Mit's Magazine

Feelings Inside

A magazine from MITS for November 2020

Welcome to MITS MAGAZINE!

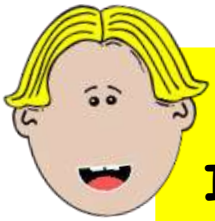
This magazine will now be out once a month.

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

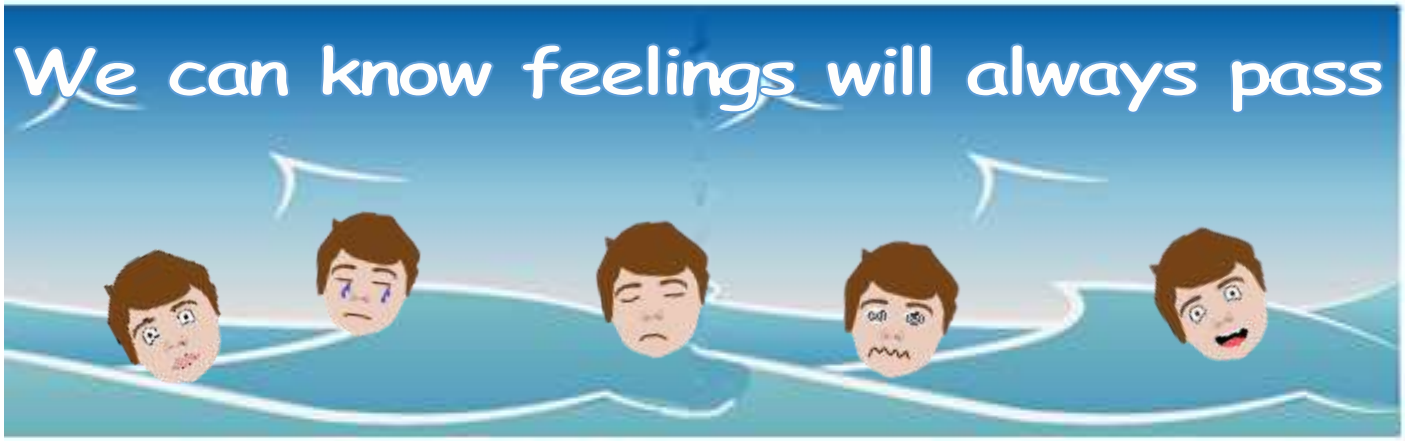
Feelings are like waves

We can't stop waves
STOP

But we can learn
to surf them

We can't stop
feelings
STOP

But we
can learn
to notice
them

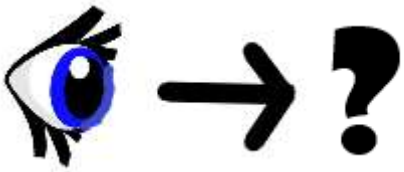

We can know feelings will always pass

They pass the same as waves

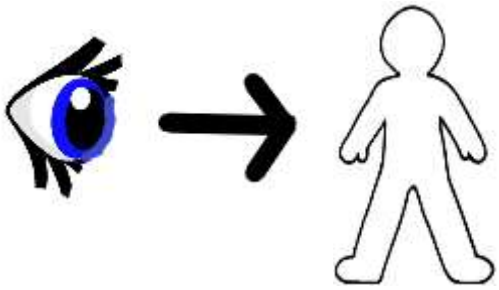
So this month …

let's surf our feelings

By:



Spotting how we feel

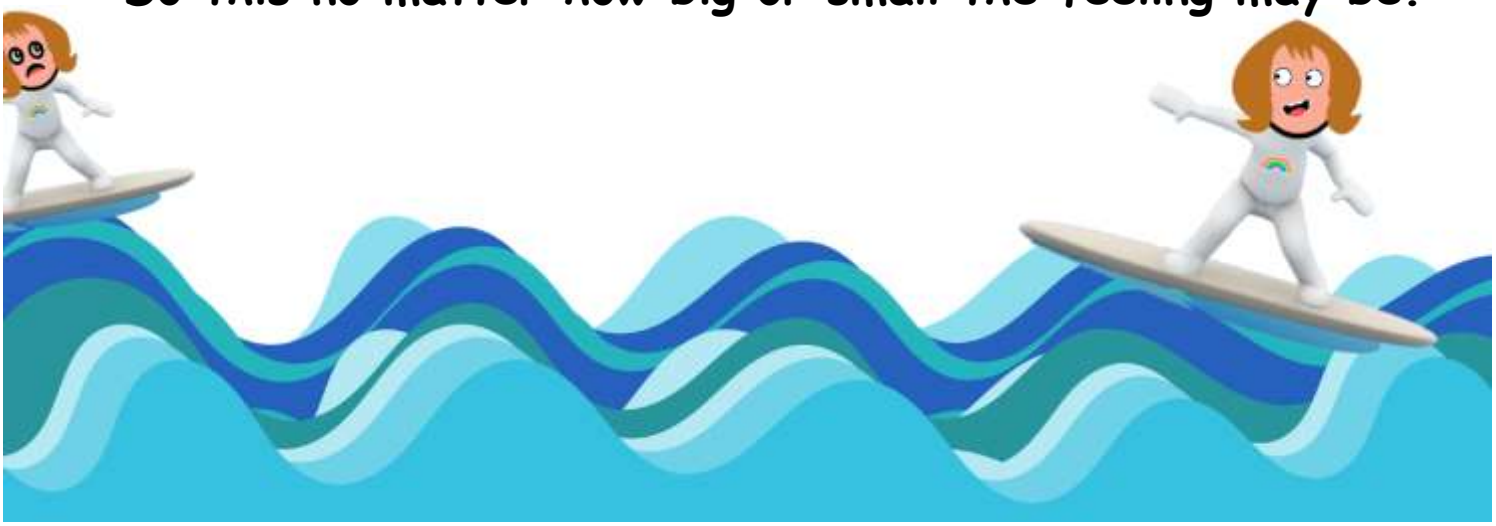


Spotting where we feel it

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.

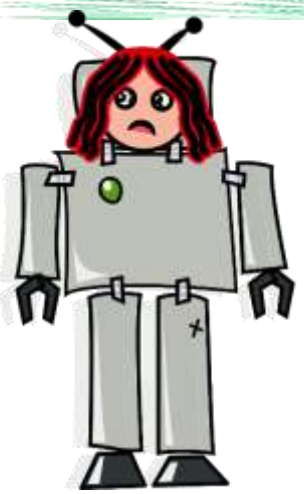
Sad - means we have lost something we care about

We can't have one without the other

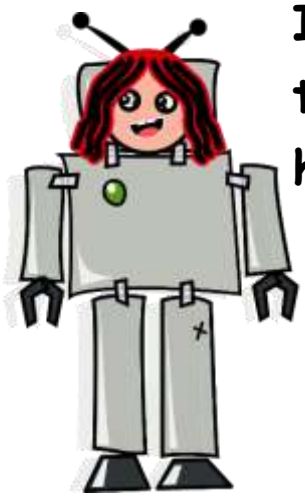
All feelings are there to tell us something

