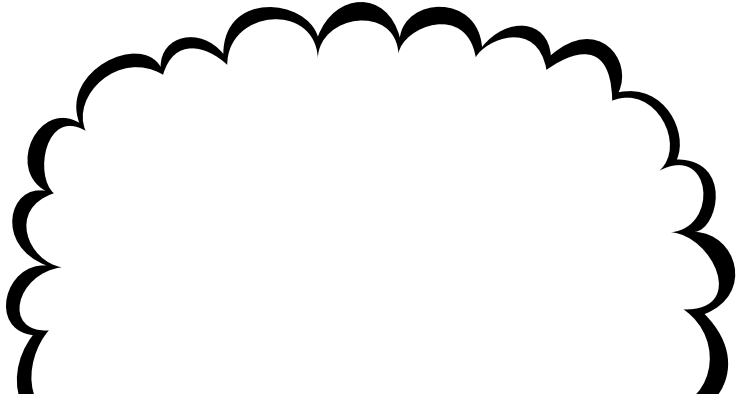
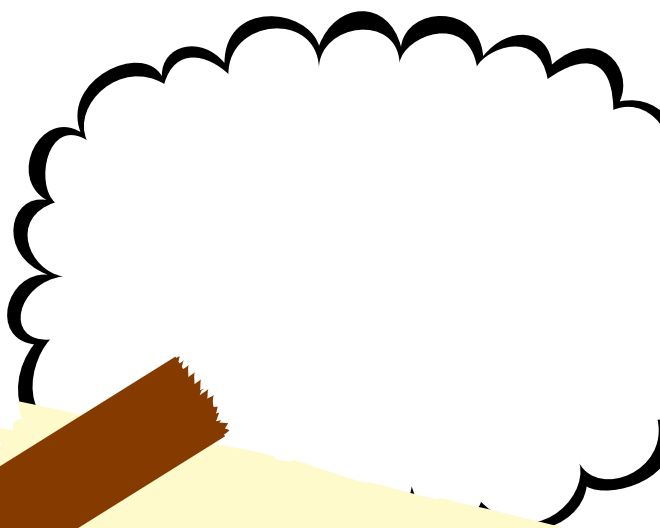
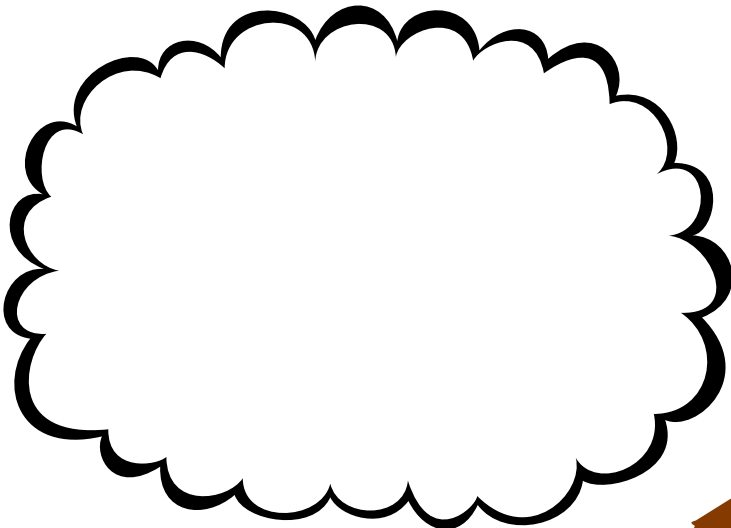
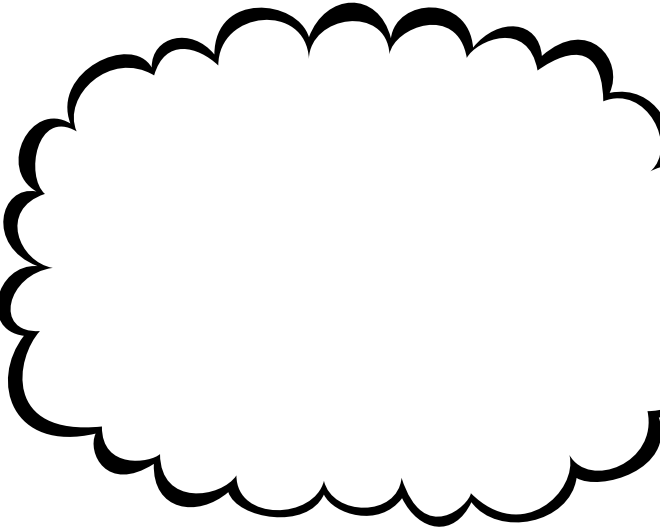

# Activity: make a My Mega Moments scrapbook

Making a scrapbook is a great way to remember all the things that make you wonderful! If you have an empty notebook, you can turn this into a scrapbook by sticking important things in it, or drawing pictures of things you want to remember

You could include swimming certificates, your favourite drawings or a photo from the first day of school as a reminder that sometimes things can make you nervous, but you can still do them.

