

A decorative border of stylized hands in white and yellow, each with a pink heart on the palm, arranged in a circular pattern around the central text.

# LITTLE BOOK OF TEEN KINDNESS

A guide to fostering kindness for  
ourselves & others



CLUED UP COACHING

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# Kindness starts with yourself...



By looking after yourself, valuing yourself and trusting your intuition, you are more likely to feel warmth and understanding towards other people, be more confident in your own decisions and feel more positive about your relationships with others.

**So let's start your kindness journey by focusing on some self-care..**

## SENSORY SELF-CARE

...is being "mindful".

Be present in the moment: simply pay attention to what is happening to you now, inside and outside your body. Just take notice of what you see, hear, smell, taste and touch.

Paying attention to your senses means your mind is focused, calm and you aren't thinking about your worries.

## EMOTIONAL SELF-CARE

...means tuning into your own emotions.

Many people worry that feeling their emotions will intensify them. So they avoid them, in hopes that they'll just go away. But the opposite is true: avoidance only fuels your emotions.

Remind yourself that it's OK to feel your feelings.  
Say to yourself "it's OK to feel \_\_\_\_\_."

## PHYSICAL SELF-CARE

Eating healthily  
Doing some exercise  
Keeping well hydrated  
Getting enough rest  
Taking some time out

...is connecting with people who make you feel good about yourself, your friends, family and other social networks.

You may have lots of friends, or just a handful - either way, it is important to surround yourself with people who support and accept you as you are!

Do they make you feel good about yourself (flourishing) or do they make you feel rubbish (toxic)?

## SOCIAL SELF-CARE

...is getting in touch with your inner self and reflecting on the things in life that really matter to you.

Some may go to church, others may just practice gratitude.

You could meditate, be creative, write in a journal or just breathe deeply to feel more grounded.

## SPIRITUAL SELF-CARE

# SO WHAT IS SELF-CARE?

# Self-Care Check-In

WHERE DO I NEED TO TAKE CARE OF MYSELF MORE?

*Check-in and connect with yourself to find out what you may be needing.*

Look at the list below and FIRST score each item out of 10. Then answer "what do I need?"

Finally answer the questions underneath, and include ONE action for yourself.

*It's important that the score is your FIRST answer of how you are actually feeling, so your initial or gut reaction and NOT how you SHOULD feel.*

## WHERE DO I NEED TO TAKE CARE OF MYSELF MORE?

## HOW SATISFIED ARE YOU IN THIS AREA?

10 - High, 1 - low

## WHAT DO I NEED? WHAT WOULD RAISE MY SCORE?

My Energy Levels	___/10	_____
My Physical Health	___/10	_____
My Feelings & Emotions	___/10	_____
My Environment e.g. home, school	___/10	_____
My Friendships	___/10	_____
My Physical Appearance	___/10	_____
My Learning & Personal Growth	___/10	_____
My Diet - am I eating well?	___/10	_____
Playing & Having Fun	___/10	_____
Time to myself	___/10	_____
Relaxation and chilling out	___/10	_____
Feeling seen & heard	___/10	_____
Feeling accepted & understood	___/10	_____
Feeling loved & appreciated	___/10	_____
Being challenged and stretched	___/10	_____
Feeling organised & on top of things	___/10	_____
Feeling inspired or creative	___/10	_____
Something else: _____	___/10	_____

What surprised you the most about your responses?

\_\_\_\_\_

What patterns or themes do you notice? \_\_\_\_\_

What else do you notice about your responses, that you perhaps haven't mentioned yet? \_\_\_\_\_

\_\_\_\_\_

Finally, write ONE action you will take THIS week to take care of yourself: \_\_\_\_\_

\_\_\_\_\_



# Self-care Bingo!



*Cross off what you have done!*

TOOK A HOT BATH OR SHOWER	DID SOME DEEP BREATHING EXERCISES	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	GAVE MYSELF A COMPLIMENT
PRACTISED SOME MINDFULNESS	ATE MY FAVOURITE FOOD	LISTENED TO MY BODY & HAD A REST	HAD SOME FUN	ASKED FOR HELP
TOOK A MUCH - NEEDED BREAK	WROTE IN MY JOURNAL	<b>Free</b>	DID SOME EXERCISE / PLAYED SOME SPORT	TREATED MYSELF
GAVE SOMEONE A COMPLIMENT	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME MY INNER CRITIC	HUGGED SOMEONE I CARE ABOUT	
TOOK A BREAK FROM SOCIAL MEDIA	WENT FOR A WALK IN NATURE	LISTENED TO SOME OF MY FAVOURITE MUSIC		

*Space for you to fill in your own ideas!*





# HOW ARE YOU FEELING?



As a teenager your brain will go through a lot of changes and so you may find you react differently to your family members and even friends. That's completely normal.



