

# Mit's Magazine

## Feelings Inside

A magazine from MITS for November 2020





**Welcome to MITS MAGAZINE!**

**This magazine will now be out once a month.**

**This month is about feelings.**



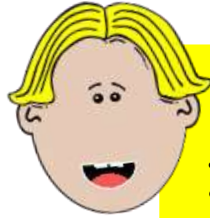
# Introducing ourselves...

We are the MITS



Hi, I'm Zora.

My name means  
Dawn. I'm up early  
every day. I love life.



Hi, I'm Ivan.

I love Sport and  
keeping busy.  
My name is Russian.



I'm Upkar.

My name means  
Kindness. I love  
helping people.



I'm Zayan.

Like my name I  
make things  
beautiful.



Hi I'm John.

I'm full of hope  
and never give up



Hello, I'm Joy.

Like my name I'm  
full of joy





# Feelings



Feelings are like waves



We can't stop waves



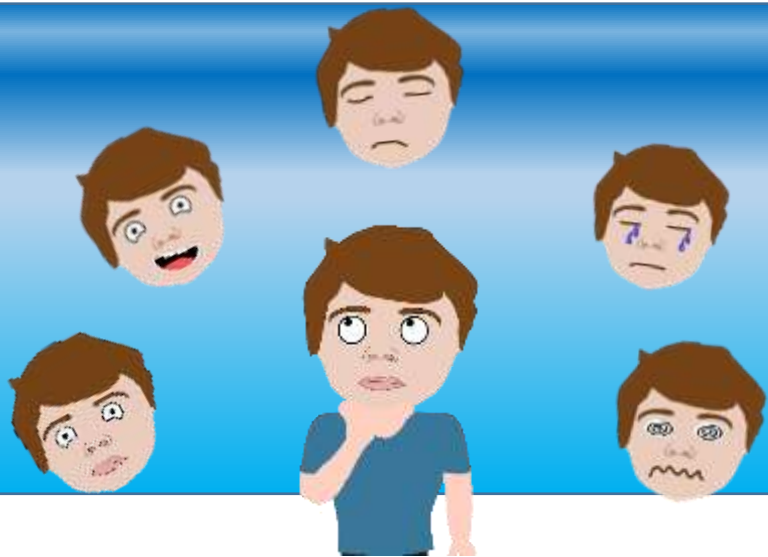
But we can learn  
to surf them



We can't stop  
feelings



But we  
can learn  
to notice  
them



We can know feelings will always pass



They pass the same as waves



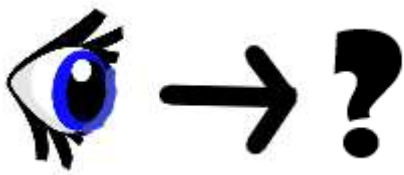


So this month ...

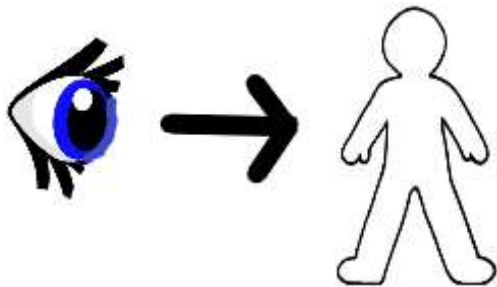
let's surf our feelings



By:



Spotting how we feel



Spotting where we feel it

Let it be.



Do something helpful and important



Do this no matter how big or small the feeling may be.





# Tip of the month

Do 5 minutes exercise a day...  
It makes you feel more happy.

Even just running on the spot to music.

Exercise changes your brain

So give it a go and see how you feel





# Week One



Did you know...

There is no such thing as good or bad feelings.

We need all of them.



Joy - means we have something we care about.