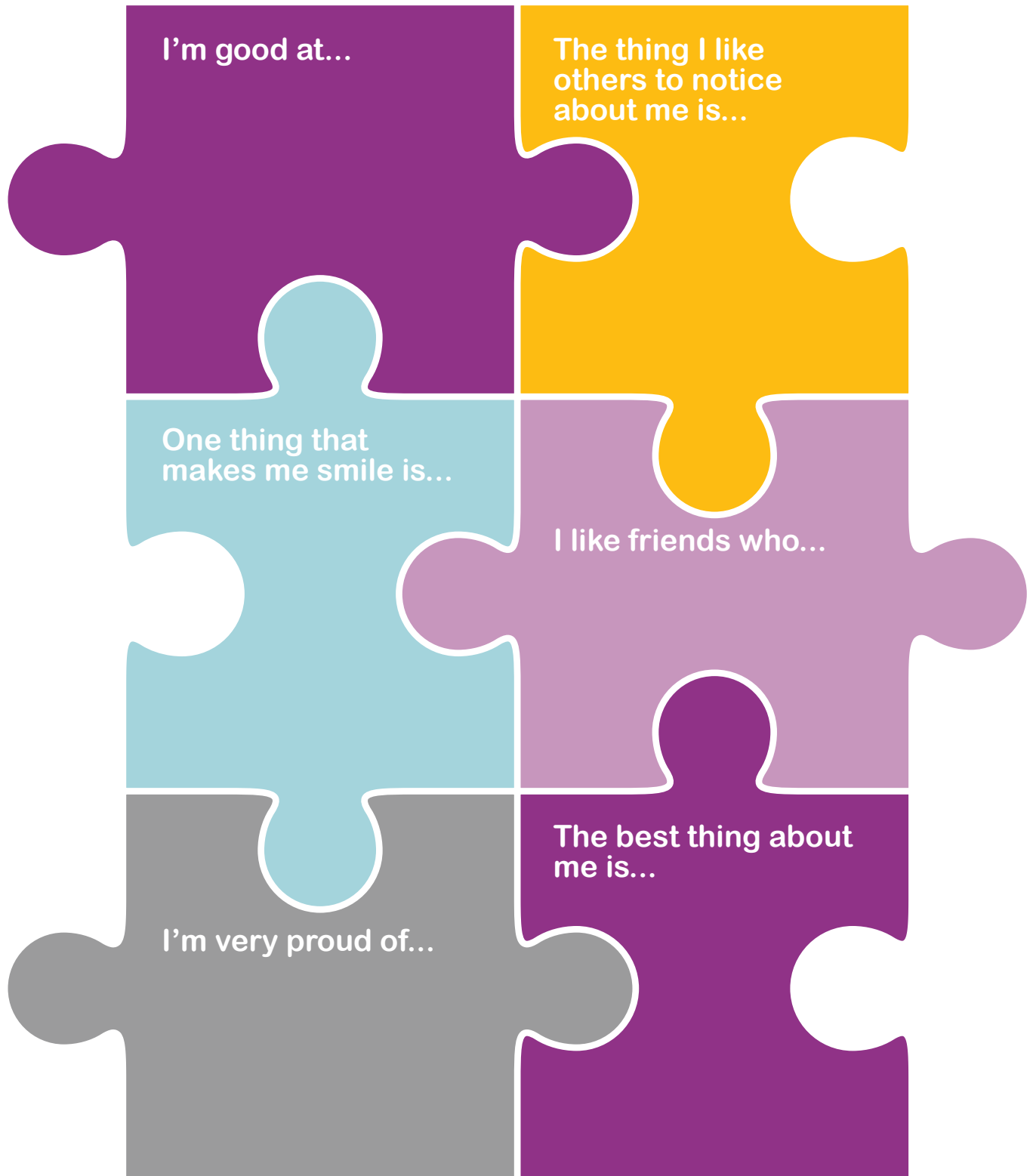
When you've added a new page to your scrapbook, you could make a note of what you've added in the bubbles below. We've written an example in the first one.

I stuck a friendship bracelet into my scrapbook to remember the time I was kind to my best friend.