As your teenage brain grows and changes, you may feel all kinds of unusual or weird feelings and emotions that you may not be used to.. or you may be coping really well with being a teen.



However you are feeling, **REMEMBER**, it is OK to feel those emotions!



You may find it helpful to keep a log of any feelings that you may be having on a day to day basis, so that you can ask for help or find something to help you if you are struggling.

*You can "check in" on your mood using emoji faces, jotting down "feeling" words or simply scoring your mood from 1 (bad) to 10 (good) - whatever works best for you!*

And if you are feeling strong emotions, just know that it is OK to feel them! And remember to ask for help from friends and loved ones if you need to.

# TUNE INTO YOUR EMOTIONS

## Why do I have all these emotions?

Our emotions or feelings are a normal part of our body. Positive emotions like happiness and confidence, or negative ones like anger or worry, work to keep our bodies safe and are totally normal.

Sometimes when we feel strong and powerful emotions like fear or anger, it can trigger a warning system in our bodies. Our brain thinks we are in danger, and causes our bodies to react by pumping adrenaline round our bodies so we feel ready to attack or run away - known as the "fight or flight" response. You may get a faster heart beat, quicker breathing, your body may shake, you may get a red face or headache.



## What can I do to cope with my emotions?

### Remember all emotions are OK so allow yourself to feel them!

- *When you start to feel a strong emotion, simply take a deep breath and observe what you are feeling. Give it a name..*

What are you feeling? Is it fear? Or are you excited? Worried or frustrated? Do you feel anxious? Or embarrassed? Maybe it's joy?

- *Accept what you are feeling.*

Many people worry that feeling their emotions will intensify them. So they avoid them, in hopes that they'll just go away. But the opposite is true: *avoidance only fuels your emotions.*

- *Express your feelings.*

Expressing a feeling is the only way to release it. You can express your feelings by writing about them, talking to someone you trust, crying, relaxing or exercising. Just be sure that whatever activity you choose, it doesn't hurt you or anyone else.

- *Find a healthy way to take care of yourself.*

Ask yourself "What do I need right now to take care of myself?" For instance, you might need a hug, a nap, a walk, a shower or support from a loved one.

### Remember the "90 second rule":

When we resist a feeling, we unintentionally remain stuck in the same feeling.

When we accept the feeling, it's usually gone in under 2 minutes!

# RE-FRAME YOUR SELF TALK

Every once in a while, do you hear a little (sometimes big!) voice in your mind that pipes up every-so-often and reminds you of your faults and flaws, putting you under pressure to be perfect?

Say hello to your **inner critic** - the voice that can often make you feel frightened, guilty or shameful and down right rubbish about yourself.

**But did You know.....**

**Most of what your inner critic says to you is NOT TRUE!**

They are just words that someone else has once said to you or about you. These thoughts have ended up being repeated and implanted in your brain and your mind doesn't even question them.

**And You CAN take back control!**

Know it's OK to make mistakes and fail - that's how we grow our brain.  
#growthmindset

Share your thoughts with someone you trust and know you are not alone.

Learn to interrupt your inner critic and laugh at it's silly ideas or tell it to be quiet.

Remember, the only person you need to be in competition with is yourself.

Switch your negative self-talk thoughts into positive ones - remember, you are amazing!

Be kind to yourself - your brain is growing and developing. Say "I am enough!"



# ATTITUDE OF GRATITUDE



## DID YOU KNOW...

Taking some time every day to think about things you are grateful for can have a HUGE impact on how you feel?

We all know that every day won't be perfect, but when we focus on what we are grateful for, any negative feelings like anger, frustration or disappointment tend to melt away.

Not only does an attitude of gratitude put you in a better mood, it can also help keep you healthy and reduce any stress!

Just by writing down 3 things you are grateful for every day...