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

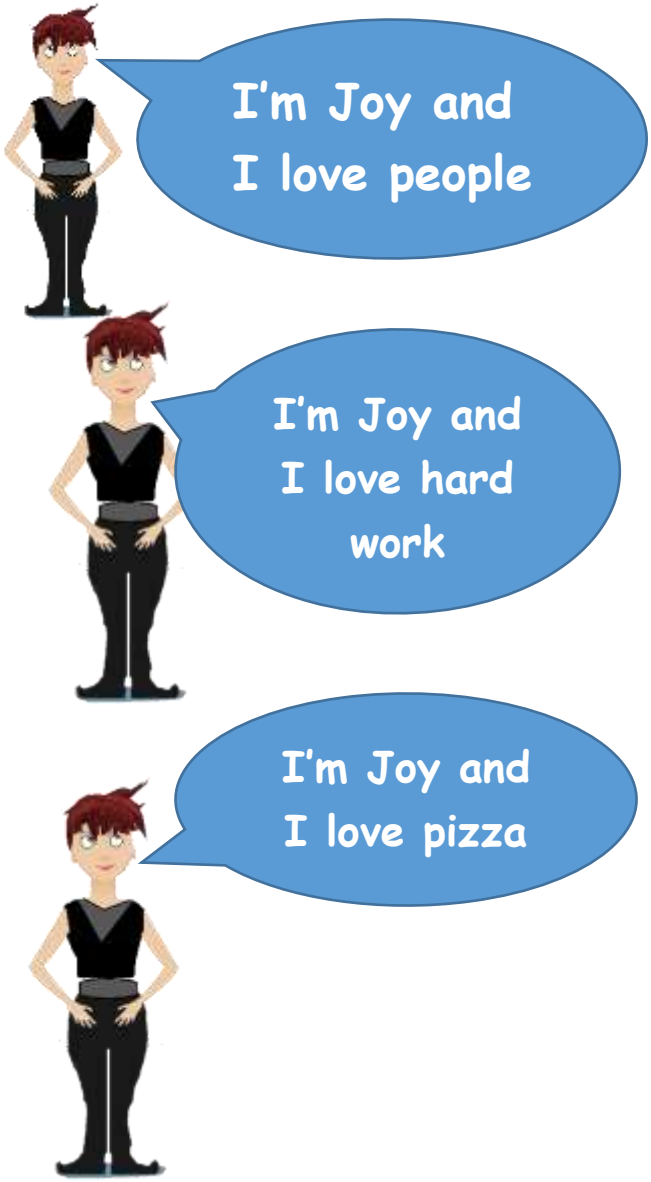
What we think about can change the way we feel..

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.



Doing small things we care about can give is joy

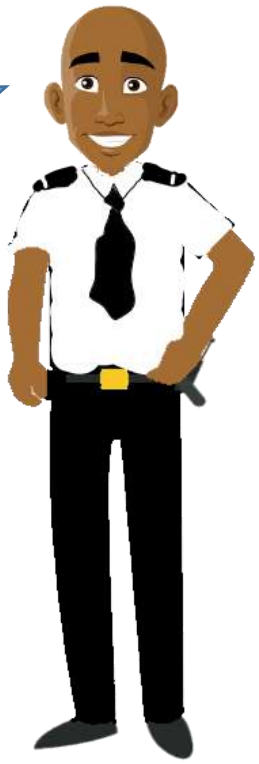
Sometimes we can't change things in the moment.

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

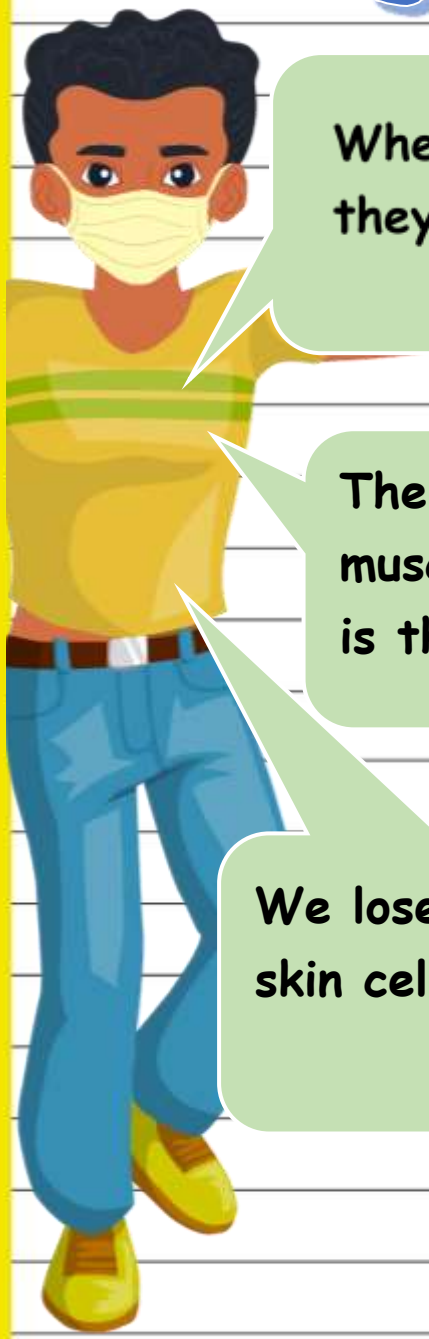
Dwayne 'The Rock' Johnson is a famous actor in Hollywood.

