The workbook is designed to be used with the Early Adolescent Skills for Emotions intervention manual.


Instructions

The EASE workbook is for adolescents to use during the EASE sessions and for home practice. The intervention manual provides prompts for when the workbook should be used during the sessions and what page of the workbook the adolescents should use for home practice.

Each adolescent will receive a workbook at the beginning of the EASE sessions. The workbook should be printed using size A4 paper. The workbook can be bound loosely (for example a ring-binder).
Week 1: Understanding My Feelings practice

Feelings Chart poster
Week 1: Feelings Pot practice in session 1
Week 1: Understanding My Feelings home practice

Fill in one feelings pot each day.

Day 1

Day 2

Day 3

Day 4
Week 1:
Understanding My Feelings
home practice

Fill in one feelings pot each day.

Day 5

Day 6

Day 7
Week 2: Calming My Body

Body Map poster
Week 2: Understanding My Feelings and Body Map home practice

Fill in one feelings pot each day. Then choose the strongest feeling you had that day and draw what was happening in your body when you had that feeling (on the body map).

Day 1
Week 2: Understanding My Feelings and Body Map home practice

Day 2

Day 3
Week 2: Understanding My Feelings and Body Map home practice

Day 4

Day 5
Week 2:
Understanding My Feelings and Body Map home practice

Day 6

Day 7
Week 2: Calming My Body

Remember to practice your slow breathing everyday!
Week 2: Calming My Body
home practice

Practice your slow breathing for 2 minutes every day. Colour in the balloon to show you have done your practice for that day.

Day 1  Day 2  Day 3
Day 4  Day 5  Day 6
Day 7
Week 3: Changing My Actions

The Vicious Cycle poster
Week 3: Changing My
Actions in session 3
Week 3: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Choose
Break
Plan
Repeat
Week 3: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7
Week 3: Understanding My Feelings and Calming My Body home practice

Each day, notice the strongest feelings, fill in the body map and practice calming your body.

Day 1
Week 3: Understanding My Feelings and Calming My Body home practice

Day 2

Day 3
Week 3: Understanding My Feelings and Calming My Body home practice

Day 4

Day 5
Week 3: Understanding My Feelings and Calming My Body home practice

Day 6

Day 7
Actions in session 4
Week 4: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Choose Break Plan Repeat
Week 4: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Week 4: More practice!
Understanding My Feelings
and Calming My Body
home practice

Day 1
Week 4: Understanding My Feelings and Calming My Body home practice

Day 2

Day 3
Week 4: Understanding My Feelings and Calming My Body home practice

Day 4

Day 5
Week 4: Understanding My Feelings and Calming My Body home practice

Day 6

Day 7
Week 5: Managing My Problems

STOP: What is the problem?

THINK: What can I do about it? Who can I talk to?

GO: Choose one idea and try it out!
Week 5: Managing My
Problems in session 5
Week 5: Managing My Problems
home practice

Remember to try out your idea to solve your problem

Stop, Think, Go!
Week 5: Managing My Problems
home practice

Remember to try out your ideas to solve your problem

Day 1  Day 2  Day 3
Day 4  Day 5  Day 6
Day 7
Week 5: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Choose
Break
Plan
Repeat
Week 5: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7
Week 5: More practice!
Understanding My Feelings and Calming My Body
home practice

Day 1
Week 5: More practice!
Understanding My Feelings
and Calming My Body
home practice

Day 2

Day 3
Week 5: More practice!
Understanding My Feelings and Calming My Body
home practice

Day 4

Day 5
Week 5: More practice!
Understanding My Feelings
and Calming My Body
home practice

Day 6

Day 7
Week 6: Managing My
Problems in session 6
Week 6: Managing My Problems

home practice

Remember to try out your idea to solve your problem

Stop, Think, Go!
Week 6:
Managing My Problems
home practice

Remember to try out your ideas to solve your problem

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Week 6: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!
Week 6: Changing My Actions
home practice

Remember to do your Changing My Actions steps this week!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7
Week 6: More practice! Understanding My Feelings and Calming My Body home practice

Day 1
Week 6: More practice!
Understanding My Feelings and Calming My Body
home practice

Day 2

Day 3
Week 6: More practice!
Understanding My Feelings
and Calming My Body
home practice

Day 4

Day 5
Week 6: More practice! Understanding My Feelings and Calming My Body
home practice

Day 6

Day 7
Week 7

Congratulations on finishing EASE!
For future problems...

Understand your feelings

Calm your body
Change your actions
Choose
Break
Plan
Repeat

Manage your problems
Stop,
Think,
Go!

Turn to someone for help