Sad - means we have lost something we care about

We can't have one without the other

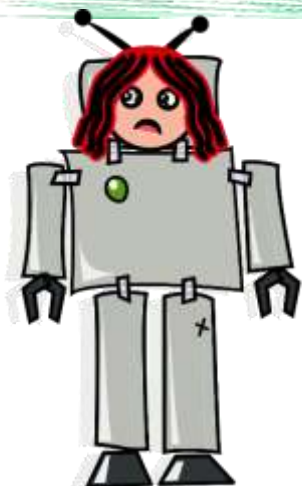
All feelings are there to tell us something

If we push them away they get louder

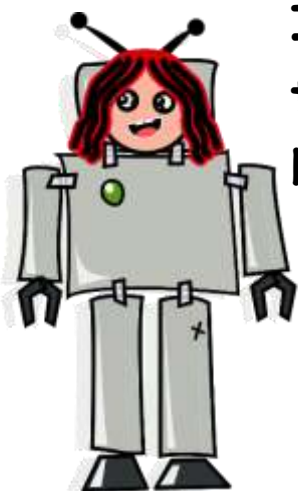
So next time you notice a feeling... listen.







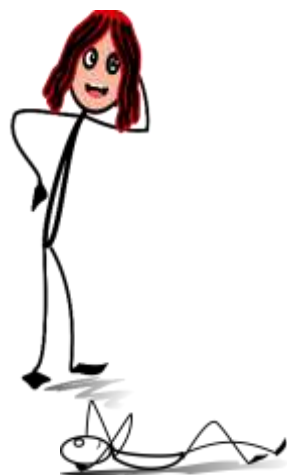
I wish I was a robot then I'd never feel sad.



I'd be a robot that only feels happy.



That's true.  
I don't want to be happy when my football team lose. I need them to score!



OK - I need a new football team

If you were a robot you would not feel happy. In fact you would not feel anything!



If you only feel happy how do you know when something is wrong?



It is OK to be sad. Next time you feel sad ask yourself what you need.





What football team do you support?

.....



How often do you get asked this?

.....



If we support a team this can be an important part of who we are.

It is important to have things we care about.

It may be football or another team.

Think about the team you support for a moment.



How do you feel when you think of seeing them play in the future?

.....



What is your best memory of your team?

.....



If you could meet any player who would it be?

.....



What has happened to your feelings when thinking of your team?

.....





# Football quiz

Who's Football Strips do these belong to?



.....



.....



.....



Look out for the answers in  
next months magazine







What we  
think about  
can change  
the way we  
feel..



**Joke of the week**

When I found my prison bed  
had changed to a trampoline

I was so mad... I hit the roof!



# Week Two

Joy is when we have and do things in life that match what we want.



I'm Joy and  
I love people



I'm Joy and  
I love hard  
work



I'm Joy and  
I love pizza



I feel joy



I feel joy



I feel joy



*Doing small things we care about can give is joy*



***Sometimes we can't change things in the moment.***

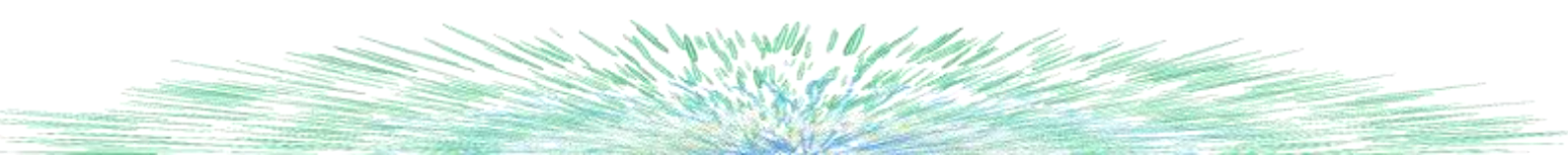
*This can feel bad.  
It's OK to feel this way.  
Remember it helps to talk  
And feelings pass..*



*Be kind to you*







# What brings you joy?

Write a list of those small things that make you feel good

- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....



*Joke of the week*  
I got thrown out of the  
secret cooking club..  
I spilled the beans!



Before we can feel happy  
We need to know what we want  
It's then finding little ways  
we can bring them into our life





**Dwayne 'The Rock' Johnson is a famous actor in Hollywood.**

**Life has not always been easy for him. Dwayne used to get in trouble a lot. He used to get in trouble with the police.**

**One day Dwayne could see what he was doing was not helpful. He worked hard and became an American footballer. Dwayne got injured. This made him feel sad. It made him feel hopeless. He felt like giving up. But he didn't.**

**Dwayne could no longer play football so he put his efforts into wrestling. He did so well at this. He became famous. He then became an actor. Rock kept doing what was important to him even when he felt sad. I bet he is glad he did!**

# Funny Facts of the month



When people lie  
they blink less

The strongest  
muscle in the body  
is the jaw

We lose 4kg of  
skin cells a year

Is this  
because they  
are stressed?

