

My Workbook



Early Adolescent Skills for Emotions



World Health
Organization

unicef 

for every child

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

Early Adolescent Skills for Emotions (EASE): group psychological help for young adolescents affected by distress in communities exposed to adversity. Geneva: World Health Organization and the United Nations Children's Fund (UNICEF), 2023. Licence: CC BY-NC-SA 3.0 IGO.

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.

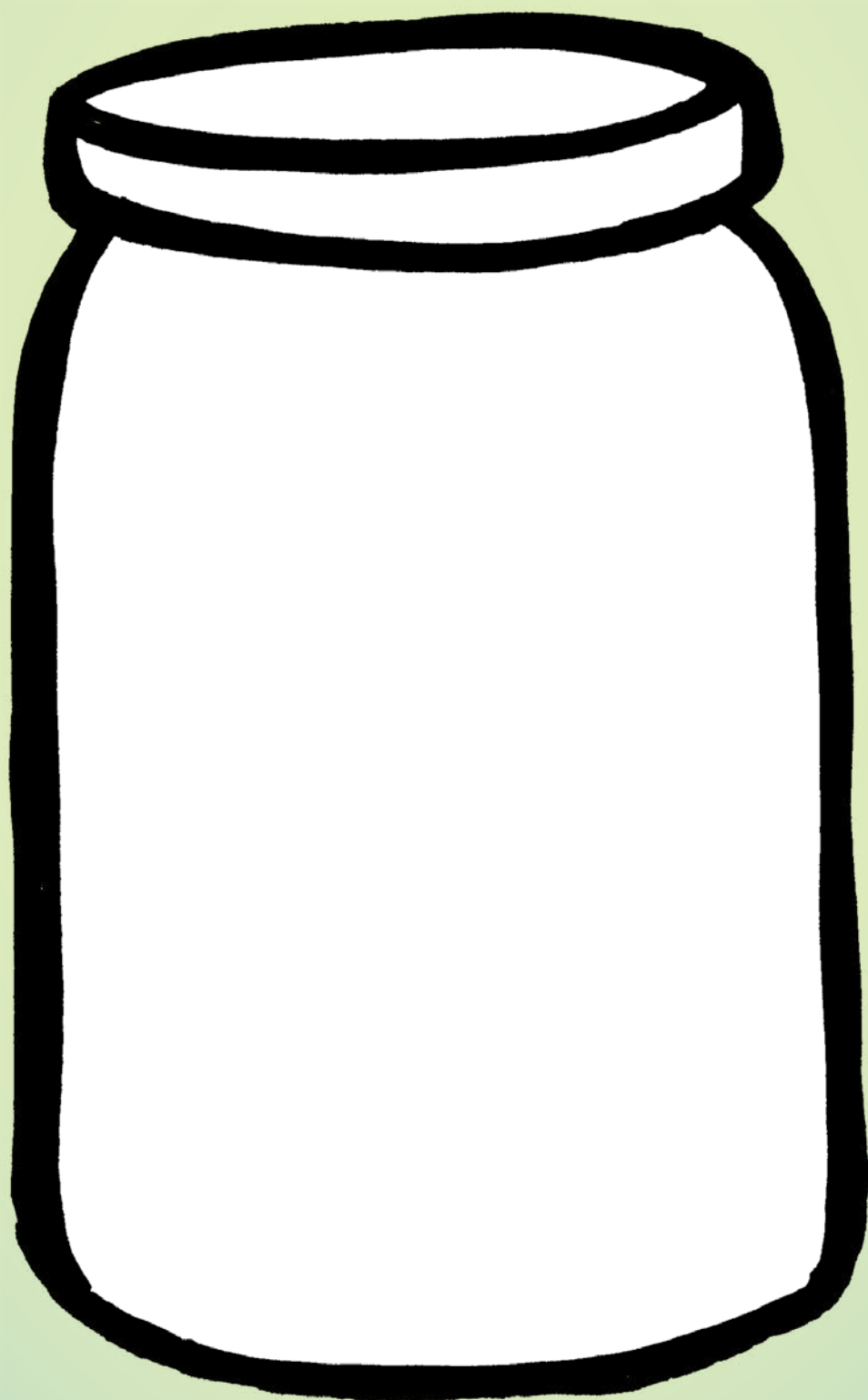
Each adolescent will receive a workbook at the beginning of the EASE sessions. The workbook should be printed using size A4 paper. The workbook can be bound loosely (for example a ring-binder).

Week 1: Understanding My Feelings practice

Feelings Chart poster

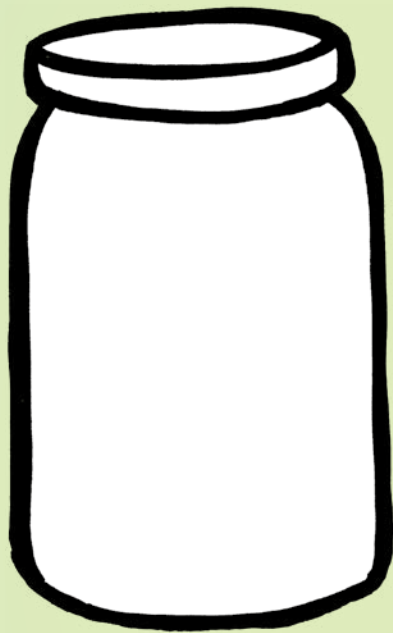


Week 1:
Feelings Pot practice
in session 1

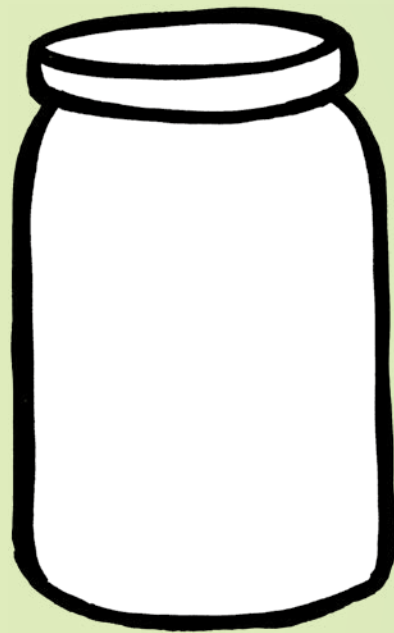


Week 1: Understanding My Feelings home practice

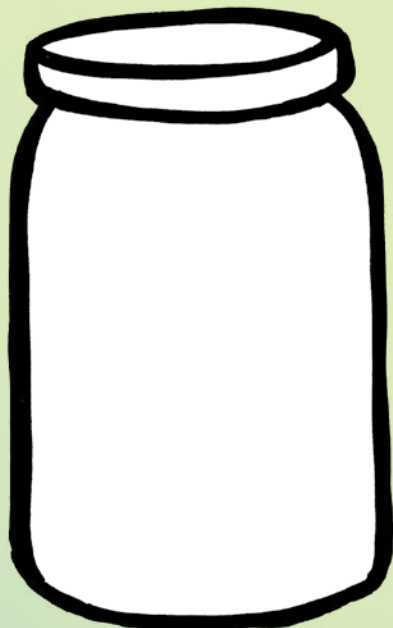
Fill in one feelings pot each day.