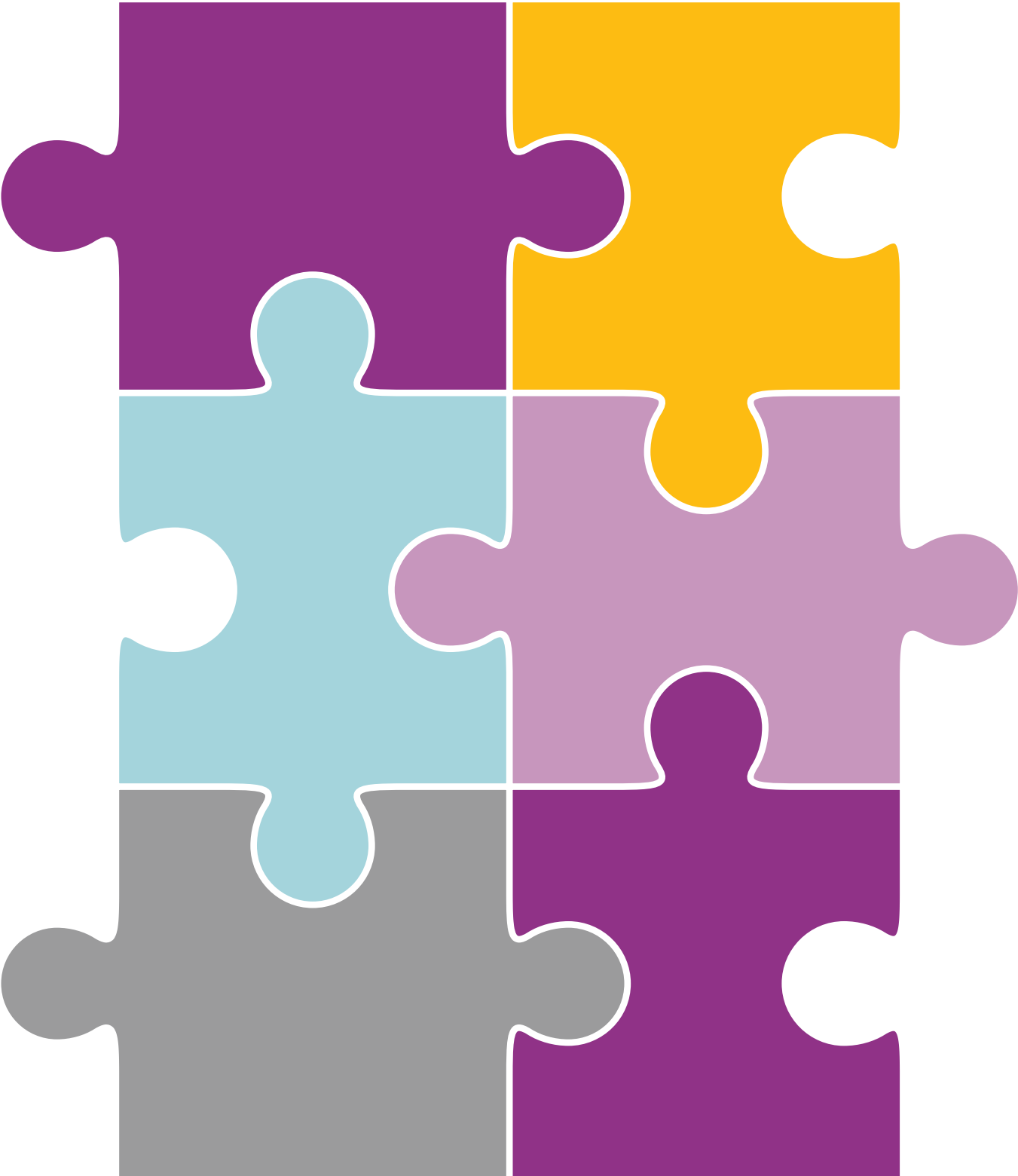


# Activity: make your own jigsaw...

Complete the jigsaw by filling in each piece. If you want to turn this into a real jigsaw, find a grown up to help you trace the pieces onto a sheet of paper, then cut them out and have fun putting them back together.



# Make your own jigsaw



# Activity: Best of me cards

Best of me cards are something we can use to help us remember the great things about who we are. They are especially helpful when we're feeling down because they help us to focus on the things we're good at.

It's not always easy to think and say good things about ourselves, but practising saying good things about ourselves can help us to...

- Get better at solving problems
- Feel better about ourselves
- Remember our strengths (the things we're good at)
- Be kinder to ourselves and look after ourselves better

If you'd like to practise saying good things about yourself, pick one of the best of me cards below and find a grown up to help you cut it out. Then choose a time of day to say it (like when you first get out of bed in the morning).

Practise saying the words on this card to yourself every day for a week, and then choose another card for the next week. If you think up more great things to say, you could even create your own.

I believe in me

I am kind

I am proud

I am creative

I am brave

I am strong

I am smart

I am calm

I am happy

I matter

I am loved

I am a good  
friend

I am enough

I am  
amazing

I am liked

I am confident

Scribble your happy



Copy thoughts here



# My emotions

Emotions are also called feelings  
- things like being happy, sad or scared.

You feel them because of what you see, hear, remember and do.

On this page, you'll see faces that show different emotions. Find a grown up and talk about each face. See if you can decide together which emotion it shows. Then have a think about how that emotions feels.

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# My emotions

Emotions are also called feelings  
- things like being happy, sad or scared.

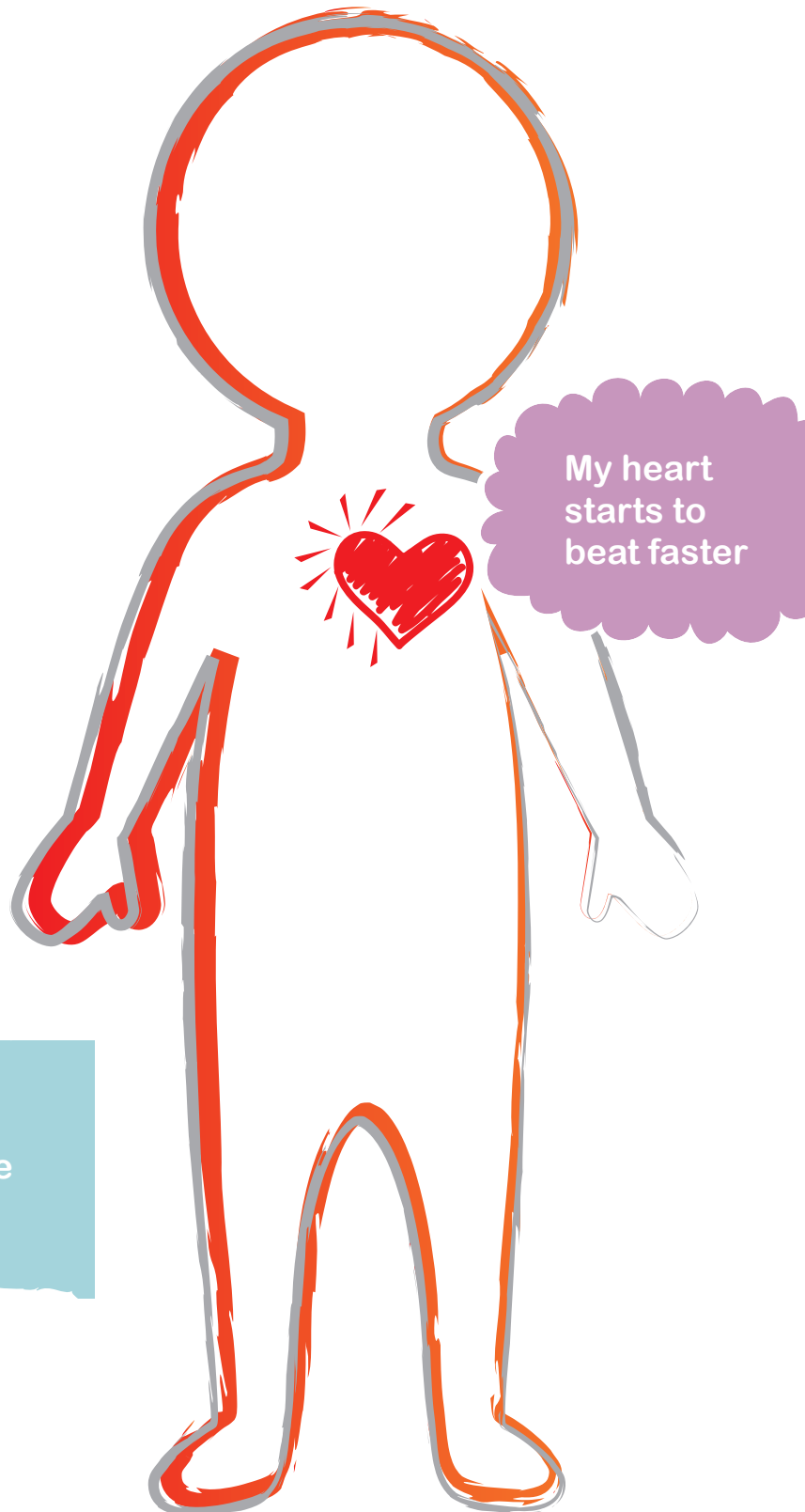
Whether you're sad and upset, or happy and excited, you can share your feelings with other people by talking about them

The first thing we need to do is name the emotion. Then we can work out how it feels and what we're going to do with it.

