



Activity sheet (HA): Managing emotions

Amina's story

Amina is 10 years old. Recently she hasn't been feeling so good – can you help her feel better?

1. Read the timetable of Amina's day and underline all of her unhealthy choices.
2. Next to each activity, write down a healthy change that Amina could make.

To help, why not use some of the ideas that the football players suggested in the video clips?



Physical activity



Sleep



Healthy food and drink



Talking



Learning new skills



Breathing



Setting a goal

1. Activity

2. What could Amina change?

7:30am Amina wakes up when her alarm goes off. She stayed up late watching a film last night and her brain feels too tired to learn today.	
8:00am Amina eats a piece of toast for breakfast. She's still hungry, so she also has a chocolate biscuit and a glass of orange squash.	
8:30am Amina's dad drives her to school. It's only down the road but it's a bit cold outside and Amina still feels tired.	



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1. Activity

2. What could Amina change?

9:30am Amina is struggling to concentrate on her work. She has a headache and feels hungry. People talking around her are starting to really get on her nerves and she tells them to shut up. The teacher tells her off and Amina feels upset.	
10:30am It's break time. Amina doesn't feel like playing so she sits on the bench to eat a snack. One of her friends comes over and asks her to play football with them but Amina says she doesn't have the energy.	
12:30pm It's lunchtime. There is a choice of fruit or cake for pudding; Amina chooses cake. After lunch her friends go to arts and crafts club. Amina wishes she could paint, but she doesn't think she is very good.	
3:30pm Amina walks home. Her friend asks her if she wants to come swimming later, but Amina says no because she can't be bothered. She feels bad saying no, because she does like swimming.	
5:30pm Amina's big brother takes something of hers without asking. She is really angry and goes upstairs to her room, but she feels so upset that she starts to cry.	
8:00pm Amina's mum told her to go to bed half an hour ago, but Amina doesn't want to. She's playing computer games in her room because she's feeling wide awake and not sleepy. She thinks she'll probably stay up late again.	