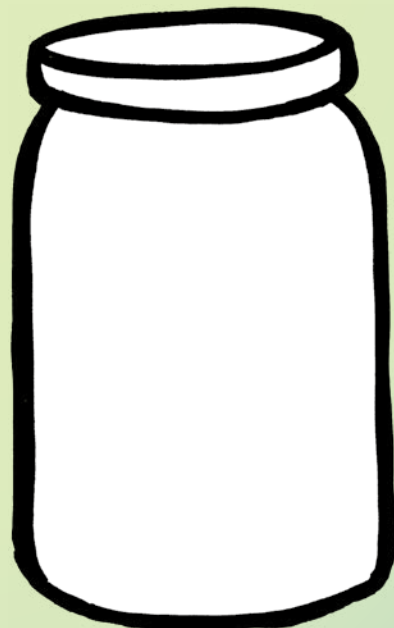
Day 1



Day 2



Day 3



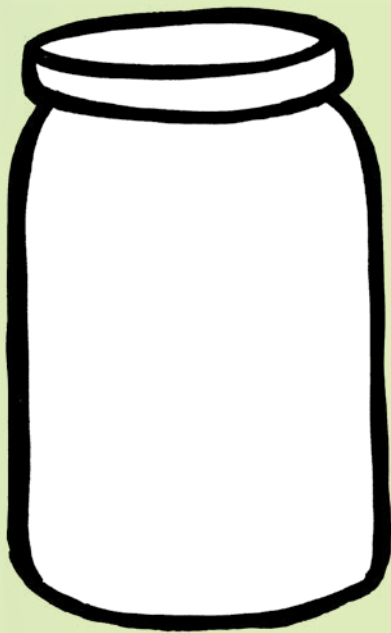
Day 4

Week 1:

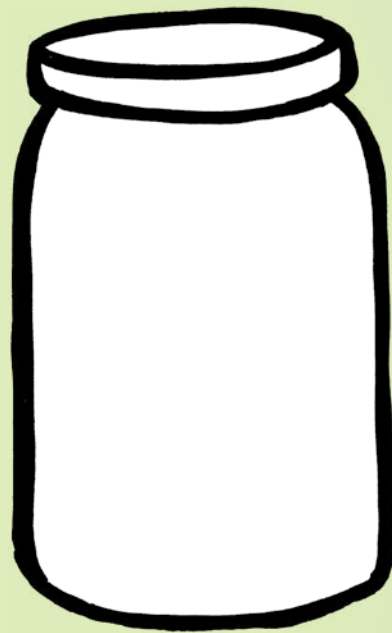
Understanding My Feelings

home practice

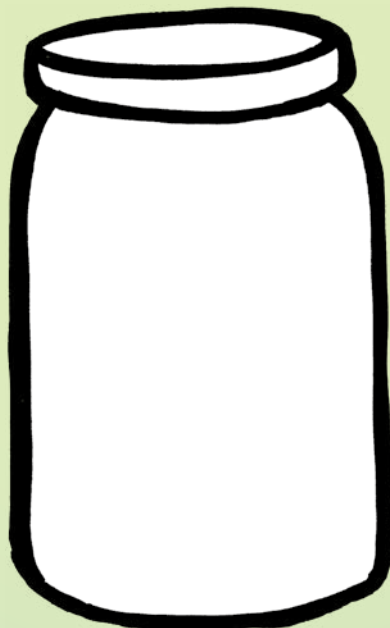
Fill in one feelings pot each day.



Day 5



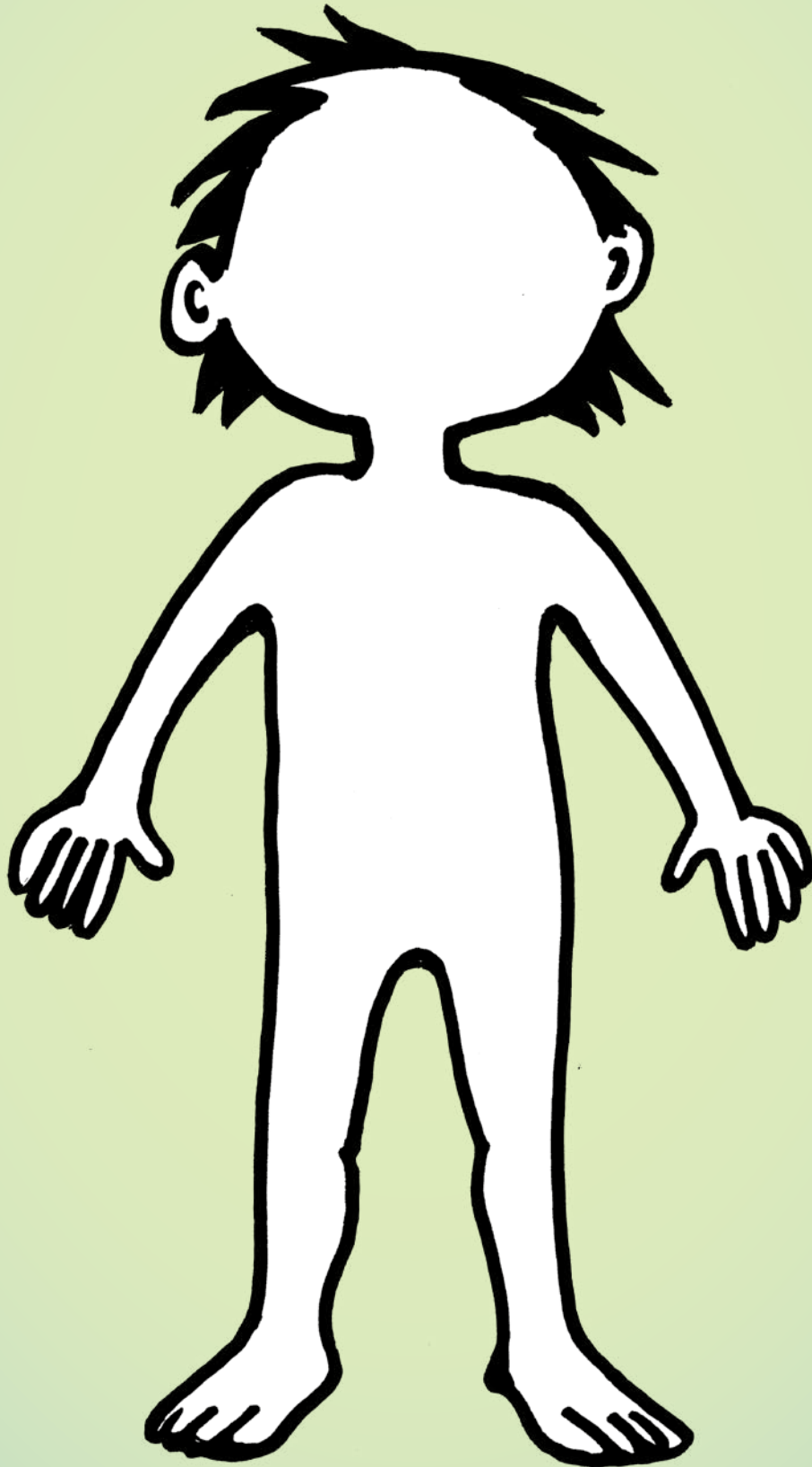
Day 6



Day 7

Week 2: Calming My Body

Body Map poster



Week 2:

Understanding My Feelings and Body Map home practice

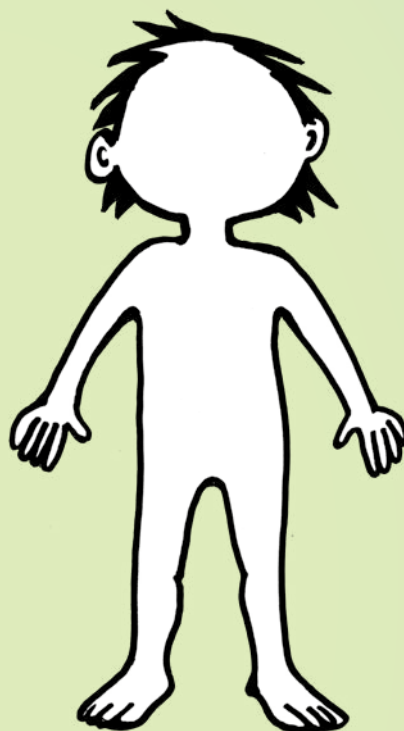
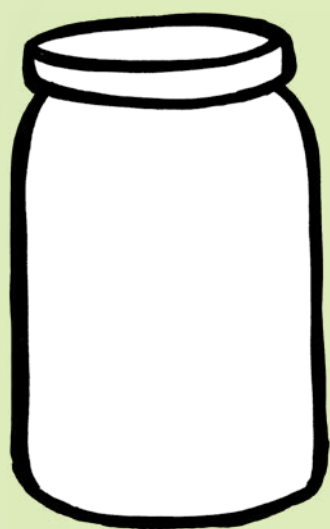
Fill in one feelings pot each day. Then choose the strongest feeling you had that day and draw what was happening in your body when you had that feeling (on the body map).



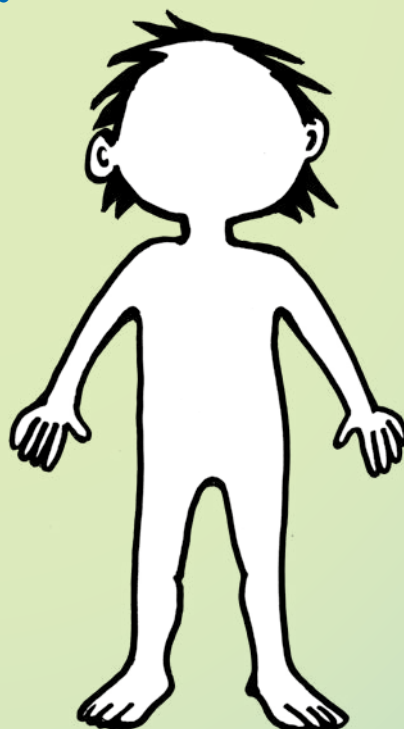
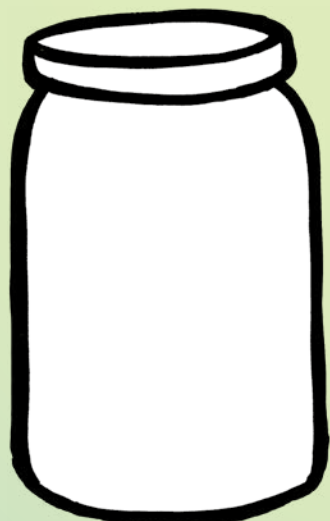
Day 1

Week 2:

Understanding My Feelings and Body Map home practice



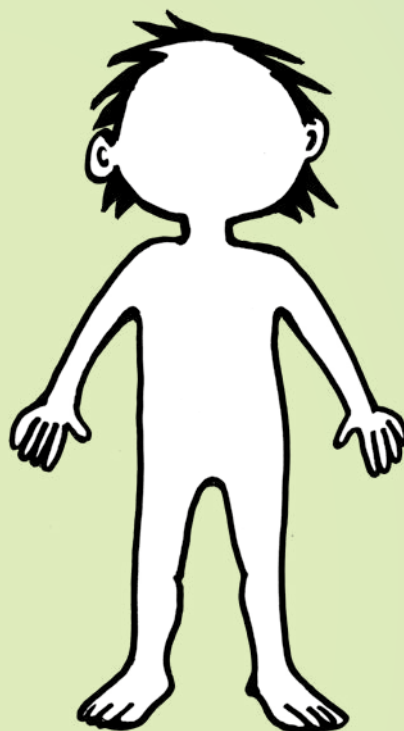
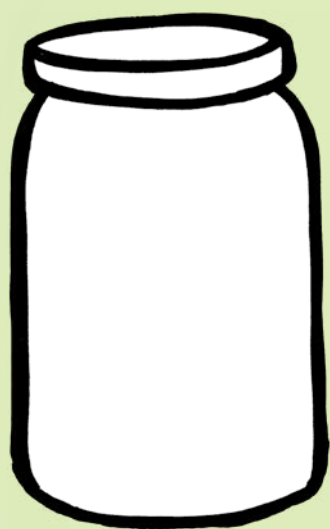
Day 2



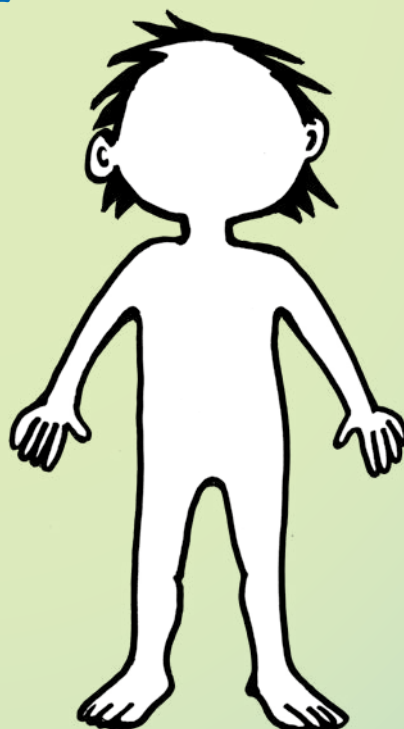
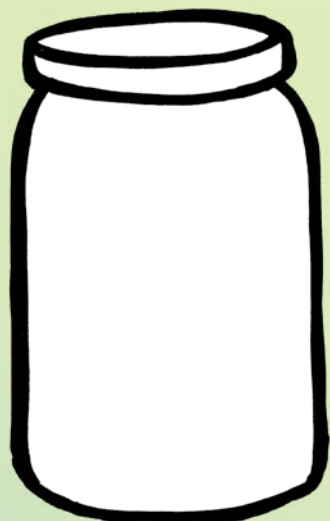
Day 3

Week 2:

Understanding My Feelings and Body Map home practice



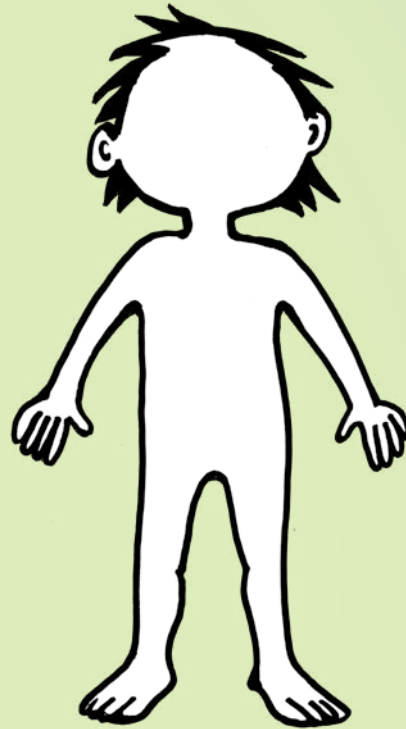
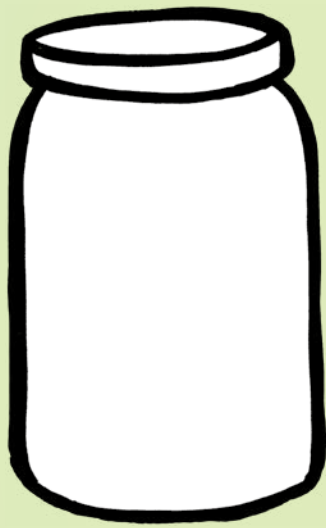
Day 4