Sometimes we don't know how we feel or what to do.

When this happens, our emotions can get too **BIG** for us to handle alone, so we need to ask others for help.

You can draw or write this on the body of each emotion. We've made a start to give you some ideas.

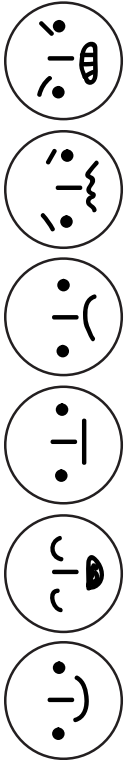
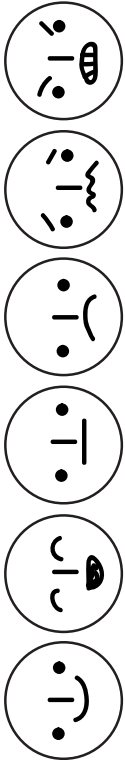
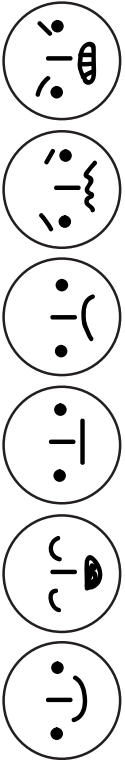
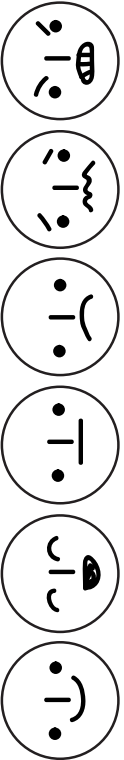
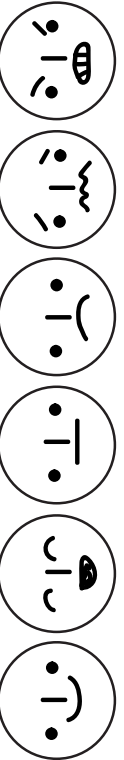
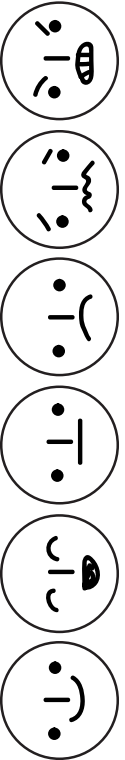
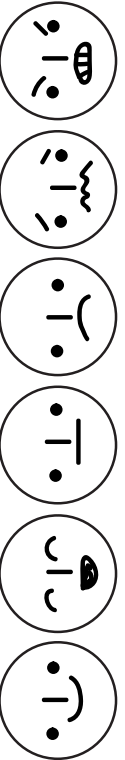


Scribble your happy thoughts here



# Activity: feelings faces...

Feelings faces can help us keep track of how we're feeling and work out if we need to talk to anyone about our emotions. Use this feelings faces chart to keep a record of how you're feeling this week.

Day	Feelings
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# Looking back on our feeling chart

Think back to how you were feeling in the feeling chart on a particular day. Think about what happened. It is useful to think about why you felt a certain way. Start by asking yourself these questions - What were you doing? What were you thinking? What were you feeling? What were others doing, thinking and feeling?

In the first two boxes, draw what you were doing before the feeling

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In the middle two boxes, draw what happened to make you feel that way.