So why not start now...

...write down 3 things you are grateful for here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tip...

Do this every day in a notebook and create your own gratitude journal!



# THINK ABOUT YOUR FRIENDS...

Its so important to have a good network of friends where you support, trust and respect each other, as well as enjoying good times together!



Think about the friendships you have now...

Do you have a solid group of friends that support each other in the good times and the bad?

Do you have 1 or 2 go-to friends that you can trust with your deepest secrets or your sometimes embarrassing past?



When you spend time with your friends, how do they make you feel?

Do they make you feel good about yourself (flourishing friends) or do they make you feel rubbish (toxic friends)?

What kind of a friend are you to others?





# Are you a good friend?

1 Do you know the dates of your friends' birthdays?

2 Can you name your friends' favourite things to do to have fun?

3 When your friends need help, do they come to you for support?

4 Do you turn to your friends when something is troubling you?

5 When your friends are feeling unwell, do you check to see how they are and let them know they are missed?

6 Do you know if your friends like to be on their own or with others when they are upset?



7 When your friends have to make tricky decisions, do they talk about them with you?

8 Are you able to tell your friends that you disagree with them without falling out?

9 Can you usually help your friends see the dangerous or risky aspects to their plans?

10 Do you share your own thoughts, worries and concerns with your friends?

11 When your friends ask for help, do you drop what you are doing to be there for them?

12 Can you keep your friends' secrets?

## How did you score?

### 0-4 "yes" answers

Maybe you need to make some improvements to how you relate to your friends. You only seem to have limited knowledge of their lives and the things they like. To be a good friend, it's good to know what's going on in their lives and what you can bring to it. Make some time to spend with your friends and catch up properly.

### 5-8 "yes" answers

You're likely to be a pretty good friend but know you have your own life. You know it's important to be supportive to your friends to get support back. Spend some time together to remind yourselves of why you are such good friends, and maybe share a few new things with each other that you didn't know!

### More than 9 "yes" answers

You are a very good friend. Be mindful though, that sometimes spending loads of time together can get too much. So check in with your friends and work out the best way you can be there for each other; find a balance that works for you all, then you can concentrate on having fun!

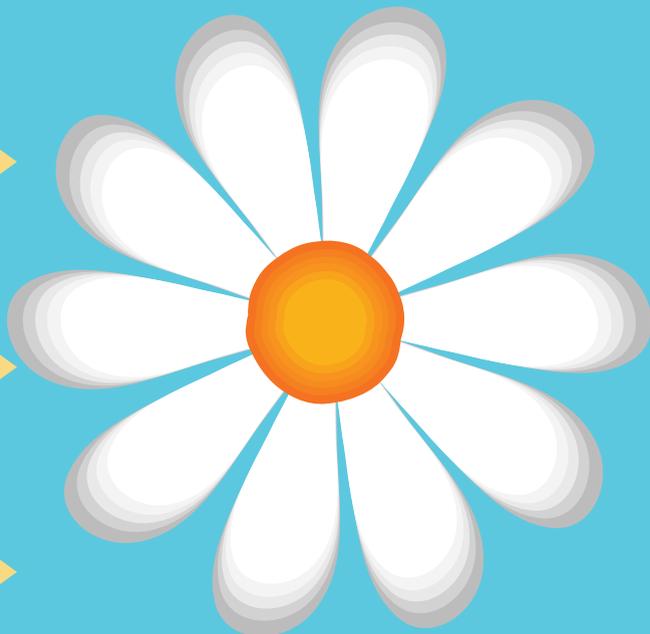
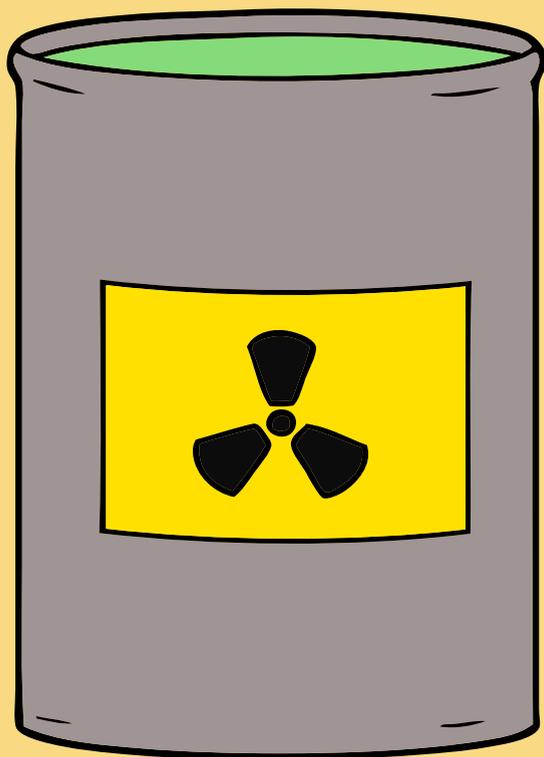
# TOXIC FRIENDS