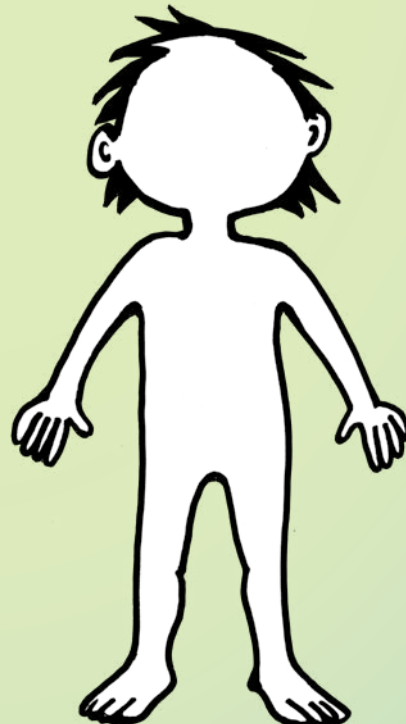
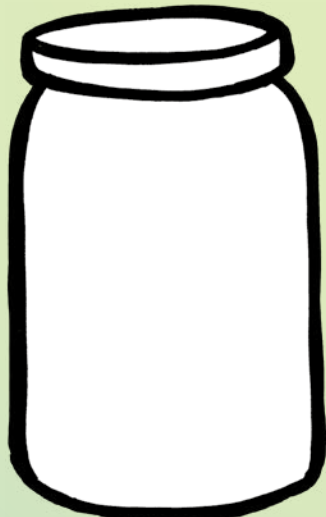
Day 5

Week 2:

Understanding My Feelings and Body Map home practice

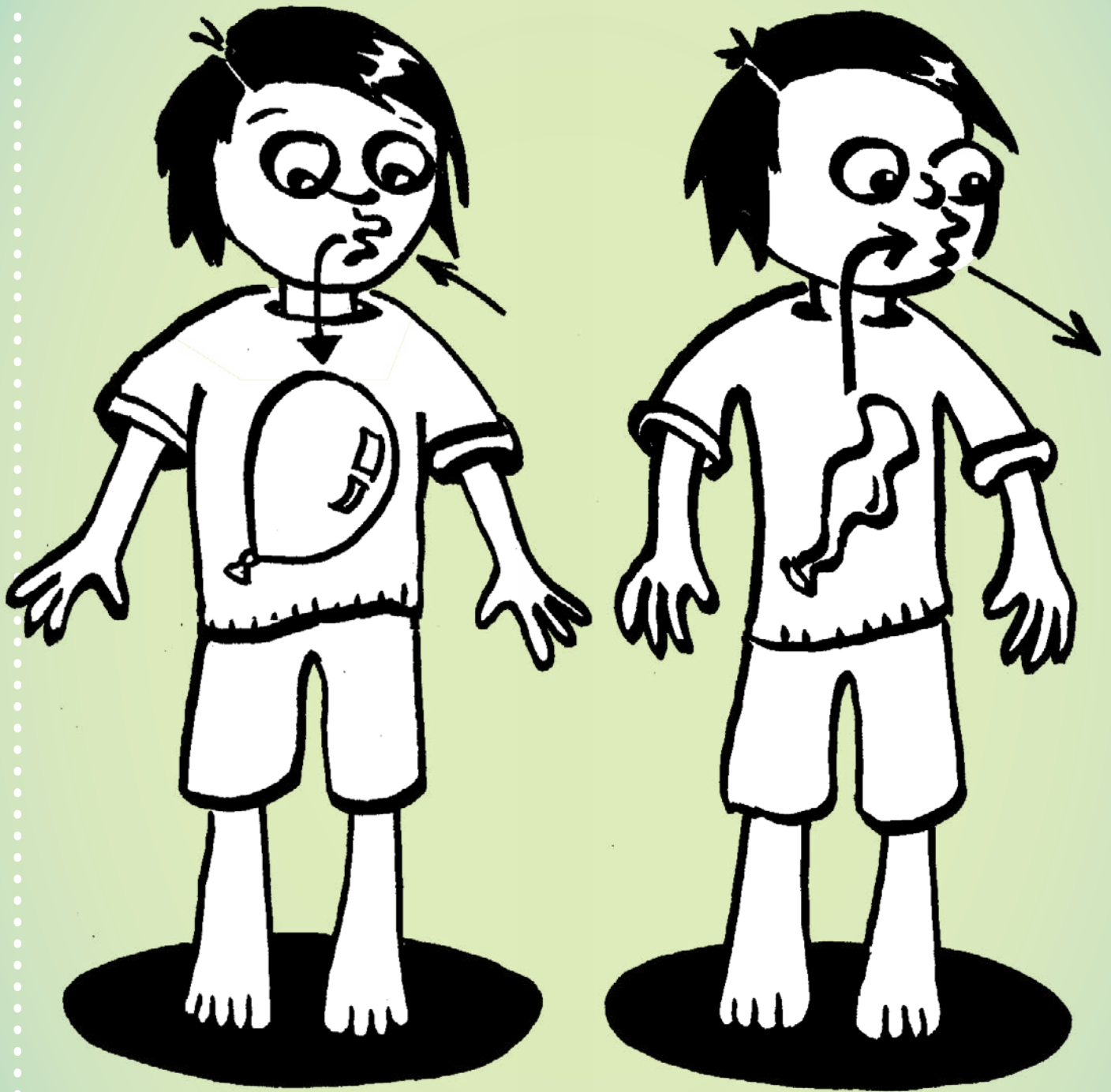


Day 6



Day 7

Week 2: Calming My Body

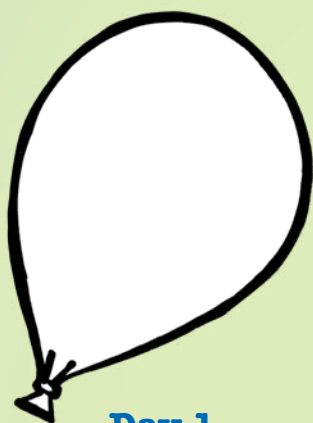


**Remember to practice
your slow breathing everyday!**

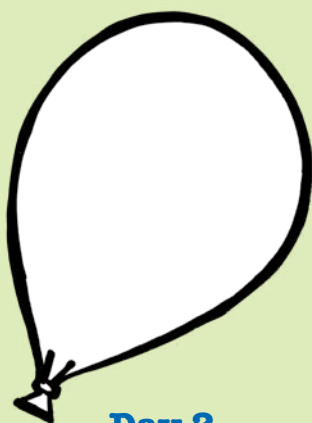
Week 2: Calming My Body

home practice

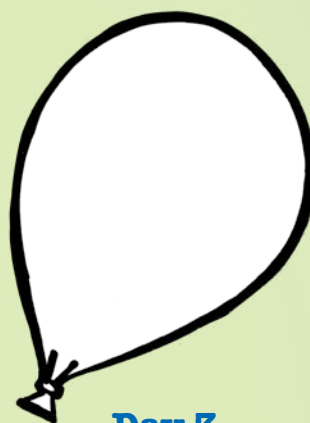
**Practice your slow breathing for 2 minutes every day.
Colour in the balloon to show you have done your
practice for that day.**