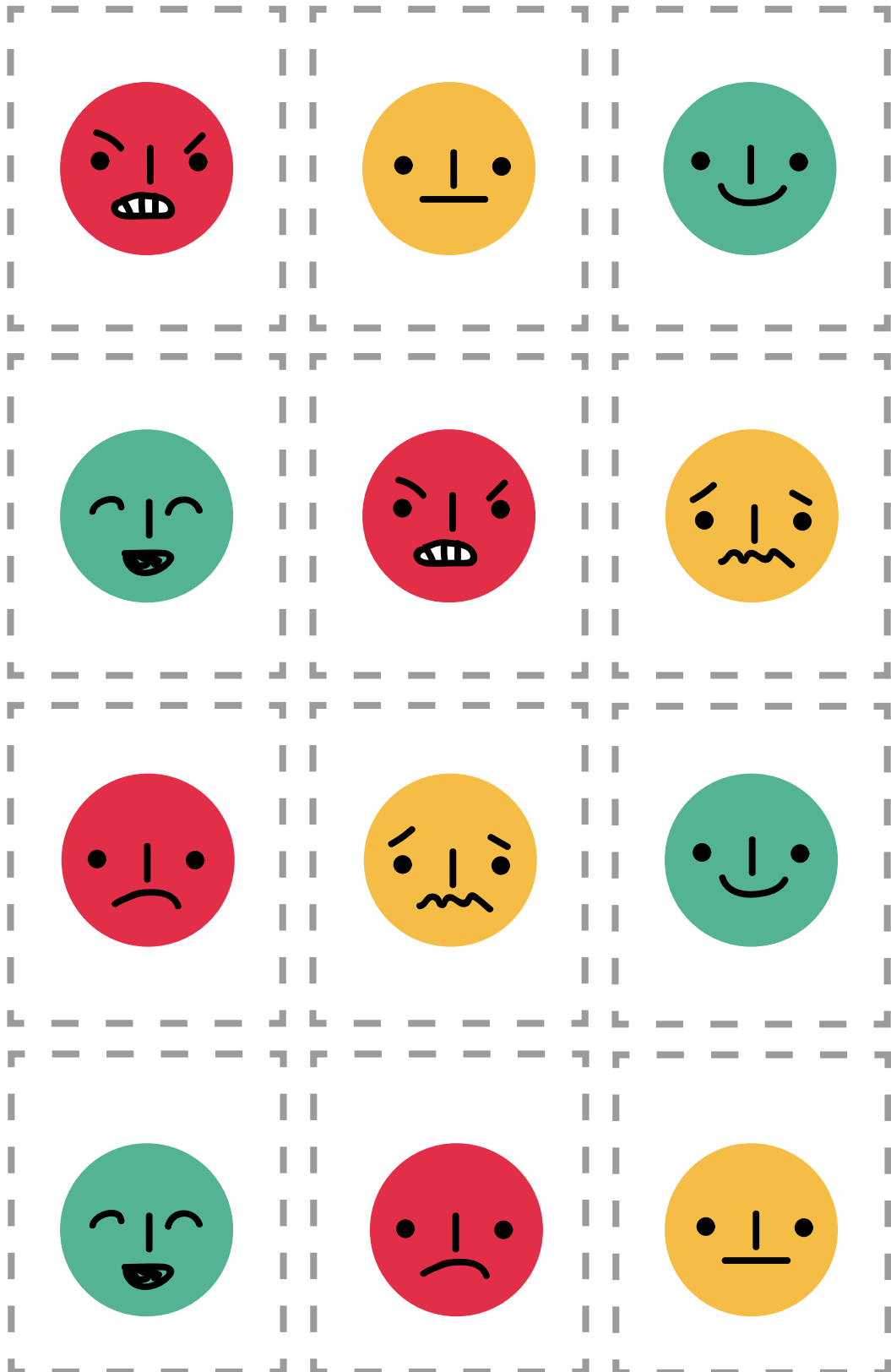
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In the final two boxes draw what happened afterwards.

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# Activity: emotion snap

This game is called **emotion snap**. Ask a grown up to help you cut out (page 25) and match the faces to the ones below or you can tear out the page. **How do they make you feel? Why?**

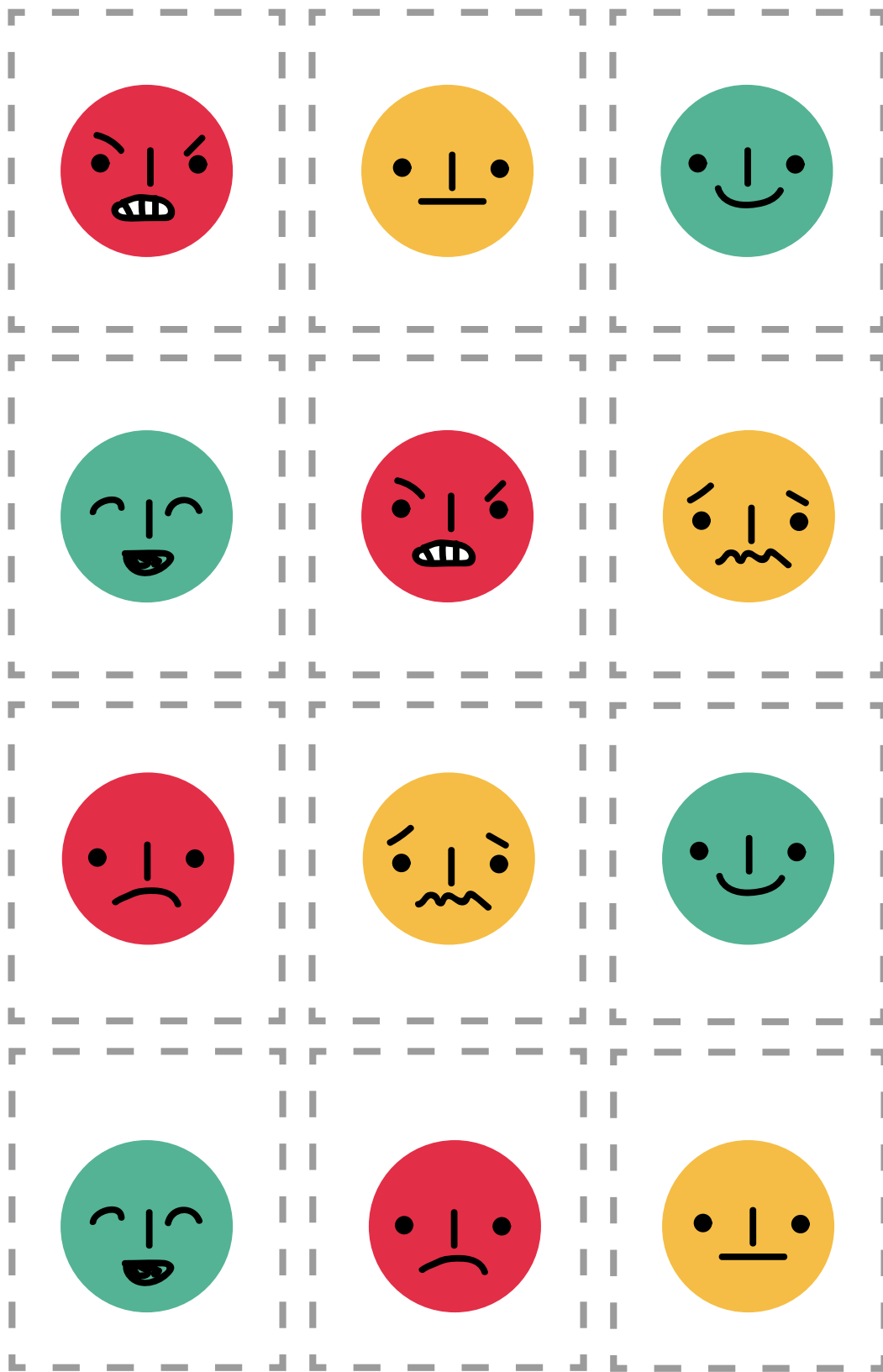


Scribble your happy thoughts here





# Activity: emotion snap



# My emotional toolkit

All emotions are important, but some emotions are difficult to feel. Sometimes, as well as talking to someone, we might need to do something to help us when our emotions become too BIG.

