

ST. MARY'S CATHOLIC HIGH SCHOOL

P.O. Box: 52232, DUBAI - U.A.E.

Tel. : +(971) 4 3370252

E-mail : maryscol@emirates.net.ae

Fax : +(971) 4 3368119

website : www.stmarysdubai.com



مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

maryscol@emirates.net.ae : بريد الكتروني

+٩٧١ ٤ ٣٣٧٠٢٥٢ : هاتف

www.stmarysdubai.com : موقع ويب

+٩٧١ ٤ ٣٣٦٨١١٩ : فاكس

OUR REF :

TRN : 10415399800000

Date: 25th March 2026.

To: **Parents of Primary students**

WELL-BEING IN TIMES OF UNCERTAINTY – SOME RESOURCES FOR YOUR CHILDREN.

Dear Parents,

Greetings from St. Mary's.

During times of change and uncertainty, young children can sometimes feel overwhelmed without fully understanding or expressing their emotions. Supporting them to recognise their feelings, alongside using simple breathing exercises, can make a big difference to their overall wellbeing.

Regular “feelings check-ins” help children begin to understand and name what they are experiencing. You might ask simple questions such as “How are you feeling today?” or encourage them to point to or describe emotions like happy, sad, worried, or angry. This helps children feel heard and builds their emotional awareness.

In addition, breathing exercises are a simple and effective way to help children calm their bodies and minds. When a child feels upset or anxious, their breathing can become quick and shallow. Guiding them to take slow, deep breaths can help them feel more relaxed and in control. A helpful technique is to ask your child to “smell a flower” (breathe in slowly through the nose) and “blow out a candle” (breathe out gently through the mouth).

We have attached some resources that you may find helpful in supporting your child at home.

Encouraging both regular feelings check-ins and breathing exercises—even when your child is calm—can help them build confidence in managing their emotions over time.

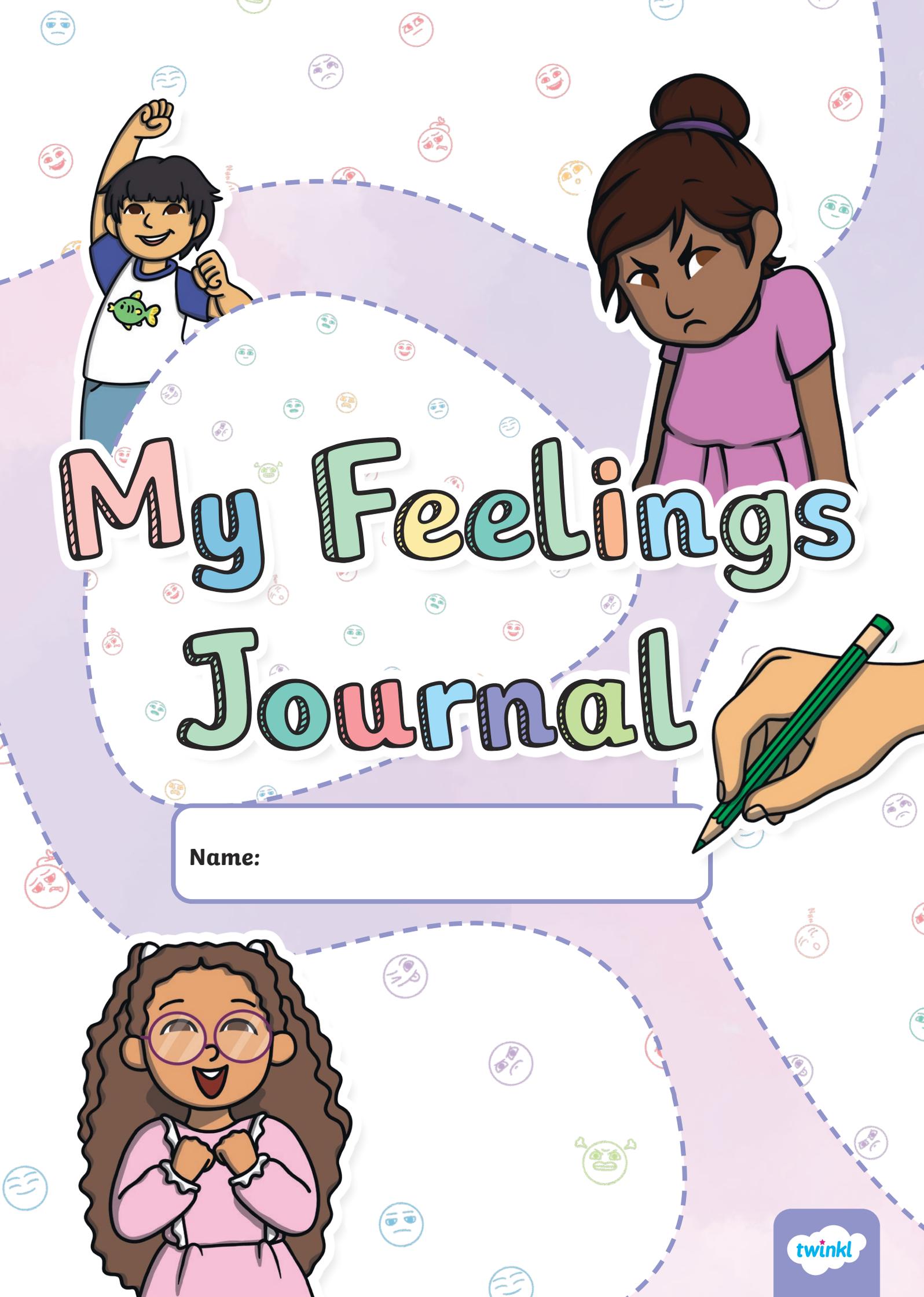
In addition, we recommend reading an actual physical storybook as being both calming and insightful and helps develop reading routines that have far reaching benefits.

Thank you for your continued support in nurturing your child's wellbeing. We trust that this update finds you all safe and well. Please be assured of our prayers and best wishes for every member of our Marian Family.

Yours sincerely,


Mr. Paul Asir Joseph
(Principal)





My Feelings Journal

Name:

How to Use Your My Feelings Journal

This **My Feelings Journal** is a place just for you to write or draw how you feel each day. It will help you understand your emotions, keep them calm when they are big and celebrate when they are happy.

You can write, draw or ask an adult to help you fill it in.

This is how you use your Feelings Journal:

Choose the time of day you want to write in it – morning, afternoon or before bedtime?

Look at the feelings and put a tick next to any that you felt today.

Write or draw why you felt the feelings that you did today.