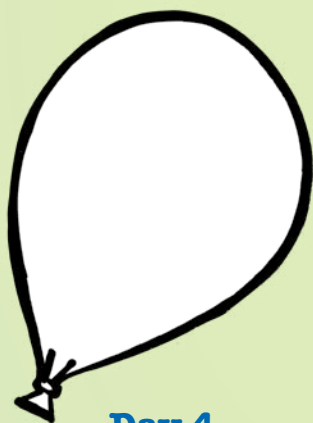
Day 1



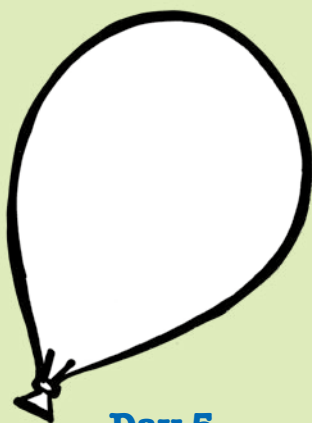
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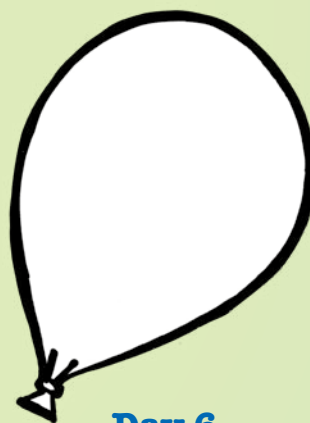
Day 3



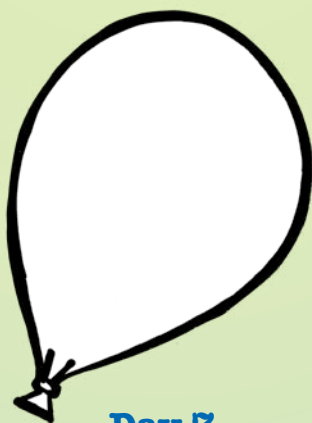
Day 4



Day 5



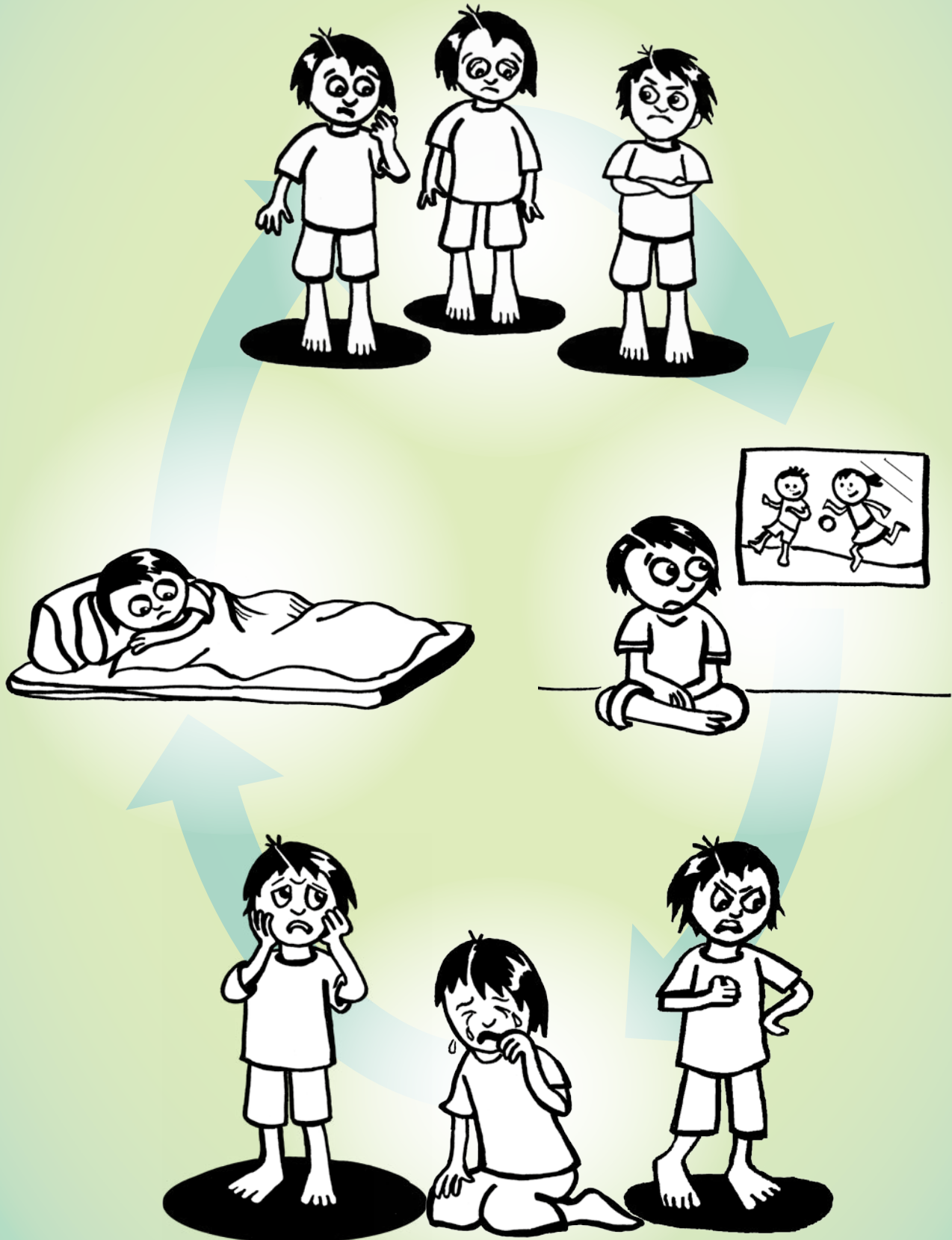
Day 6



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**

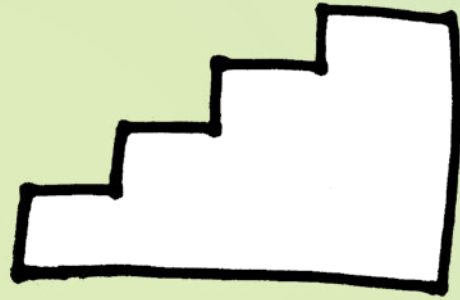
Week 3: Changing My Actions

home practice

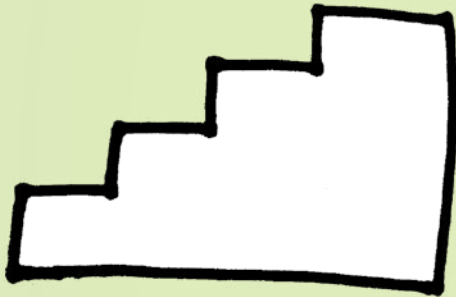
**Remember to do your Changing My Actions steps
this week!**