Over the next few pages, you'll find some different tools to help you when you're feeling emotions that are BIG and difficult.



You'll need a grown up to help you learn how to use these tools.

# Make your own toolkit



# Time out

## Step 1 : Recognise you are angry

- Determine what your own personal warning signs are that you are starting to lose control. These might be how you are feeling (shaky, breathless, upset look at your body map on page 16) or how you are behaving (shouting, swearing, glaring).

## Step 2: Referee

- Declare a **TIME OUT**. Practice how you will actually say- 'I need a **TIME OUT**'- being able to say 'I have to go calm down - I can't keep talking about this right now, I need a **TIME OUT**'. Try to ask for a **TIME OUT** before you reach a point of anger where you don't feel in control.

## Step 3: Remove yourself from the situation

- Agree a place with your family or teacher that you can go that will help you calm down.

## Step 4: Relax

If you go and punch something or swear or shout- you will continue to feel wound up.

- You could try push-ups/ press-ups/ go for a run
- You may want a special object to 'soothe' away the anger some ideas are a stress ball or doodle pad/scrap book.
- Use cushion to use up the energy from the anger (throw this, twist it, kick it).

## STEP 5 Relax and Distract

- Do something that chills you out and calms you down
- Try to take your mind off whatever made you angry (music, reading, TV)
- If you start thinking about what made you angry to much, try and distract your brain from it again.

## STEP 6: Revisit - Resolve or Release

- After you are completely calmed down, think about whatever it was that made you angry in the first place.
- Are you still angry? (remember, ANGER is fine- it is VIOLENCE that is not OK)
- Can you do anything to resolve the problem? (e.g. apologise, explain your feelings, ask for help, etc.)
- If you can't resolve it, can you let it go? Can you move on without hanging on to it?

Scribble your happy thoughts here



# Calm Breathing

When we feel really worried, sometimes our breathing changes and gets faster. When this happens, it can make us feel even more worried and like we can't calm down even if we try.

## What is calm breathing?

There's something that might help you when you're feeling worried and it's called calm breathing. You can use calm breathing no matter where you are to slow your breathing down, which will help you feel less worried and more relaxed.

## Calm breathing is important

When you feel anxious, your breathing will change. You might take short, quick, shallow breaths – or even hyperventilate.

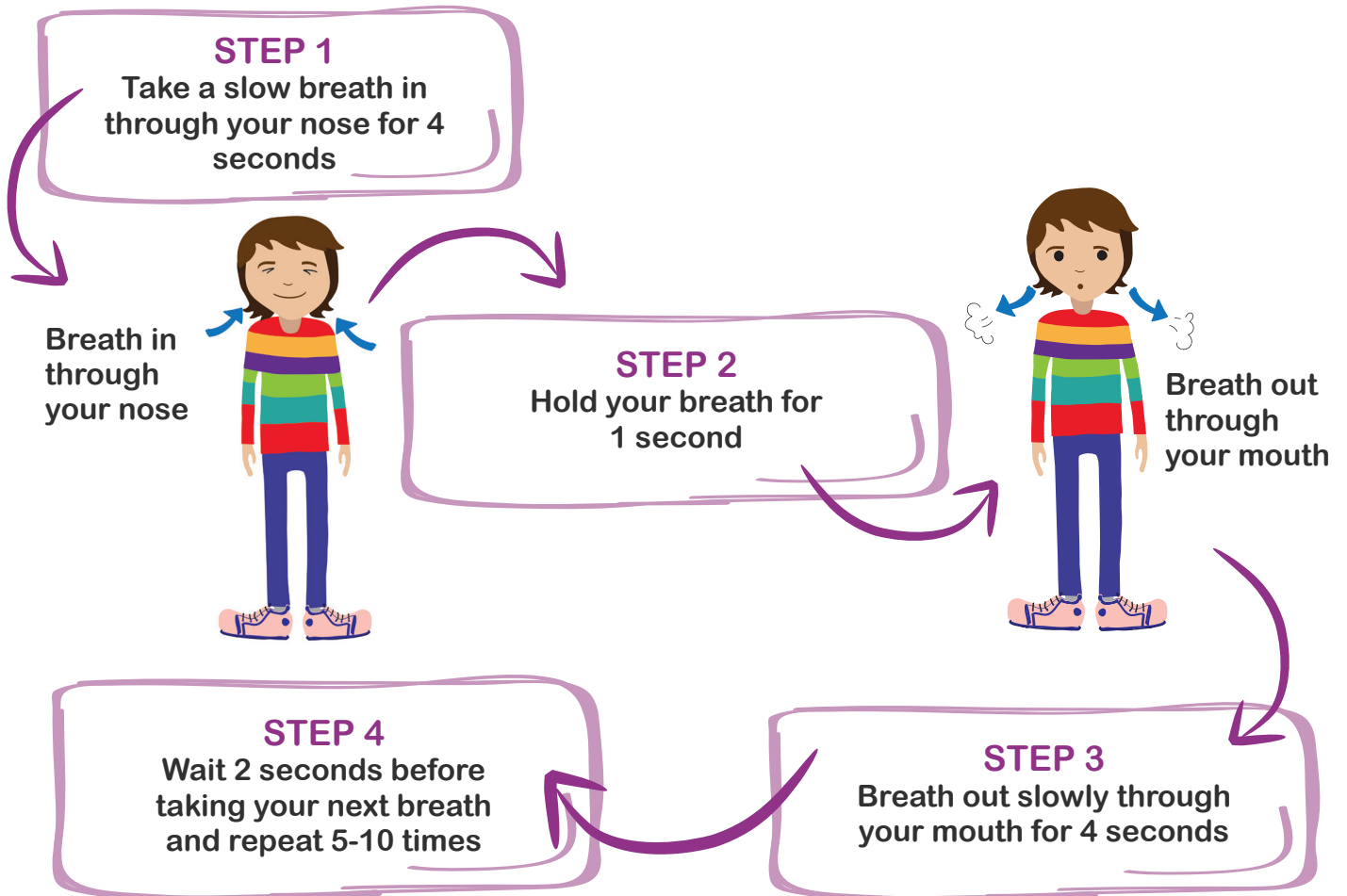
- This type of anxious breathing tends to make feelings of anxiety worse
- Calm breathing can help lower your anxiety and get you back in control
- Calm breathing is a great portable tool that you can use when you're feeling anxious