Does anyone  
else get a tense  
jaw when angry?

This shows we  
are changing all  
the time







# KSI

He is from London.

He is 26 years old.

KSI did not do well at school.  
He failed his exams. He was  
scared to tell his parents.



KSI said that because he failed  
this made him feel stronger.  
He said that he would not give  
up.

KSI now has £3.5 million pounds. He set up his own U-  
tube channel and 21 million people follow him.

However.. KSI started being bullied on line. This made him  
depressed and anxious. KSI stopped doing his U-tube  
channel. He had a break. He got support from friends.  
KSI started to do things that were important to him.

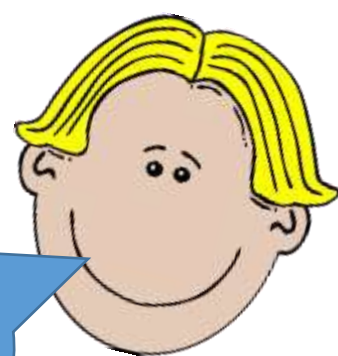
KSI came back stronger. He started making rap music. He  
is now happy. He made positive changes in his life. It is  
never too late.





R	M	L	T	E	L	E	V	I	S	I	O	N	M
Q	U	U	L	L	U	M	O	O	F	R	A	D	C
V	K	G	S	J	A	G	D	A	N	C	E	N	V
J	J	L	B	I	X	S	I	S	Q	X	K	C	H
A	N	L	P	Y	C	I	J	N	C	A	R	T	Y
F	O	O	D	S	C	N	X	O	P	U	X	Q	C
W	O	R	K	C	T	G	Z	B	E	H	T	L	E
F	L	A	U	G	H	Q	B	S	O	T	D	T	E
C	O	M	P	U	T	E	R	T	P	X	X	R	V
P	W	T	H	Z	T	K	U	N	P	F	M	I	R
K	F	F	A	M	I	L	Y	U	V	T	S	C	M
S	N	E	F	P	D	F	R	I	E	N	D	S	Z
D	V	G	F	Z	R	F	O	O	T	B	A	L	L
I	T	V	D	F	G	A	M	E	S	V	T	U	B

COMPUTER  
 XBOX  
 MUSIC  
 SING  
 DANCE  
 ART  
 FOOTBALL  
 RUGBY  
 TELEVISION  
 FAMILY  
 FRIENDS  
 WORK  
 FOOD  
 GAMES  
 LAUGH



Find the Things  
 you care about  
 in the grid



# Week Three

## Grief

When we lose someone we can feel lots of strong feelings.



Sad



Confused



Lost



Numb



Angry

This is normal.

It shows we have lost someone we love.

Grief is the price we pay for love.

Listen to your grief - give it time.







Who do you care about?



What advice would they give you today?

-----

How do you feel when you think of them?

-----

Could you write to them or make them something?

-----



Being in prison can feel lonely.

But you are not alone.

Who can you reach out to today?