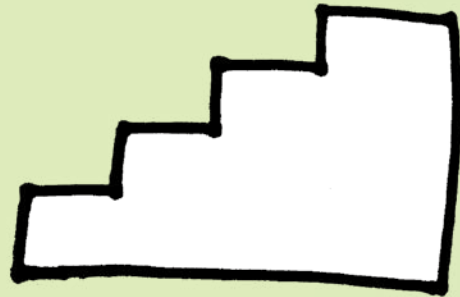
Day 1



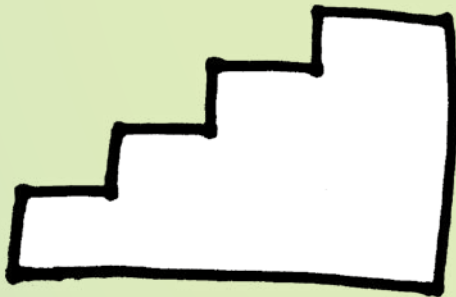
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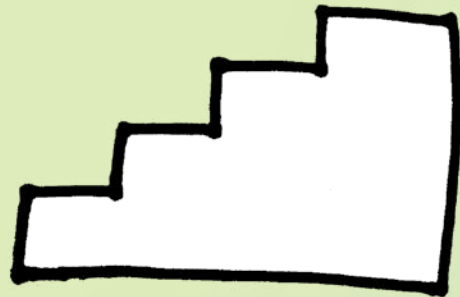
Day 3



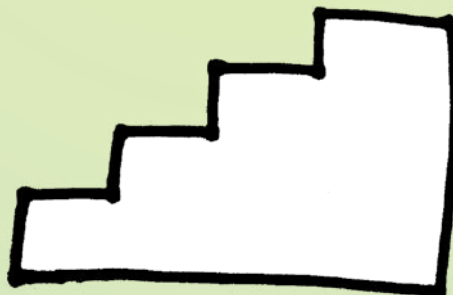
Day 4



Day 5



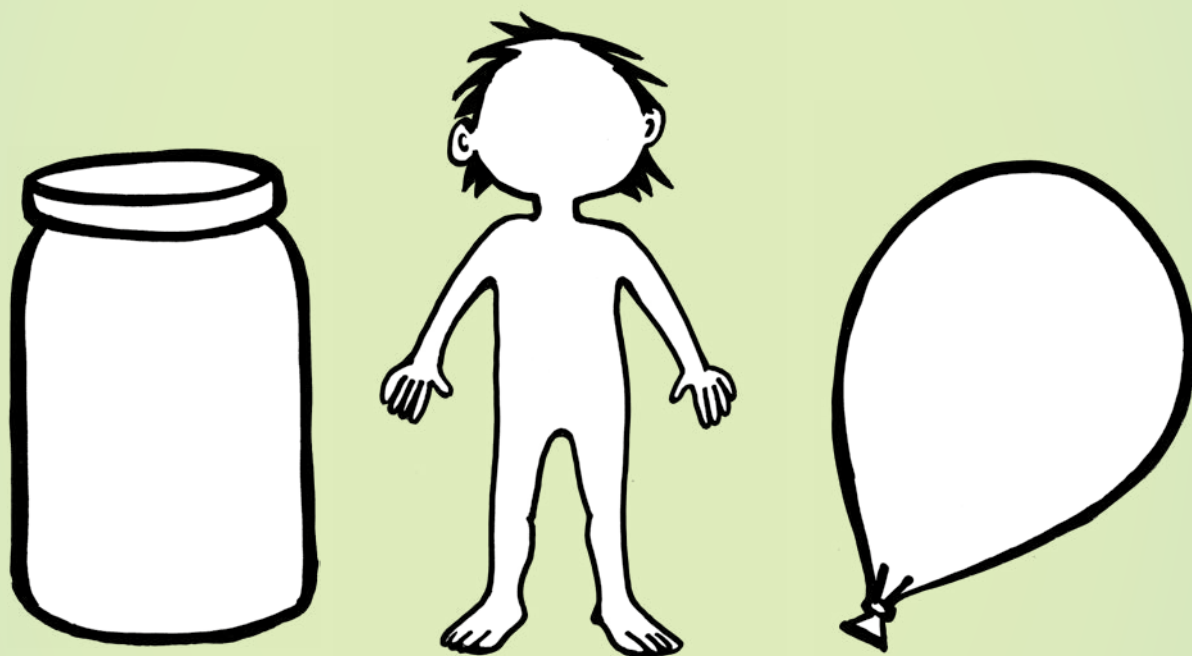
Day 6



Day 7

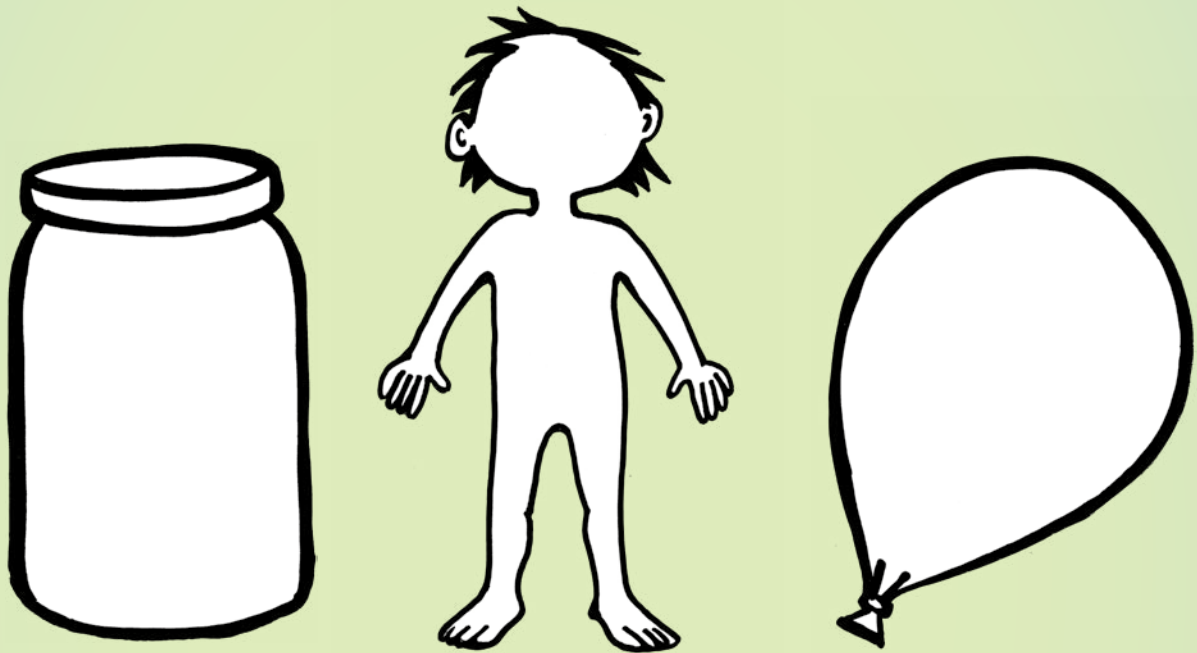
Week 3: Understanding My Feelings and Calming My Body home practice