## How to do it

### STEP 1:

- Take a slow breath in through the nose (for about 4 seconds)
- Hold your breath for 1–2 seconds
- Breathe out slowly through the mouth (over about 4 seconds)
- Wait 2–3 seconds before taking another breath (5–7 seconds for teenagers)
- Repeat for around 5–10 breaths

# Calm Breathing



## STEP 2: Practice, practice, practice

To use this tool really well, you need to become an expert at calm breathing.


The only way to become an expert is to practice every day.

### Rules of practice:

- Practice twice a day, doing 10 calm breaths in a row
- With plenty of practice, you'll start to notice that calm breathing helps you feel better when you're feeling anxious

# The Gratitude Jar

Gratitude means being grateful or thankful for something. Practising gratitude can help us to:



To practise gratitude, pick a time each day to write down something you're thankful for. This might be people you love, your favourite toy or game, having some time with your family - anything that you are glad about.



When you've written something down, put this in a box or jar.  
**This can be your gratitude jar.**

When you're feeling sad, take one of the pieces of paper out of your gratitude jar and read it - or ask a grown up to help you to read it. Reminding ourselves of the things we're thankful for and focus on the good things in our life - can help us to feel less sad.

Remember that being sad isn't wrong. Sadness can teach us lots of beautiful things, and the best thing you can do when you're sad is talk to someone about it. You might need a hug, to cry, or a reminder from your gratitude jar that there are reasons to be happy too.



# Meditation

Meditation is when we spend some time focusing our minds to help us think and feel clearly. Practising meditation can help us to:

Think clearly

Boost our brain power

Control our emotions

Feel happier

Understand how others feel

## SOME IDEAS FOR MEDITATION

Go outside or look out of the window and watch the clouds go by. See how long you can focus on the same cloud for.

Collect things around the garden or your house and make a circular pattern. This is called a mandala.

Close your eyes and picture where your heart is. Think about someone you love and notice how it feels.

Colour in a picture and focus on one colour at a time.

Calm breathing is a type of meditation you can do no matter where you are.

REMEMBER,

Stay  
Safe

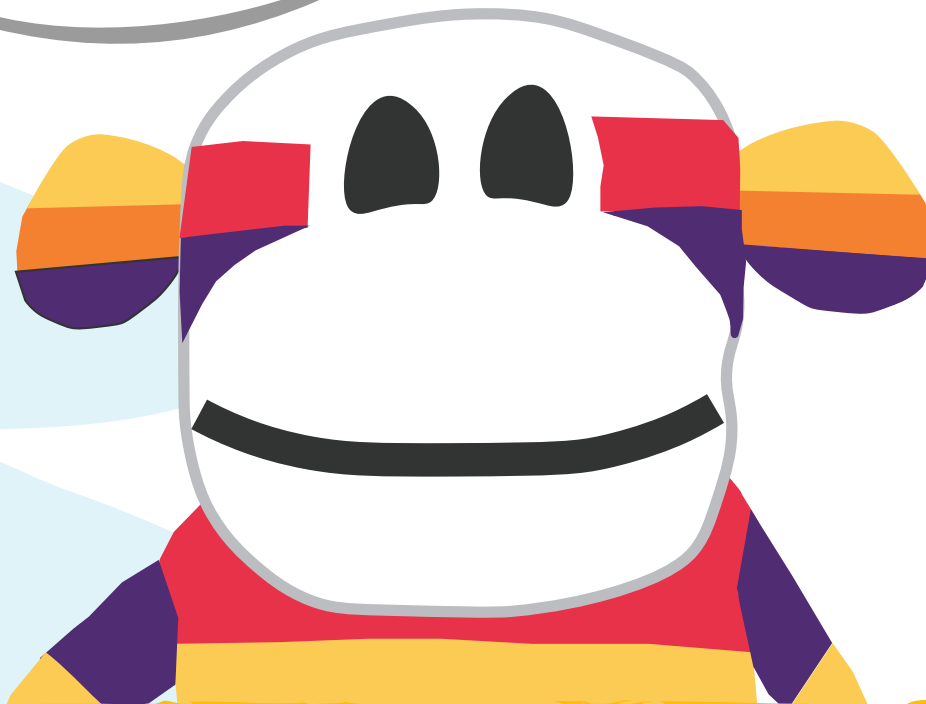


# Monkey Bob's important messages

It is **NOT** ok for anyone to hurt or frighten you or anyone in your family

It is **ALWAYS** ok to tell someone you trust if you are feeling worried or frightened

It is **ALWAYS** ok to keep yourself safe if you are afraid.



## Think about...

Who is the important adult you can go to if you feel like you need help?

# Helping hands

It's really important that you know who your trusted adults are so you can tell them if you feel frightened, worried or unsafe.

Monkey Bob has used his safe hand to help him remember the people he can trust. He's written their names on each finger.

## Can you do the same?

Write the names of the grown ups you can trust on each finger of your safe hand.