VS

# Flourishing Friends

*Fill the toxic waste bin with the feelings you have when you're with toxic friends..*

*Fill the petals of the flower with the feelings you have when you're around friends who help you "flourish"...*



**Think about the friends you have in your life, and whether they have toxic or flourishing traits.**

**What might you do differently in those friendships?  
How will you maintain kindness?**

# Walk a mile in their shoes...

We can all be a little bit judgemental of other people, especially when we see their social media posts or observe the things they are doing in their lives from a distance...



But do we really know what is going on in other people's lives?

Are we really in a position to criticise or comment on their picture or story, when we have very little idea of what their personal challenges are, or their thought processes or their experiences?

Walking a mile in their shoes is a way of imagining yourself in their position, and without judgement, thinking about how you would deal with their personal situation, with both kindness and empathy.

How would you like someone to treat you if you were going through the same thing?

So next time you're scrolling through social media or just happen to overhear gossip or hearsay about someone you know, before you comment or judge, maybe have a think about walking a mile in their shoes before you respond....

#BEKIND

#CLUEDUPKINDNESS

Seeing things from someone else's point of view..

# CHANGING PERSPECTIVES..

LIFE CAN BE CHALLENGING AT TIMES, AND THINGS CAN HAPPEN THAT CAN TURN OUR LIVES UPSIDE DOWN. AS A RESULT WE MAY FEEL UPSET OR FRUSTRATED.

Below is a table of four different people.

Think about how their lives might have been affected by their circumstances and how this is making them feel. What could you do or say to be kind to this person in their tricky situation? Jot down your thoughts in the boxes.



A close friend from school is being bullied on social media:



A family member has been diagnosed with a serious medical condition:



Your dad has lost his job:



Your form tutor doesn't seem her normal self, and has been shouting at the class a lot more than usual:

# GET A KINDNESS BOOST

**When life feels hard, be kind to yourself,  
and see how it changes the game!**

## **Be kind to yourself when you "fail".**

Send kind thoughts to yourself when life feels tough, when you feel like you're failing or feeling angry and frustrated.

Using your own inner voice, or in someone else's voice if it feels a bit weird, send kind wishes to yourself..

Notice if it changes how you feel about the situation..

*"May you be happy"*

*"May you be peaceful  
and at ease"*

*"May I be happy"*

*"May I be peaceful and  
at ease"*

## **What about other people?**

When someone does something that you don't like or upsets you, try sending kind wishes to them, instead of getting angry or frustrated.

Say it secretly with your inner voice and just notice how it affects your mood...