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

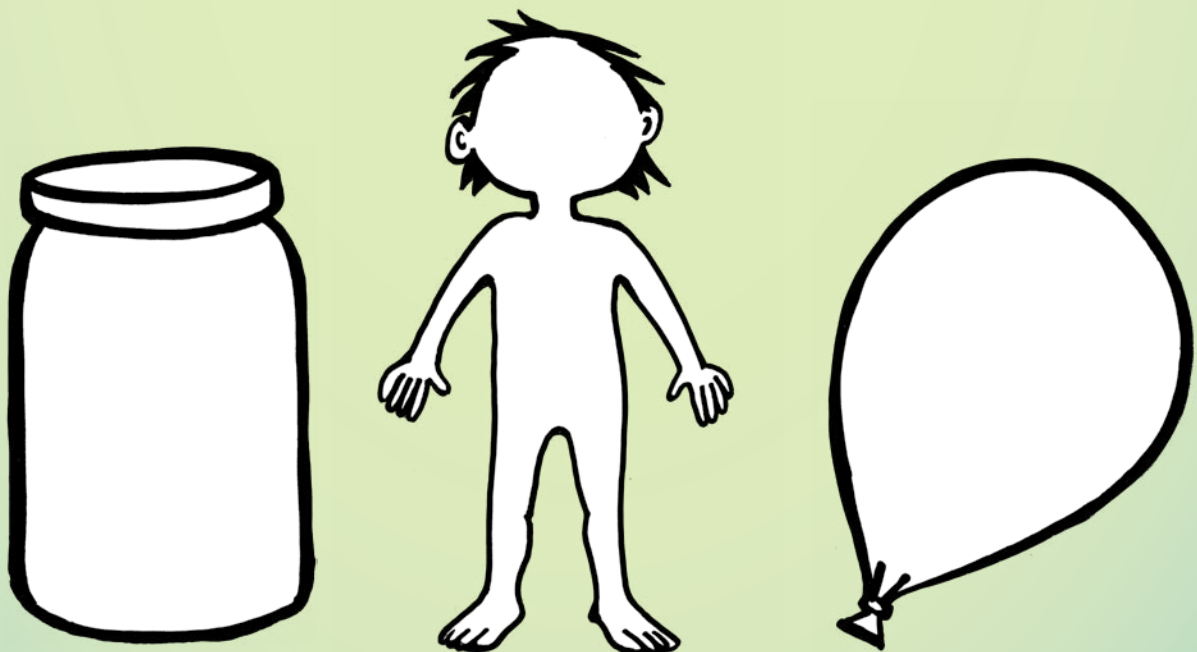


Day 1

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

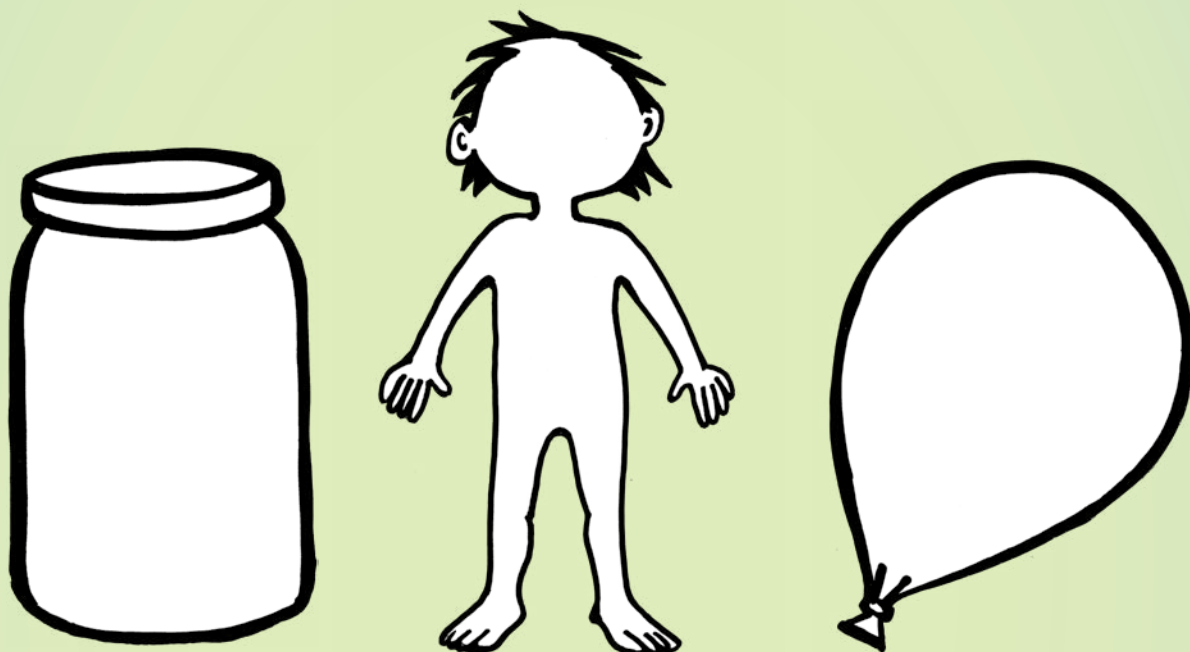


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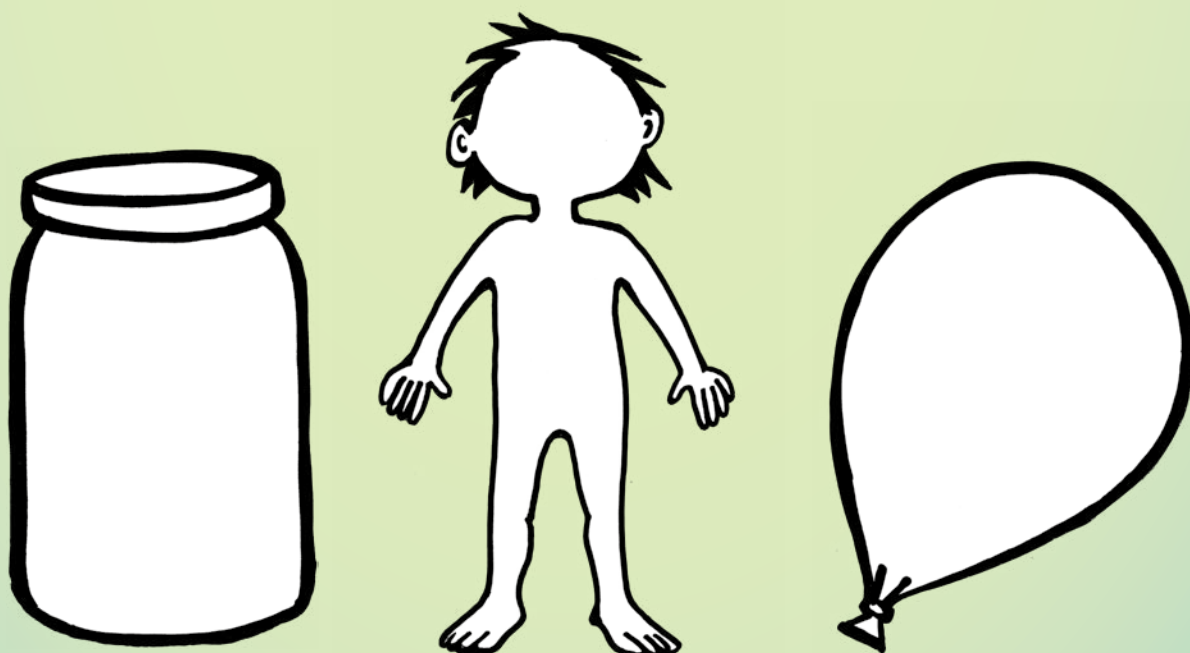