Monday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

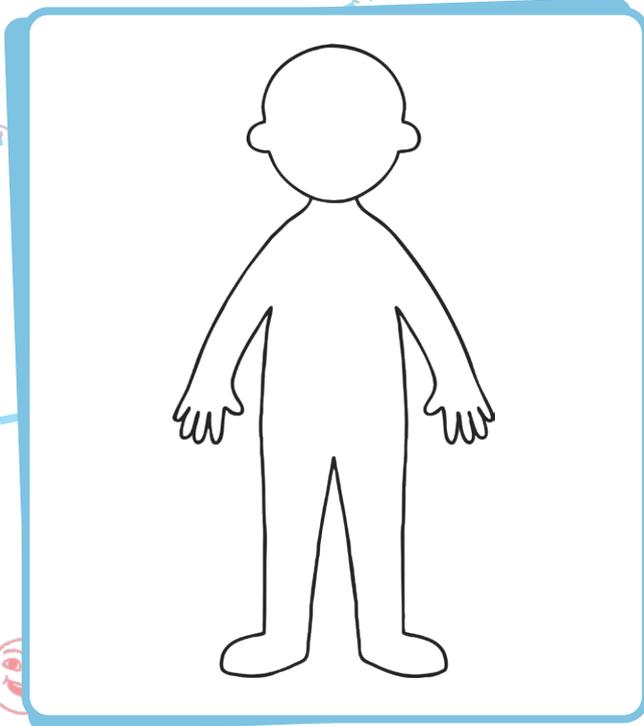


Sad

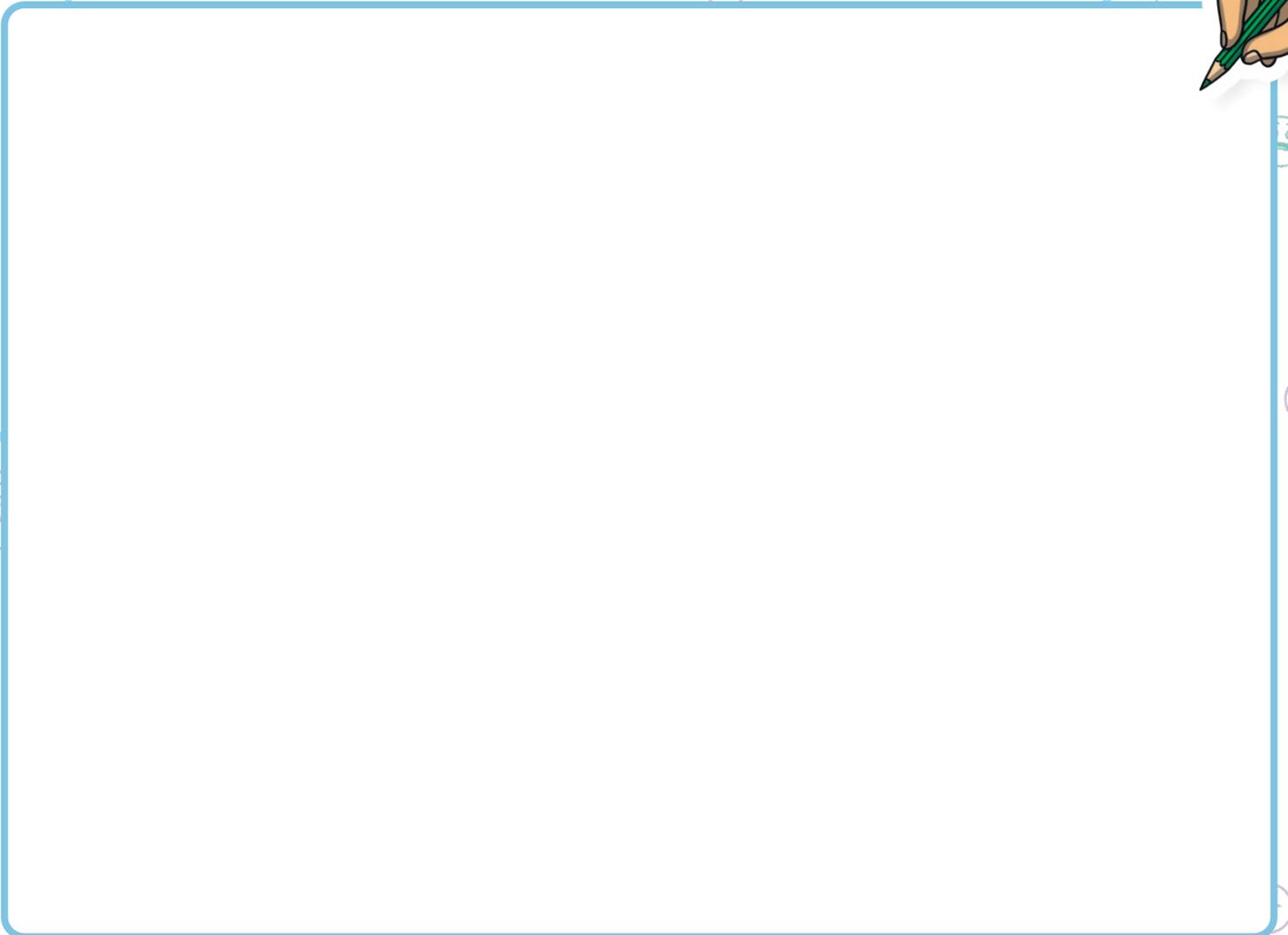


Tired

Colour in where you can feel the emotions in your body. It can be anywhere, your head, your toes or maybe your knees!



Try to think about why you feel this way and draw a picture or write a few words describing it.