# What calms our feelings?

Be kind to yourself



Be kind to others



Move your body



Be thankful



Think of a place you feel happy and safe



Routine

Get up & go to bed at same time



Eat food that grows



Breathe. Notice. Slowdown

Breathe out with a slow sigh

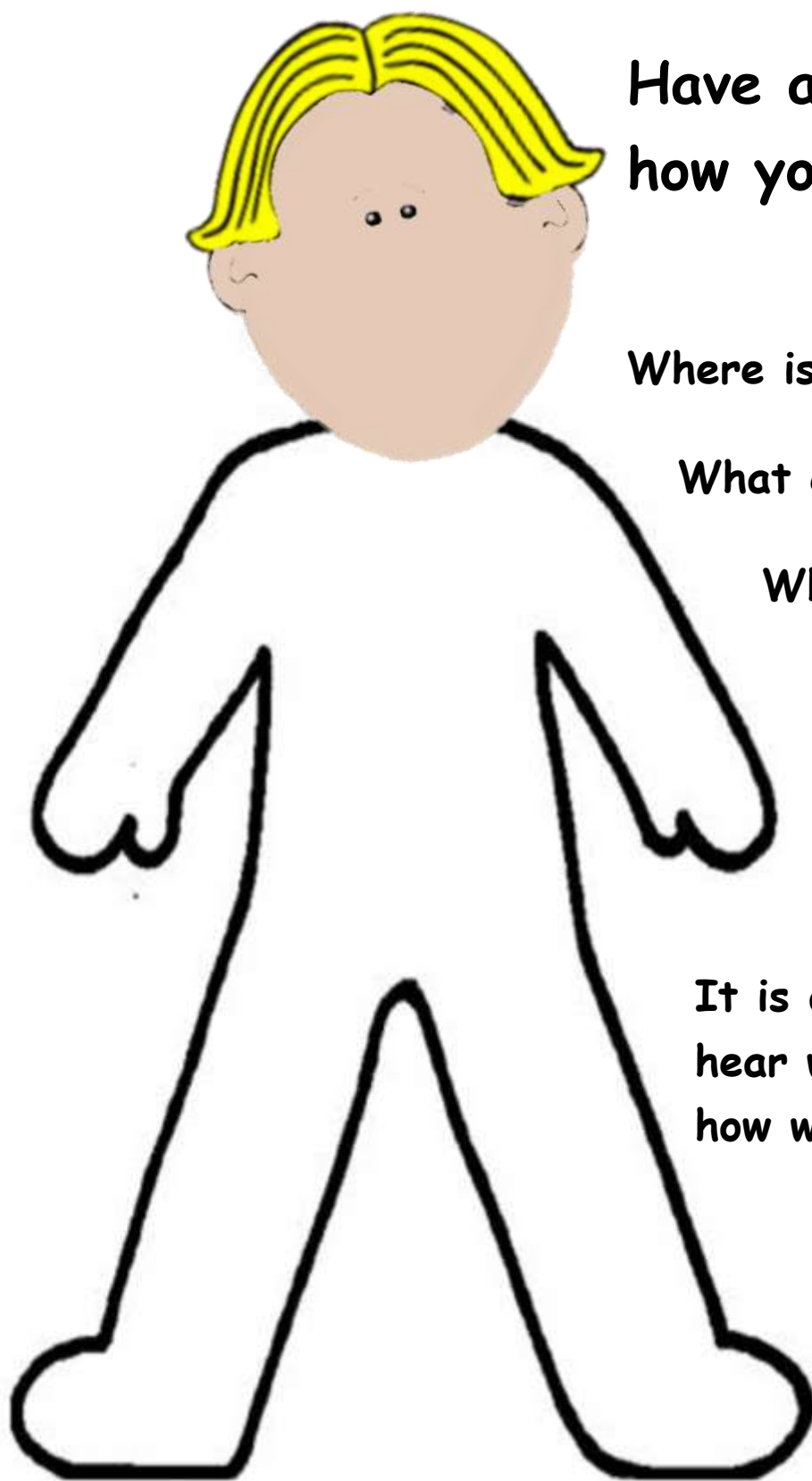


Drink Water



Make something matching, drawing, make food





Have a go at drawing  
how you feel on Ivan.

Where is your feeling?

What colour is it?

What shape is it?

Is it hot or cold?

It is loud or quiet?

It is amazing what we  
hear when we listened to  
how we feel.

Do it again tomorrow.

See how it has changed.





# Week Four



## Hope matters

My name is John.

When I was small I would get put down all the time.

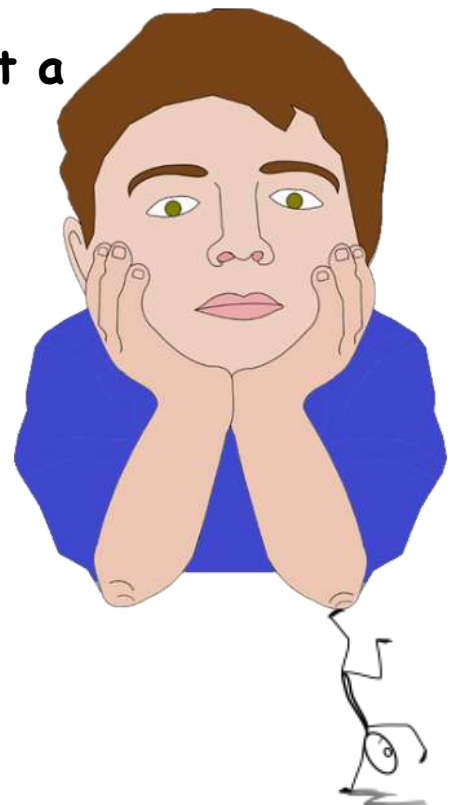
I felt like everything I did was wrong.