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 mouth



When people lie they blink less

Is this because they are stressed?

The strongest muscle in the body is the jaw

Does anyone else get a tense jaw when angry?

We lose 4kg of skin cells a year

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.

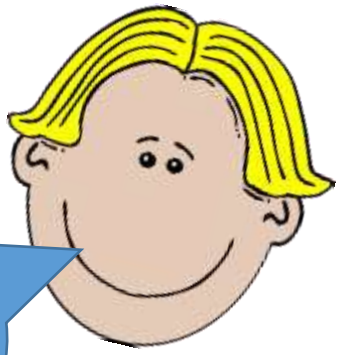
KSI now has £3.5 million pounds. He set up his own U-tube channel and 21 million people follow him.

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

Angry

Numb

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.

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?

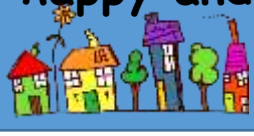
Be kind to yourself

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

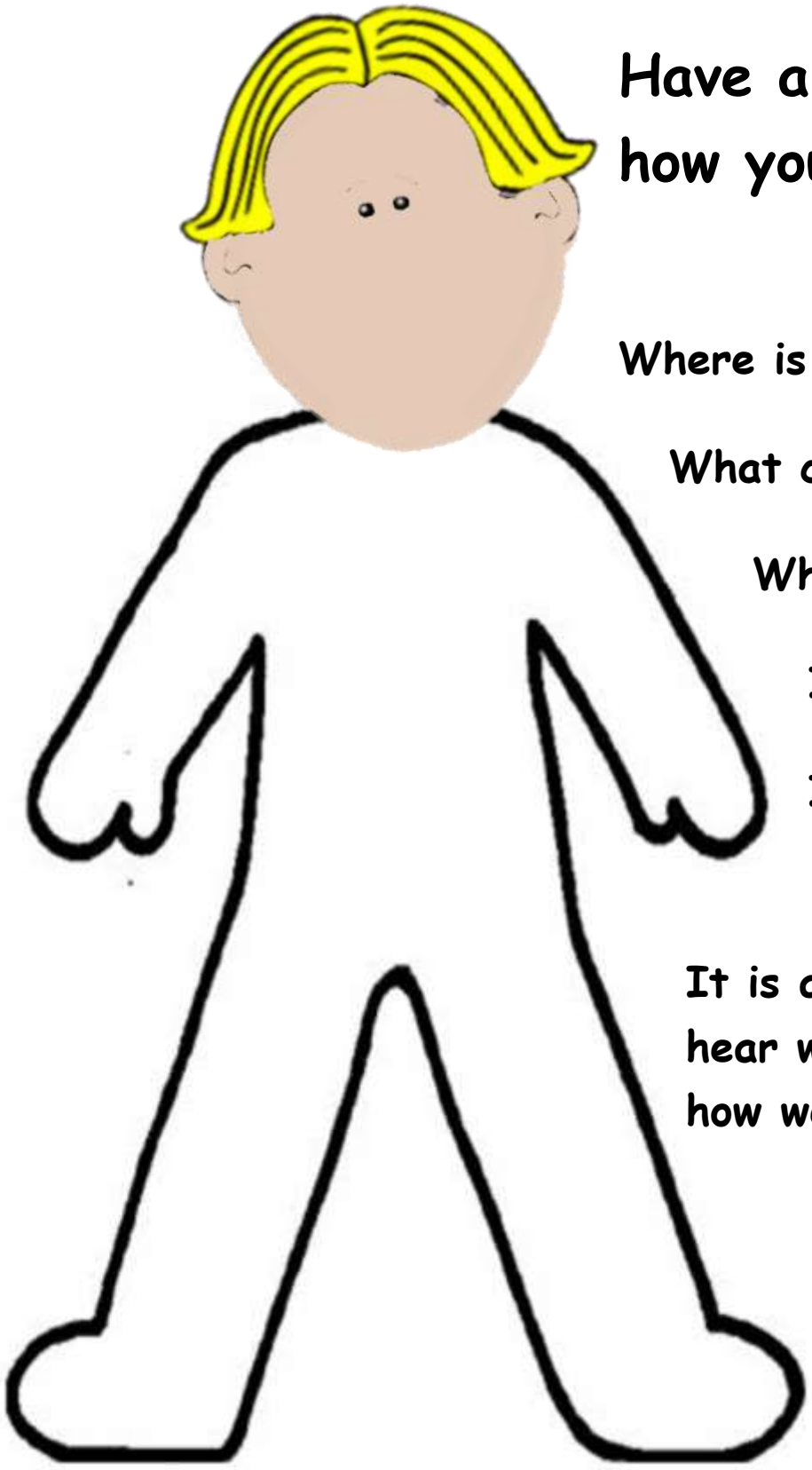
Eat food that grows

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 listed 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?

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?

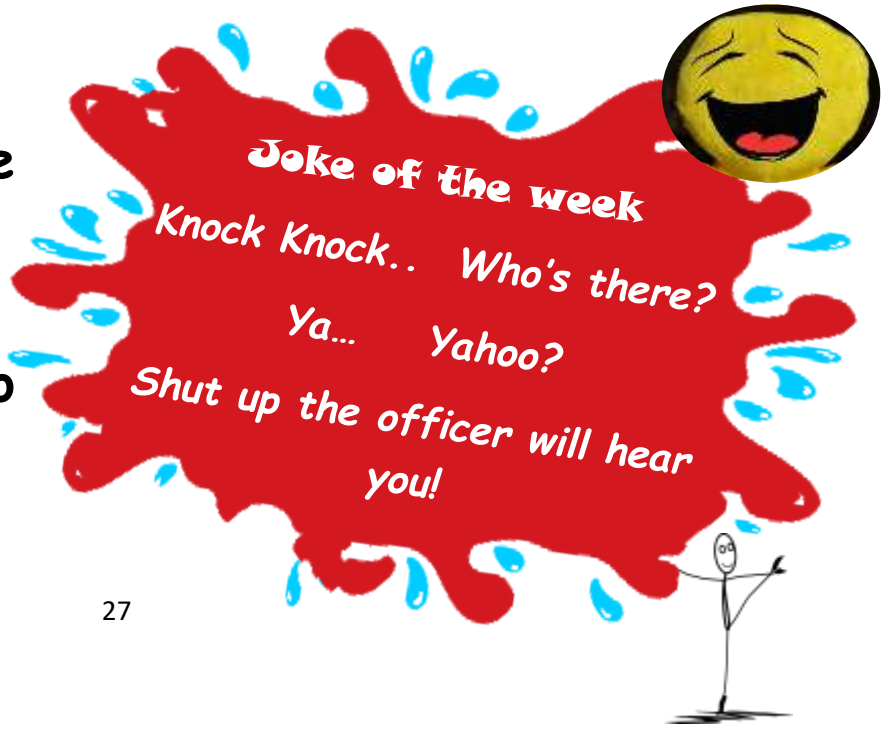
What small thing could you do today to help you make this change?

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

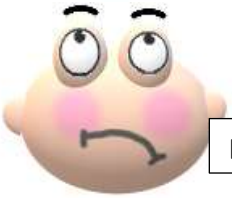
HAPPY

EXCITED

SHY

WORRIED

SCARED



DISLIKE

SAD

ANGRY

TIRED