Tuesday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

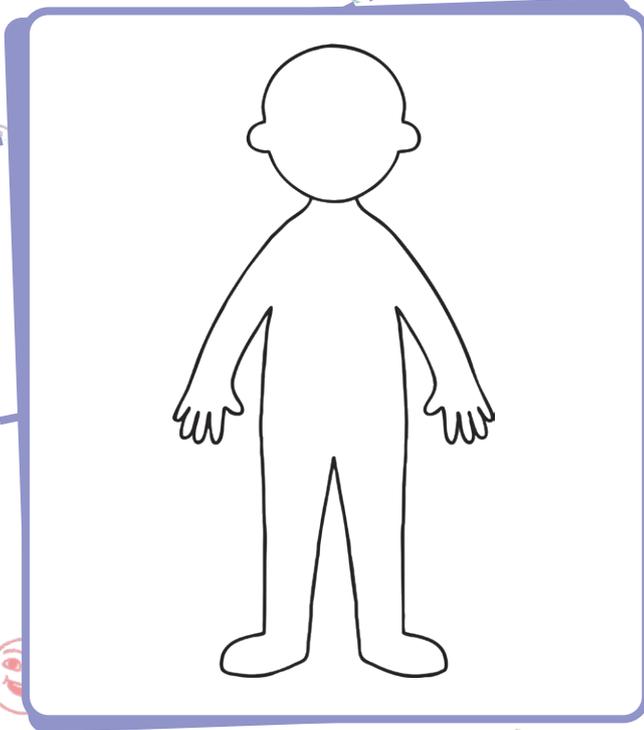


Sad

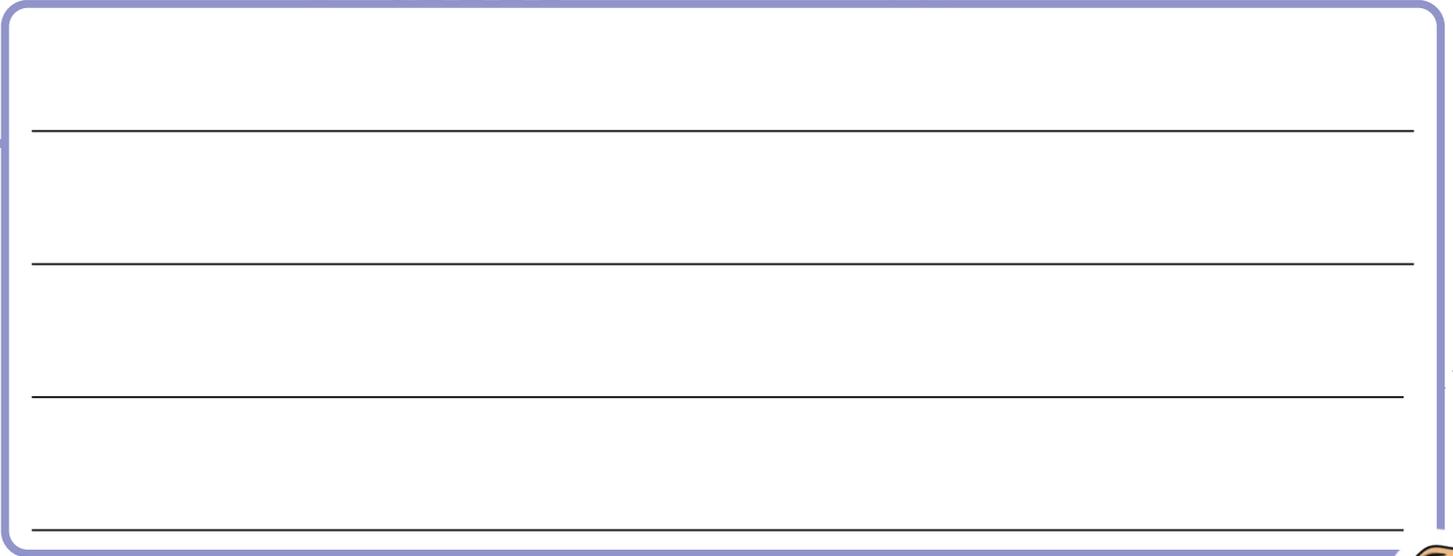


Tired

Colour in where you can feel the emotions in your body. It can be anywhere, your head, your toes or maybe your knees!



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Wednesday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

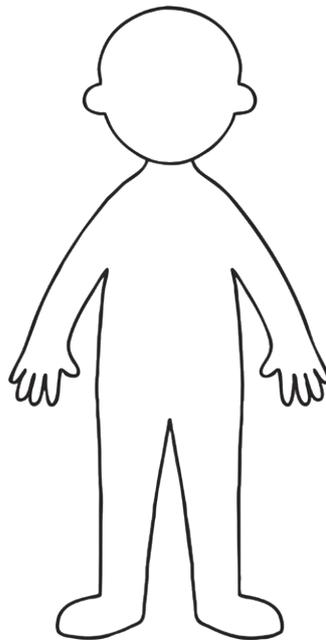


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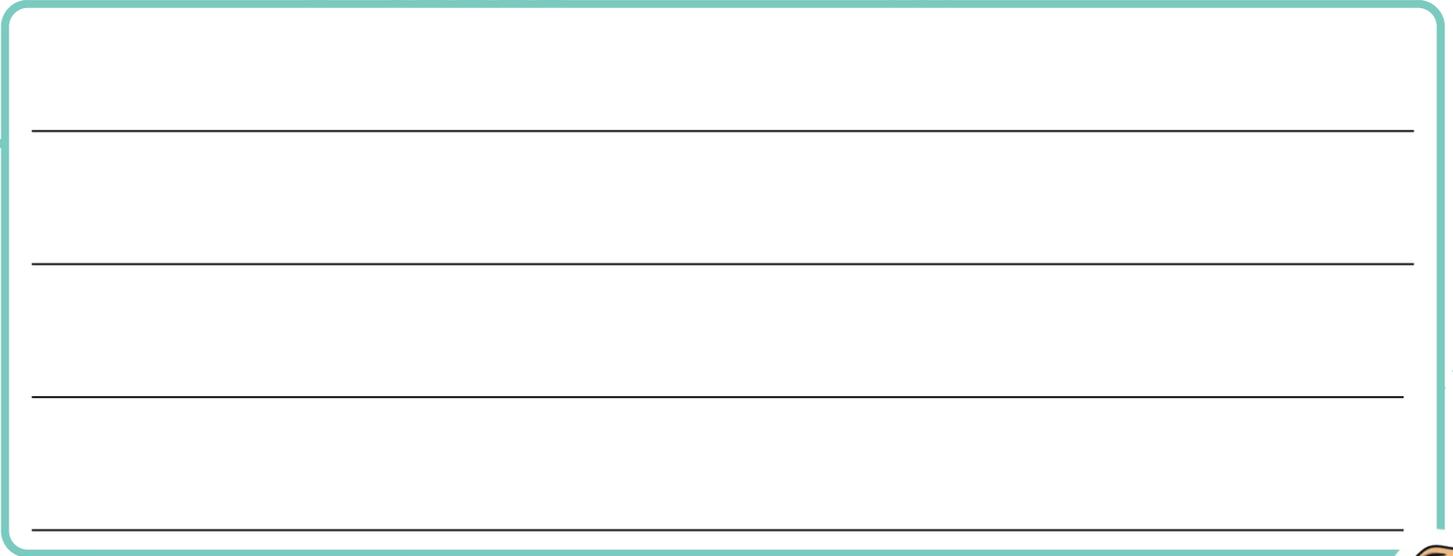


Tired

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Try to think about why you feel this way and draw a picture or write a few words describing it.



Thursday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

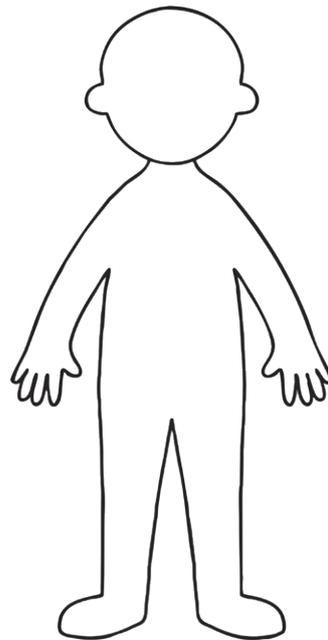


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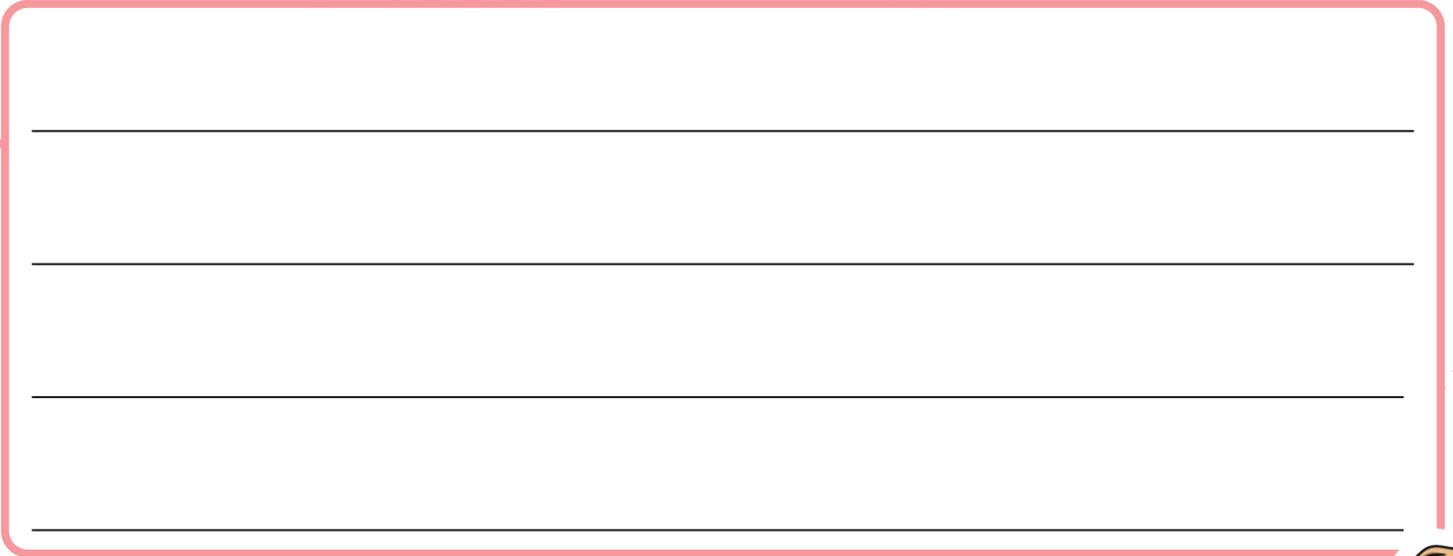


Tired

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Try to think about why you feel this way and draw a picture or write a few words describing it.