# More about getting help

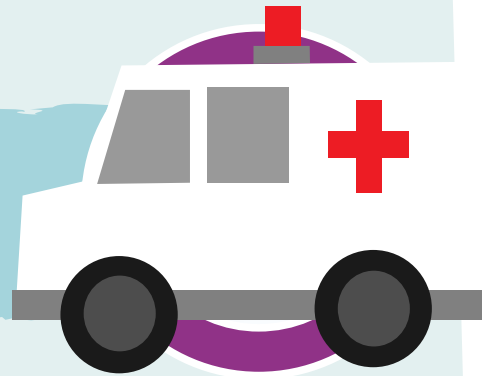


It's always okay to get help if something is making you feel scared and unsafe.

If there is a phone away from what is happening and it is safe to I can ring the police:

- Dial 999
- The operator will ask which service
- I will say 'police'

If I am hurt or anyone else is hurt I can ask for an ambulance:



When a person speaks to me I will say:

- My name:
- Where I am:
- What has happened:

I WILL NOT  
HANG UP THE  
TELEPHONE.

If I have gone somewhere else, I can ask that person to ring 999 for me

# Healthy house

When we talk about healthy foods, we mean foods that are good for us and don't cause harm to our bodies or minds.

When we talk about having a healthy house, what we mean is a house where people are good to each other and don't do things that cause each other harm.

**REMEMBER,**

Things that go in the healthy house are good and keep people safe.

Things that go in the unhealthy house are bad and might cause harm.



Find a grown up and decide together with of these things you think belong in a healthy house and which you think belong in an unhealthy house.

(Draw a line to match the words to the right house)

Listening

Saying sorry

Sharing

Having fun

Hitting

Being scared

Shouting

Being safe

Swearing

Smashing/breaking things

Pushing

Being kind

Healthy house

Unhealthy house

## Activity: our house rules

If I swear at someone, I will apologise

If I shout at someone, I will apologise.

If I get in somebody's personal space, I will apologise.

If I say something, I know I shouldn't have, I will apologise

I will let the other person have a break to calm down if they ask for it.

I will ask for a break to calm down if I need it.

I will never try to frighten somebody to win an argument.

I will vent my anger in a way that doesn't hurt anybody (including me) or smash anything, or ruin anything in our house.

I will NEVER, EVER hit another person in this house - this is my home, this is my family - I will RESPECT AND LOVE them.

### YOU MIGHT WANT TO...

ask a grown up to copy these rules. Or you could create a poster with them on and put it up in your house.



# Time-out log

If you're struggling to stick to the house rules because you're getting angry, remember to use the time out tool from your emotional toolkit. Ask a grown up to help you fill in this time out log every time you try to use time out.

**Time-out doesn't work for everything. Do not use time-out...**

To avoid discussing problems

Every time anyone tries to discuss something with you

If you don't feel any calmer when you use it

If you force the other person to leave the situation instead of you

If you try to use it in inappropriate situations. For example, to try and avoid discipline at home, school or by the police.

**I used time-out when...**

What happened?			
My place to calm down / relax was...			
What worked well?			
What didn't work well?			

# REMEMBERING



# Memory Lane

We might miss lots of things we had to leave behind. Is there anything you miss?

Draw a picture here...



# Remembering

Sometimes we lose people from our life. It could be because they've died or moved away. Or we might not know the reason why we don't see them anymore.

It can be difficult to remember people we've lost, but it's okay to talk about them with your trusted adults.

YOU MIGHT...  
cry

YOU MIGHT...  
feel sad

AND THAT'S OK

Sometimes we cry because we miss the person. Sometimes we don't even know why we cry. It's healthy to let the tears out.

If you find yourself worrying a lot, talk to one of your trusted adults and practise calm breathing.

**REMEMBER,**  
it's ok to keep laughing and having fun. Even when we lose people it's important to keep going and enjoy life.



If there's a person you miss, it might help to write down your feelings. Use this page to write a letter

(you can keep the letter or send it – it's your choice.)

Dear .....

I am writing to you because .....

Writing this letter makes me feel .....

My favourite memory of us is .....

Something I want to tell you is .....

I regret / feel guilty about .....

My favourite thing about you is .....

If you were here now, I would .....

You taught me .....

In future, I hope that .....

Thank you for .....

With love from .....

Scribble your happy

Copy thoughts here



# A massive **WELL DONE** from **Monkey Bob!**

Thank you so much for completing this journey with me. **Have you had fun getting creative and learning together?**

**Always remember**

you're amazing and there's nobody quite like you!

**You're Amazing**

From your stripy friend,  
**Monkey Bob**





What's next??....

Visit our website  
[www.mycwa.org.uk](http://www.mycwa.org.uk)

Act On It **NOW**  
[actonitnow.org.uk](http://actonitnow.org.uk)

Monkey Bob  
[www.monkeybob.org.uk](http://www.monkeybob.org.uk)



On this page you can add important telephone numbers or people who can help you



# Links for extra help and support

**MyCWA** ✉ [info@mycwa.org.uk](mailto:info@mycwa.org.uk) ☎ 01270 250390

🌐 [www.mycwa.org.uk](http://www.mycwa.org.uk)

**Healthy Teen Relationships** 🌐 [www.actonitnow.org.uk](http://www.actonitnow.org.uk)

**Monkey Bob** 🌐 [www.monkeybob.org.uk](http://www.monkeybob.org.uk)

**Live Well Cheshire East** 🌐 [www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

**Starting Well Cheshire East and Chester**

🌐 [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk)

**Safety Guide and visual guide Bullying** 🌐 [www.safetyguide.co.uk](http://www.safetyguide.co.uk)

**Kooth Free safe advice for children and young people**

🌐 [www.kooth.com](http://www.kooth.com)

**Childline** ☎ 0800 1111 🌐 [www.childline.org.uk](http://www.childline.org.uk)

**Anti Bullying, includes cyber bullying information**

🌐 [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)



# MONKEY BOB AND ME

## OUR JOURNEY BEGINS

24 hour helpline 0300 123 5101

[www.mycwa.org.uk](http://www.mycwa.org.uk)

[www.monkeybob.org.uk](http://www.monkeybob.org.uk)

#myCWAlivefree



Charity Number 1153273

Company Limited By Guarantee 8508288