In the end I thought 'what is the point'

I now see that 'nothing helps' is just a thought - It is not a fact.

I now see that having hope is important.

I now see that what I do can change what happens to me.



# So what is Hope?

Tick which of these you do.

☐

Hope is knowing there is a point.

☐

Hope is knowing what matters to me.

☐

Hope is having small goals I can work towards.

☐

Hope is not giving up.

☐

Hope is finding new ways of doing things if it goes wrong.

☐

Hope is knowing we don't need to be perfect.

☐

Hope is life and doing more of this.

☐

Hope is doing more of what is helping and seeing this gives a better life.

How can you get more ticks?

.....25.....





**I am now hopeful John.**



**What I do makes a difference to my life.**



**I can change**



**I can live a life that matters.**



**Have you ever thought 'what's the point?'**

**Has this thought been helpful or unhelpful?**

**What would you like to be different today?**

**What small thing could you do today to help you make this change?**

**Who could help you with this?**



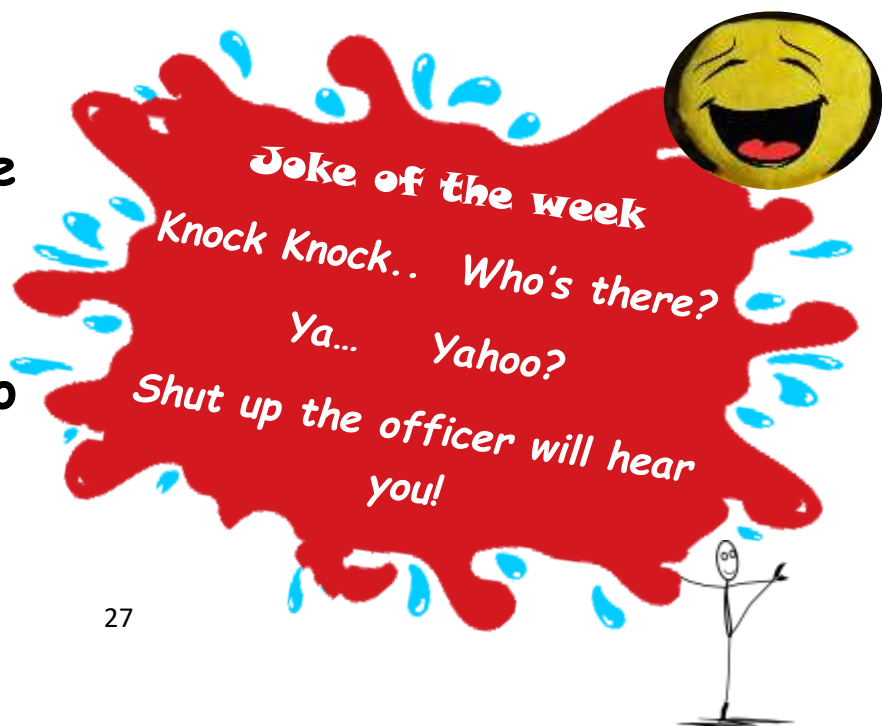




*Draw or write down what this change would look like*

*What small goals could you set to help with this?*

Remember, even if we  
don't reach the goal  
doing what matters to  
us today helps



# Feelings Wordsearch

O R H Y K Z D E R A C S  
 T D T A O G U I V W W O  
 S N A S D C P X W T S K  
 W T X S E E K I L S I D  
 M E B U S H A P P Y V R  
 D A E S I E X C I T E D  
 E W U I R S Y D Y C G M  
 I P K C P V R F E H G I  
 R K F K R X G R W R S Q  
 R D Z S U Y N S F Y I K  
 O P M H S W A C C O X T  
 W S U S P I C I O U S C



HAPPY



EXCITED



SHY



WORRIED



SCARED



DISLIKE



SAD



ANGRY



TIRED