Friday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

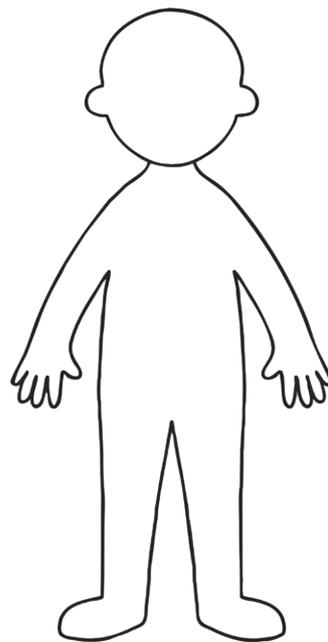


Sad



Tired

Colour in where you can feel the emotions in your body. It can be anywhere, your head, your toes or maybe your knees!



Try to think about why you feel this way and draw a picture or write a few words describing it.



Saturday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

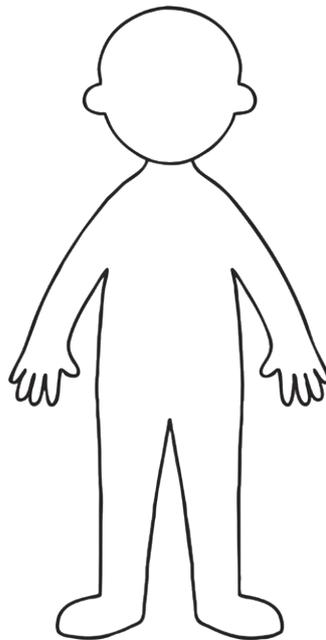


Sad

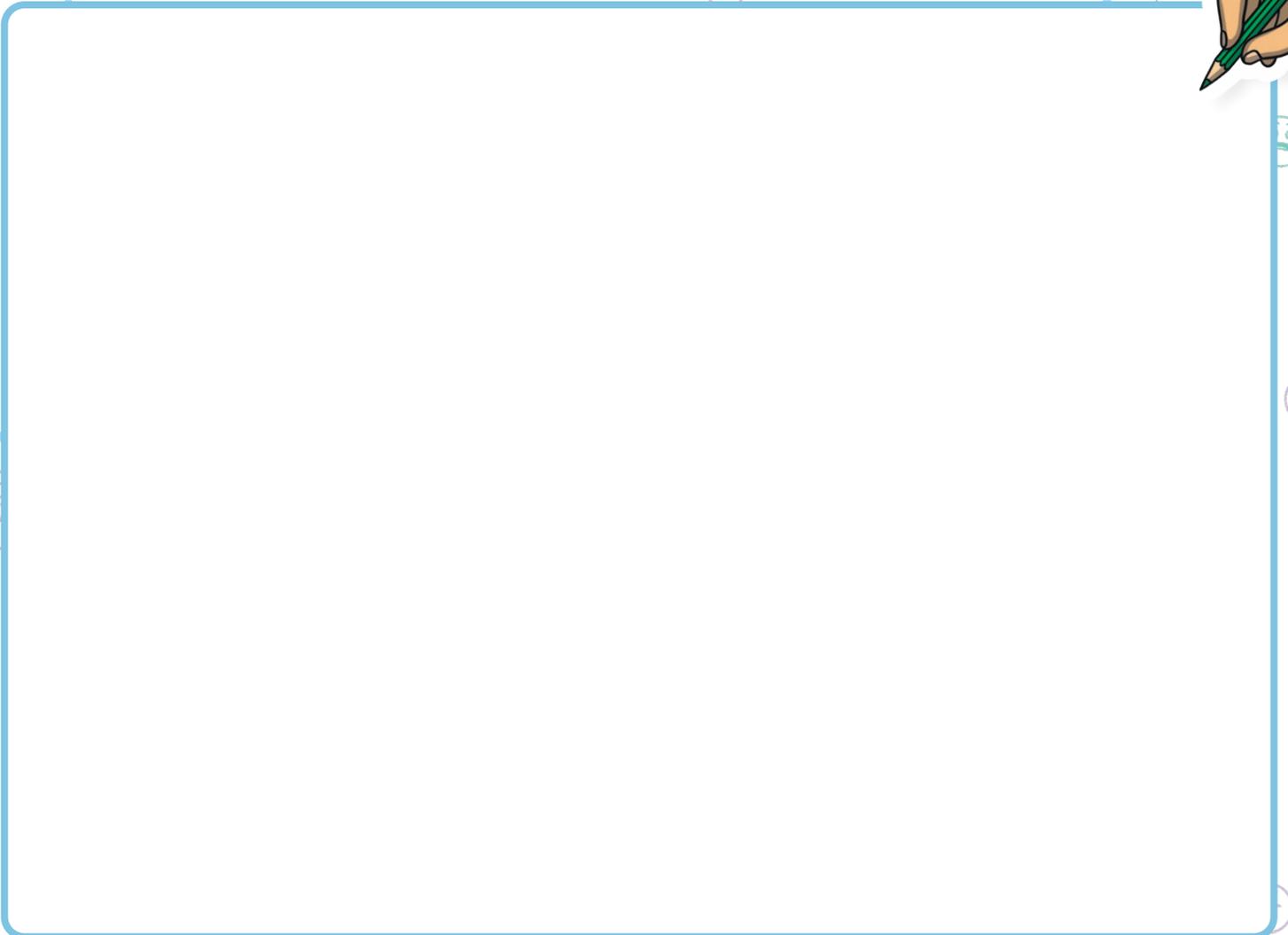


Tired

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Try to think about why you feel this way and draw a picture or write a few words describing it.



Sunday



Excited



Worried



Scared



Unwell



Angry



Happy



Calm

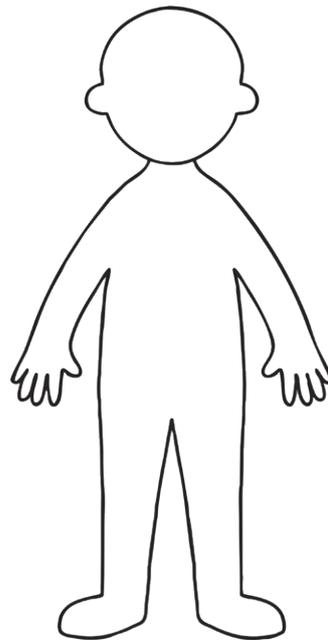


Sad



Tired

Colour in where you can feel the emotions in your body. It can be anywhere, your head, your toes or maybe your knees!



Try to think about why you feel this way and draw a picture or write a few words describing it.



We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



visit [twinkl.com](https://www.twinkl.com)



Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Mindful breathing strategies can be a great way to manage feelings of anxiety or high levels of stress. They can be useful coping strategies for both children and adults. Simply download or print this colourful sheet and try some mindful breathing techniques to help the whole family's wellbeing.

What skills does this practise?

