



iSpace®
Wellbeing

Lesson 2: Managing to let go of our emotions

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Lesson Two: Managing to let go of our emotions

For teachers, parents and children (Age 7-11)

Key words and points:

Rocket launch

Rocket land

Emotional feelings

Physical feelings

Name it

Tame it

Let it go

Niggle (little worry)

Stressor (big worry)

Activity:

Print or Draw an iSpace Rocket and place it somewhere in your house where the people you would like to see it can see it.

When you notice a feeling draw it as an emoji in the green, amber, or red zone. Write down if the feeling caused you to Launch or Land your rocket.

Talk to someone about when you noticed uncomfortable feelings and how you let these feelings go.

For older children, print or draw a rocket place it somewhere in the house where the people you would like to see it can see it.

Draw avatars to represent yourself and your family members. Place an avatar and the emotion that you feel they are showing on the rocket when you notice it.

Talk to them about how you and they can Land your rockets and let your emotions go when you are in the amber or red zones or have Launched!



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