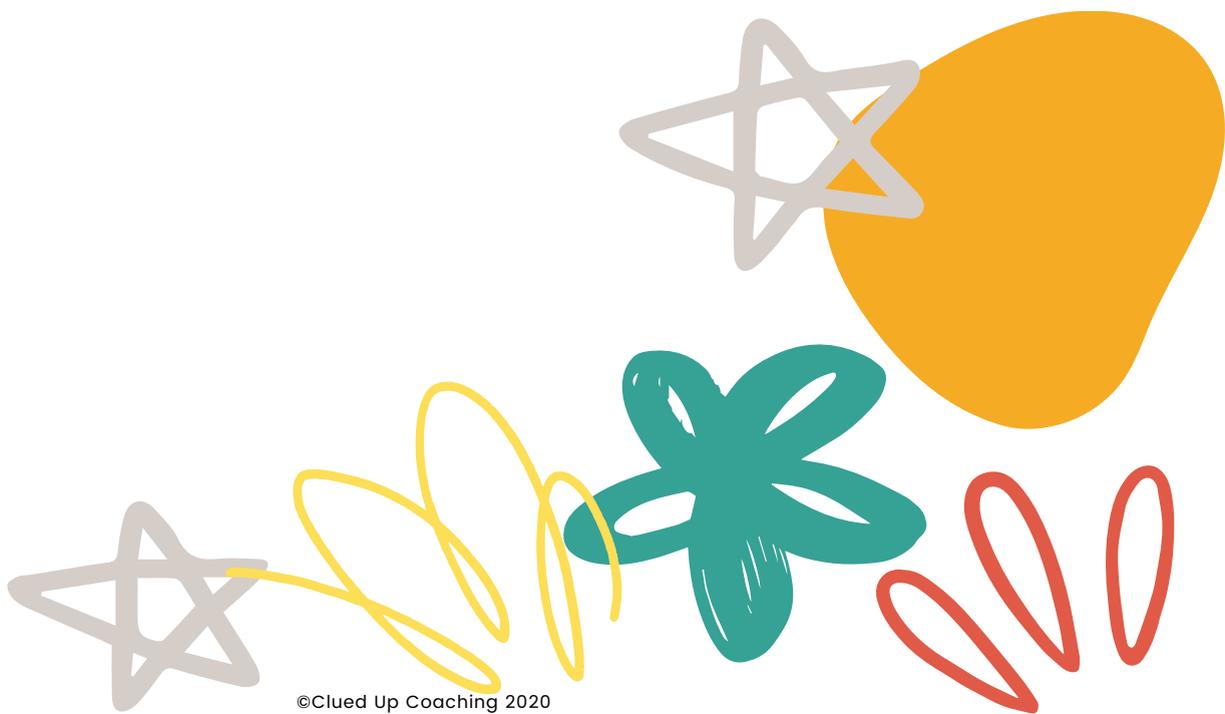
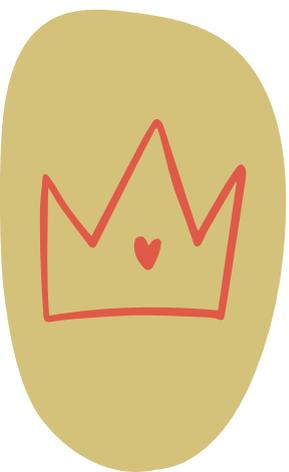
FEEL FREE....



Space for you to jot your thoughts and ideas or just doodle!

.....to scribble away.....

yes!



# ABOUT US

We are Alice, Helena and Jess, three like-minded coaches who share the same passion and values for supporting students with their mental wellbeing through coaching. We enjoy working within the education sector, helping students, staff and parents to manage their mindset and achieve happiness in their lives. We each run our own coaching businesses as self-employed coaches and come together as 'Clued Up Coaching' to deliver our workshops, coaching sessions and talks in schools.

Contact us at [www.cluedupcoaching.com](http://www.cluedupcoaching.com) or [cluedupcoaching@gmail.com](mailto:cluedupcoaching@gmail.com)

Alice is a former secondary school teacher including 11 years as Head of Drama of a vibrant department. She has worked as an associate coach / trainer with 'Performing Perfectly' for the NHS and provided Wellbeing training for large organisations such as Xerox, Adecco and Serco. She also runs workshops and Drama clubs in primary schools. When not working, Alice loves exploring the countryside in her campervan with her husband, 3 daughters and her dog.



Helena was formerly employed as a pharmacist by the Ministry of Defence and now works part time as a clinical pharmacist in the NHS, alongside working as a qualified coach, NLP Master Practitioner and clinical hypnotherapist. Helena has provided workshops for primary schools and acts as a pastoral coach for a children's theatre school. In her spare time, Helena is a busy mum to 2 teenagers and a puppy, and loves to paint!

Jess has run her coaching business since 2015 as a successful one-to-one coach and NLP Master practitioner in her private coaching practice, as well as in schools, prison and the NHS as an associate coach. Jess offers training and workshops alongside her one-to-one coaching sessions and is a qualified Mental Health First Aid trainer offering MHFA training within the private sector. Outside of her coaching work, Jess enjoys walking, travelling and crafting.



Created & Designed by Helena Pickin



**Putting young people at the  
heart of everything we do**

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