Mindfulness

Coping Strategies

Wellbeing

Family Bonding

Further Activity Ideas and Suggestions

Ask your child how they are feeling before you try these breathing techniques, then check in after and see if they can feel the difference. For more support with mental health and wellbeing, head to our [Health and Wellbeing Hub](#) for a huge range of resources.

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

Bumble Bee Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of breaths.
- 3 Breathe in through your nose, keeping your lips sealed.
- 4 As you breathe out, hum an 'M' sound.
- 5 At the end of your breath, breathe in and repeat.
- 6 Can you feel the vibrations in your mouth?

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Warm Drink Breath

- 1 Sit comfortably and close your eyes.
- 2 Imagine you are holding a cup of warm drink in your hands.
- 3 Bring your cupped hands towards your face.
- 4 Breathe in through your nose and imagine what your drink smells like.
- 5 As you breathe out, imagine gently blowing the steam.
- 6 Repeat.

twinkl.com

Balloon Belly Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths.
- 3 Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
- 4 As you breathe out, your belly will go back down as there's no air left.
- 5 Repeat, being careful not to push your belly out too much.

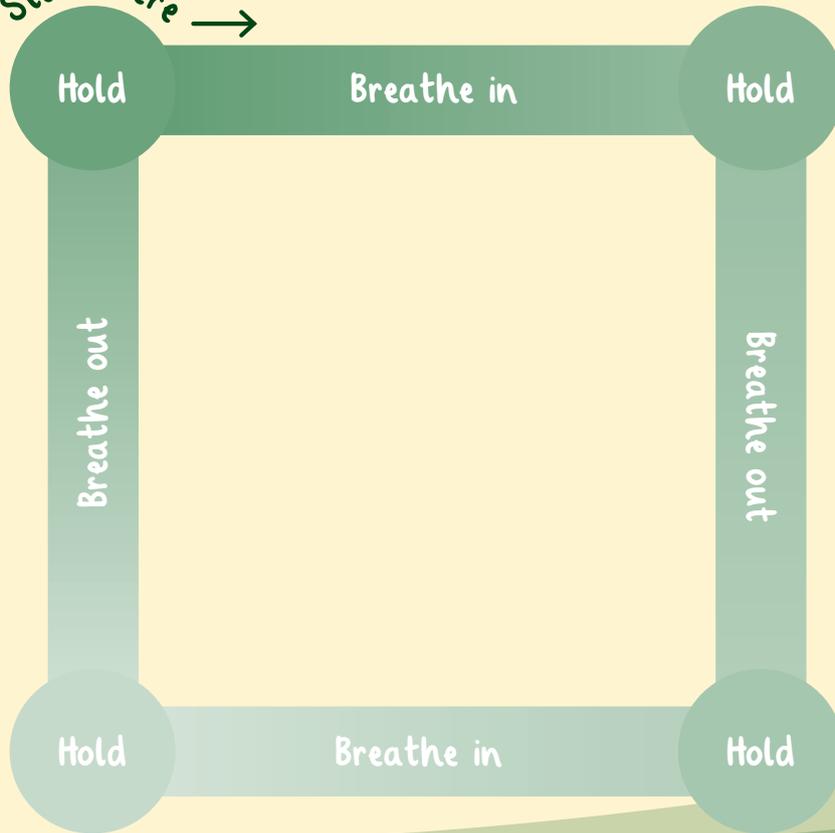
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Hopping Bunny Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths and sit up tall.
- 3 When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
- 4 Breathe all of the air out.
- 5 Breathe in again with your bunny breaths.
- 6 Breathe out and repeat.

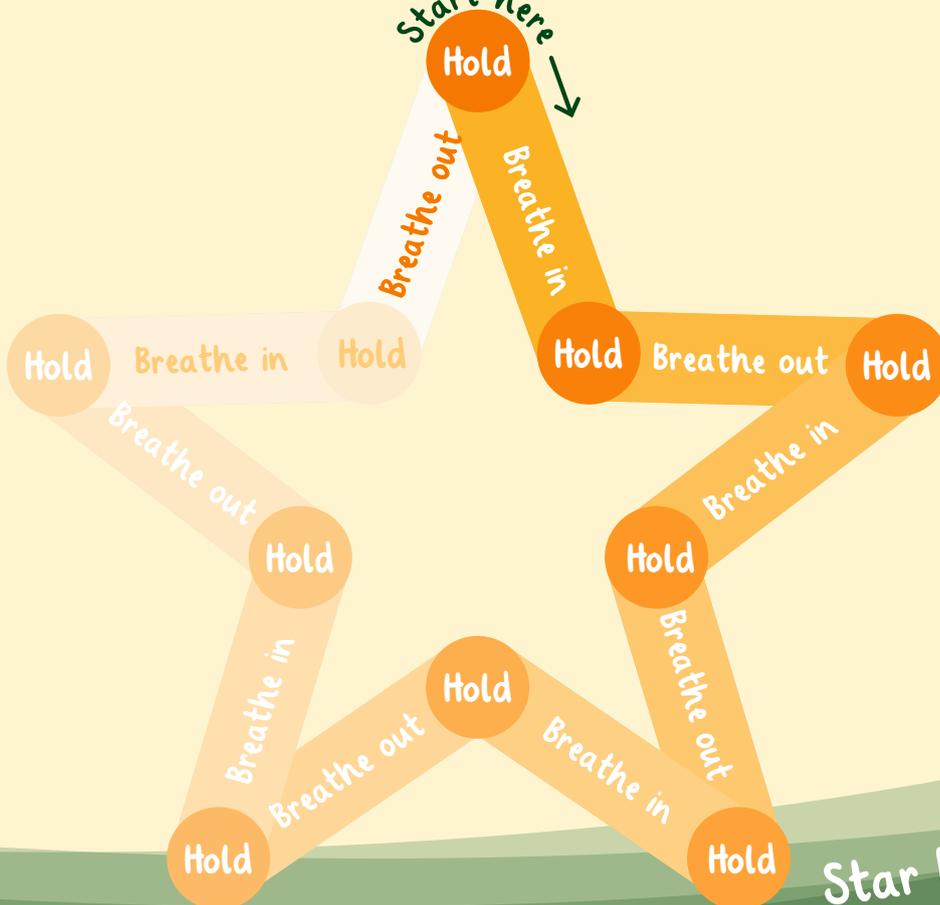
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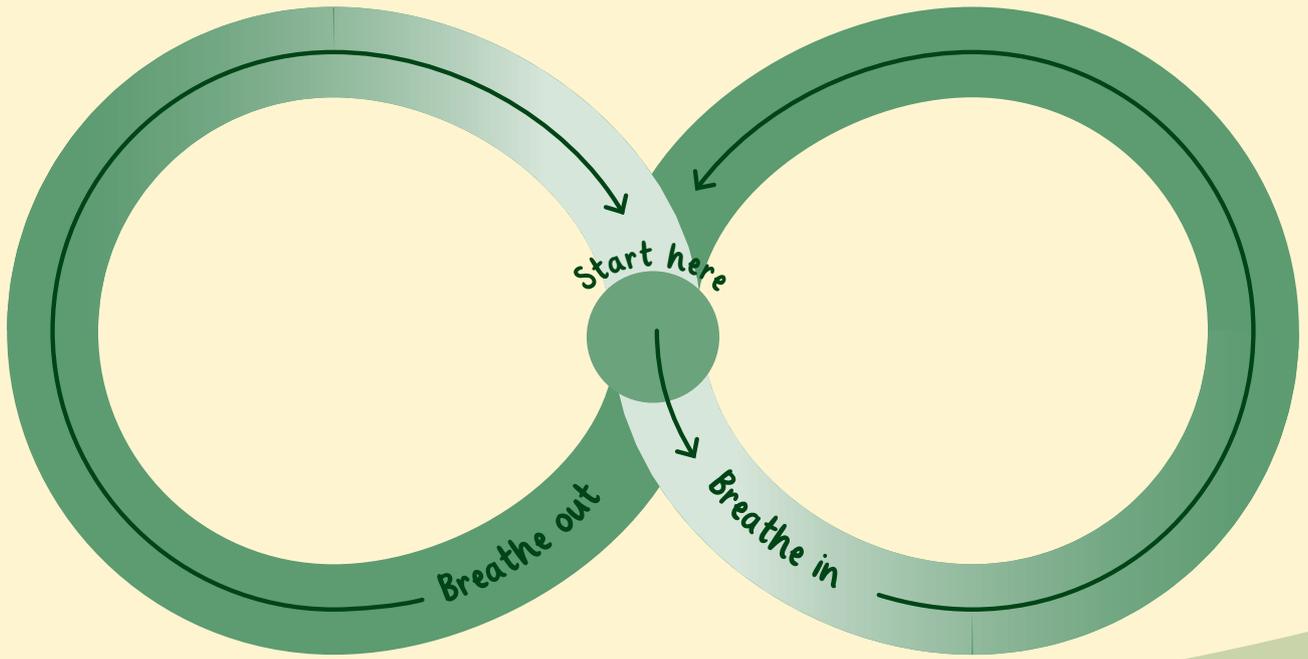


Square Breathing

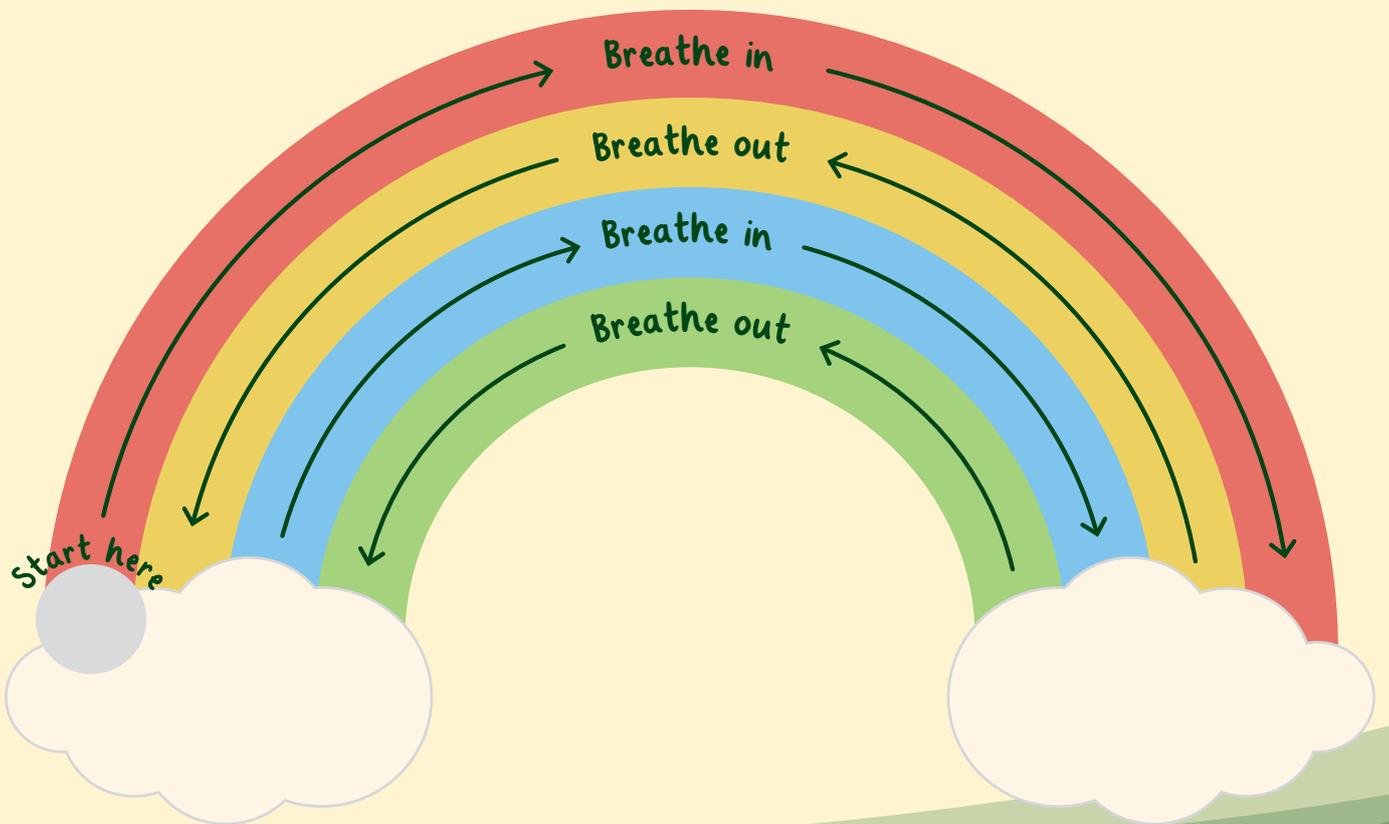
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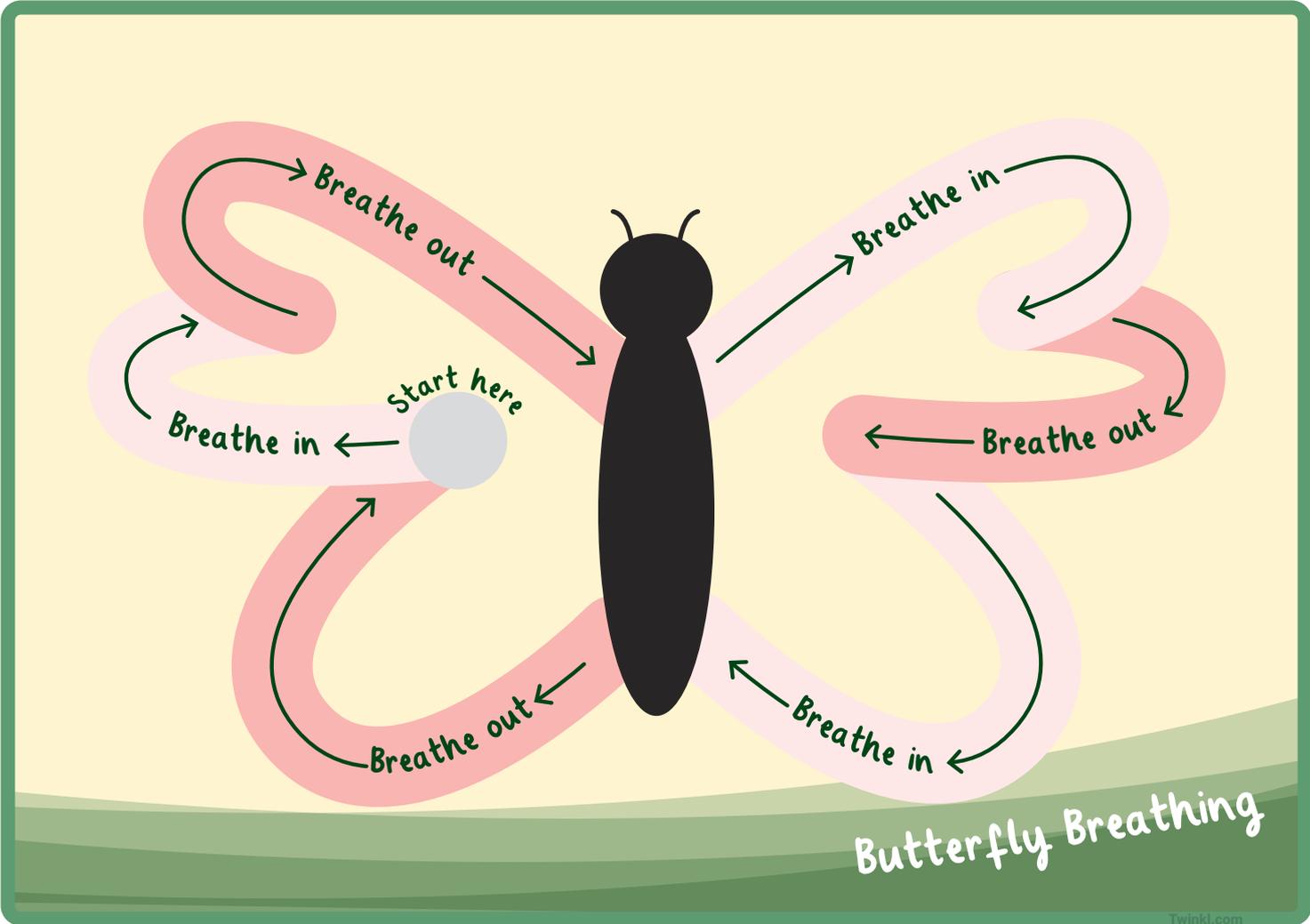
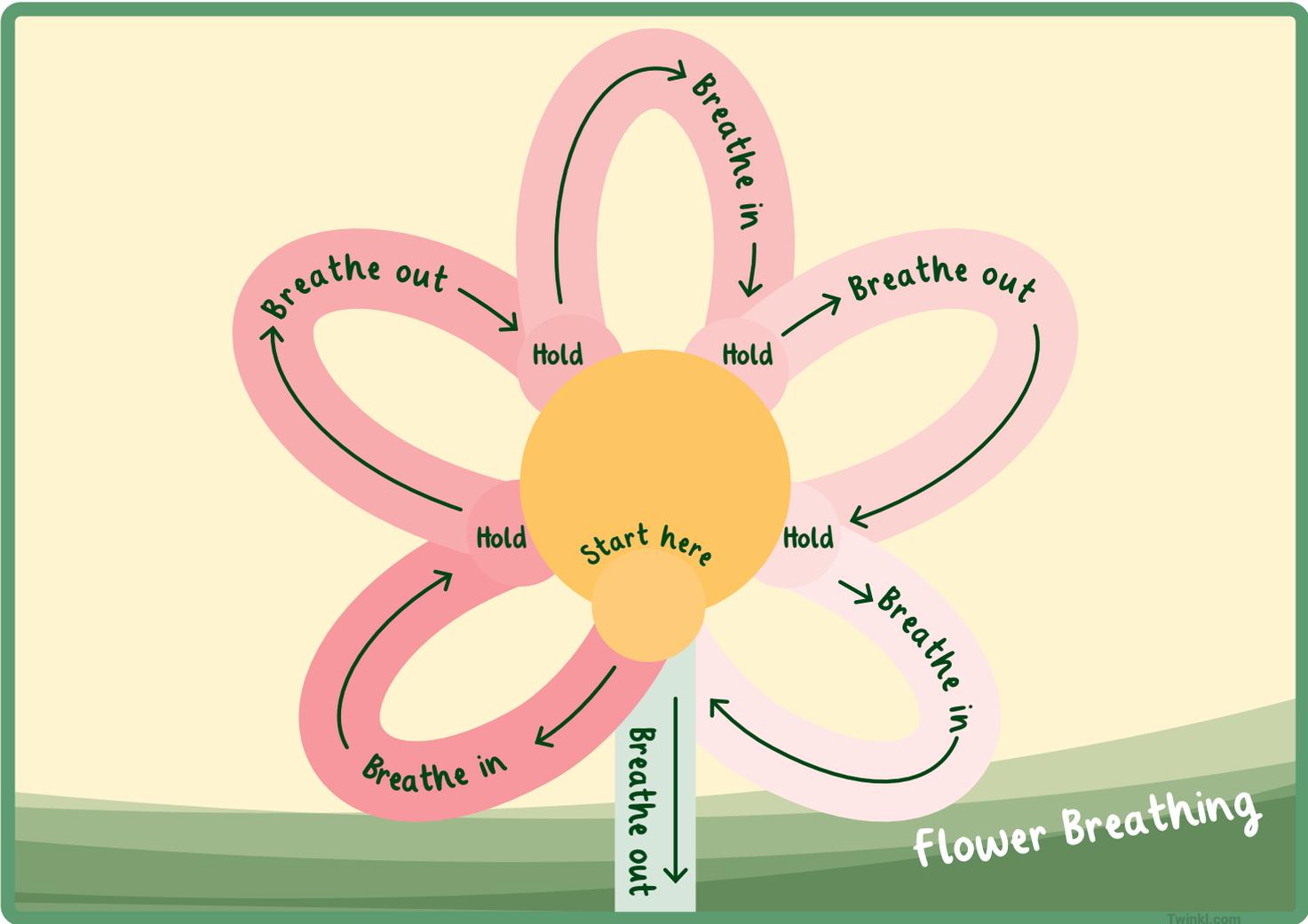
Star Breathing

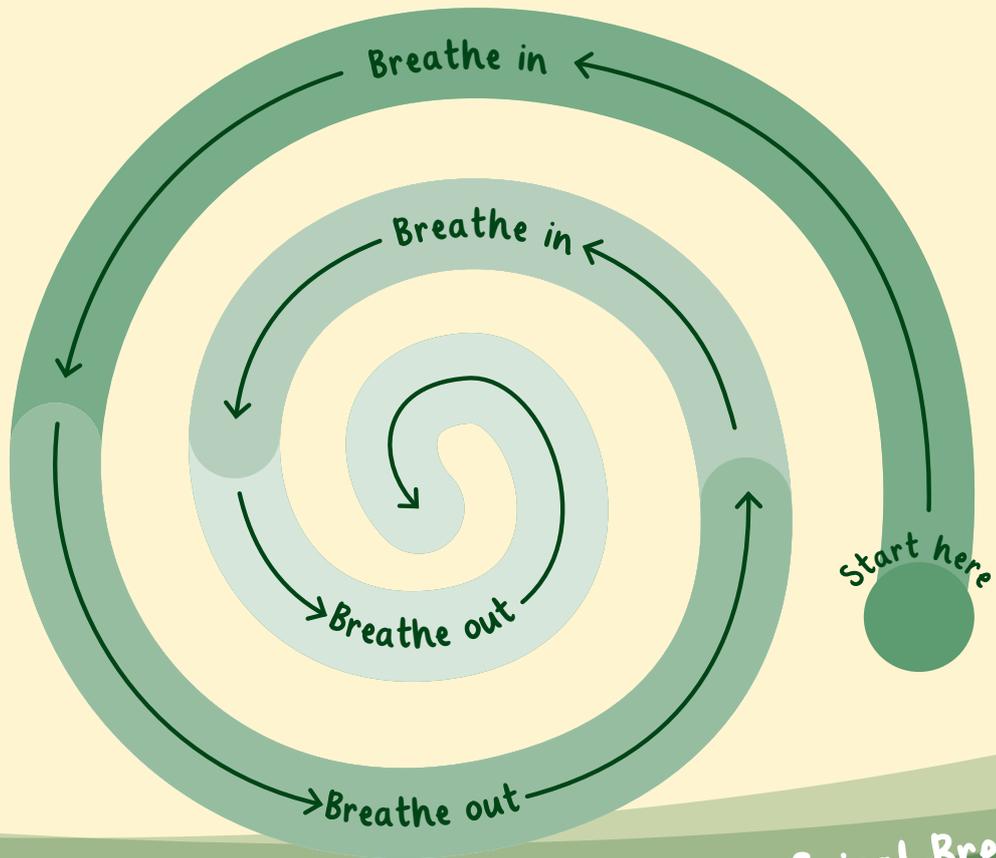


Infinity Breathing

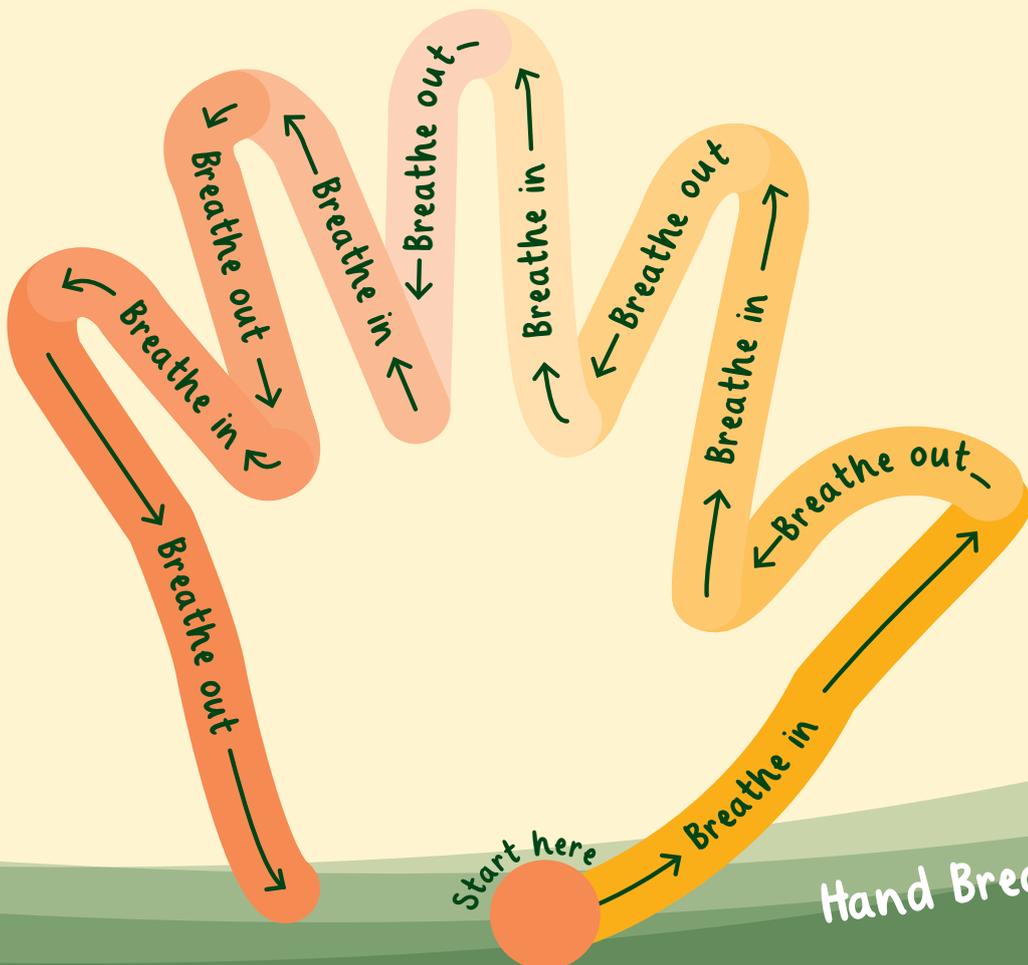


Rainbow Breathing





Spiral Breathing



Hand Breathing

Transition: Coping with Change

Finding the Positives

How Can Changes Help Us?

Think about some changes that have happened that have made you do something differently and which have ended up being good.



What have been the positives of these changes? Circle the ones that you agree with and write in your own ideas on the blank shape.

Chance to learn something new.

Practise dealing with changes for the future.

Learn from others in similar situations.

Think about the positive outcomes.

Give you new opportunities.

Chance to show bravery.

Focus on the benefits of the change.

Chance to show resilience.

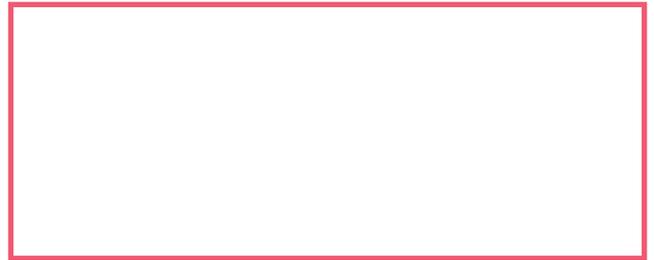
Share knowledge with others who go through the change after you.

Praise yourself for coping with the change.

Learn what works for you to help changes be positive and happy ones.

Learn to break changes down into small steps so they don't feel as difficult.

Reward yourself when you have achieved each small step so you have the motivation to keep going.



Wellbeing Check In

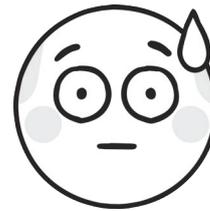
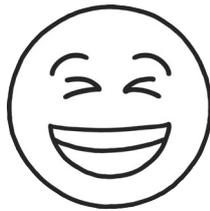
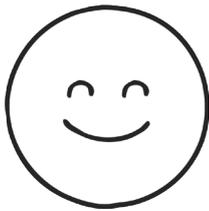
Name: _____

Date: _____

How are you feeling today? What are you looking forward to this week? Read and think about the activities here, jotting down your ideas as you go.

I Am Feeling...

Colour in how you are feeling today.



What Has Made Me Feel This Way Today?

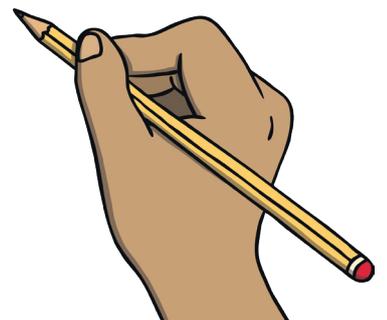


What Can Improve How I Feel?



Goal For the Day





If we feel sad, worried or frightened by something we see, we must tell an adult we trust.



We should be kind to our friends if we send them a message.

We should never share things online which are private.



We should do lots of different things to keep our mind and our body happy and healthy.

Stay happy, safe and healthy!



Digital Wellbeing



Technology

People can use technology, like this, every day.



Technology can help people to feel happy and to learn new things.



If these things are used in the wrong way or if they are used too much, they can make people feel grumpy, tired and worried.

Staying Safe, Happy and Healthy

To stay safe, happy and healthy, we need to know how we feel when we watch television and use computers, tablets and online games etc.

We need to make choices which keep us safe, happy and healthy.

We should not use devices for too long.



We should watch things that are OK for our age.

We should play games and use apps that are OK for our age.



If we start to feel grumpy, we should do something else.