Day 3

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

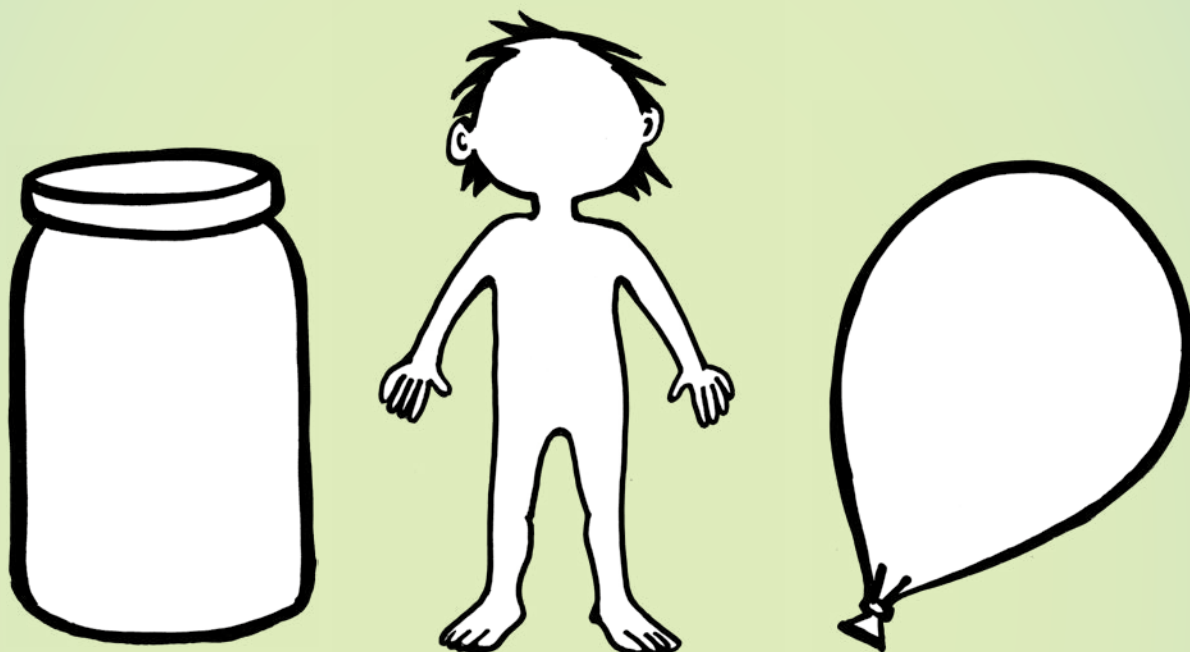


Day 4

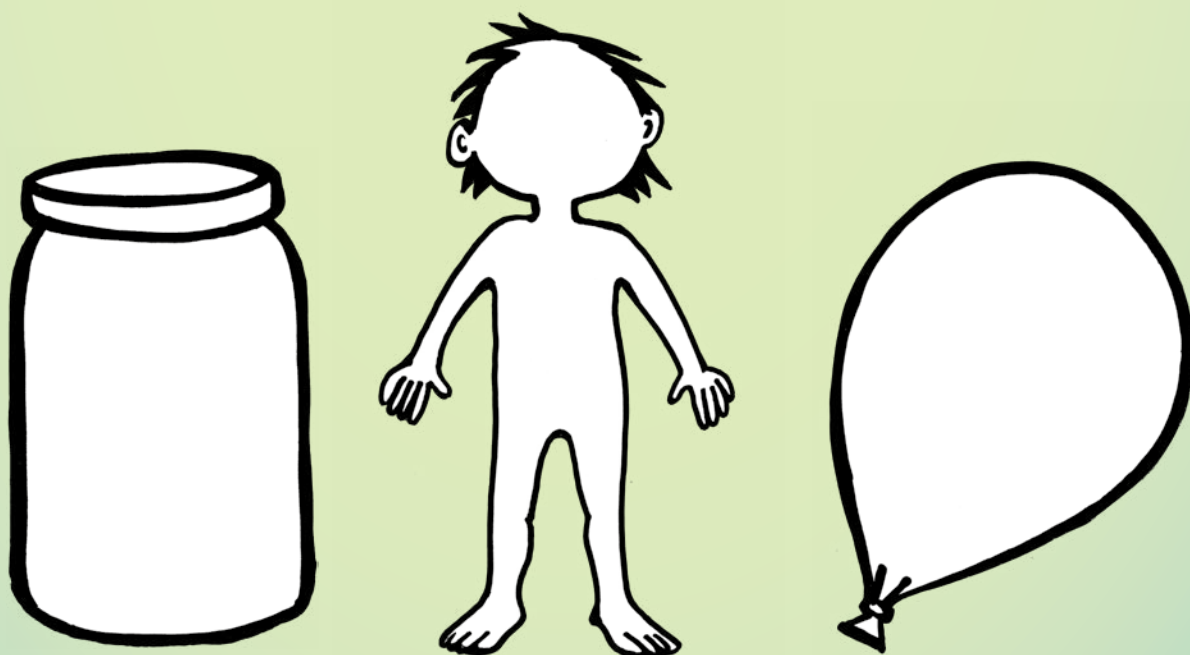


Day 5

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



Day 6



Day 7

Week 4: Changing My

Actions in session 4

Week 4: Changing My Actions

home practice

**Remember to do your Changing My Actions steps
this week!**

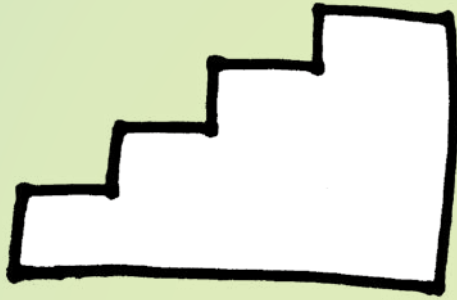


**Choose
Break
Plan
Repeat**

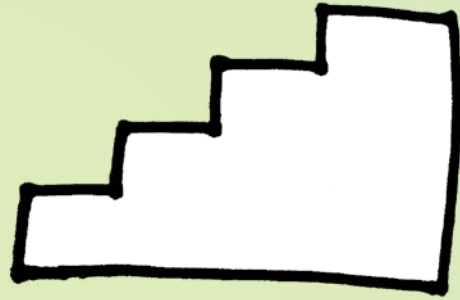
Week 4: Changing My Actions

home practice

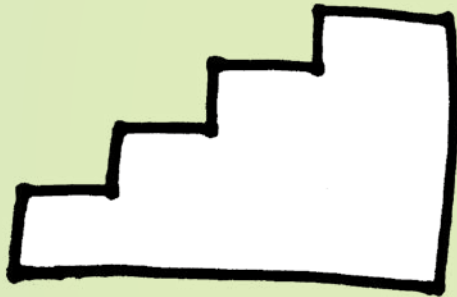
**Remember to do your Changing My Actions steps
this week!**



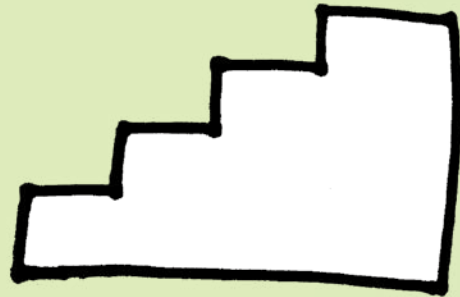
Day 1



Day 2



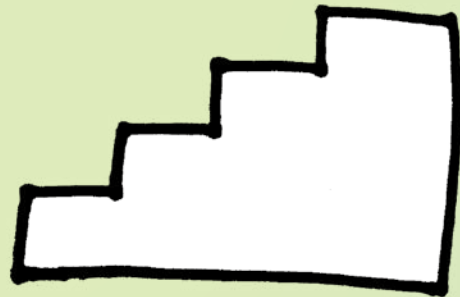
Day 3



Day 4



Day 5

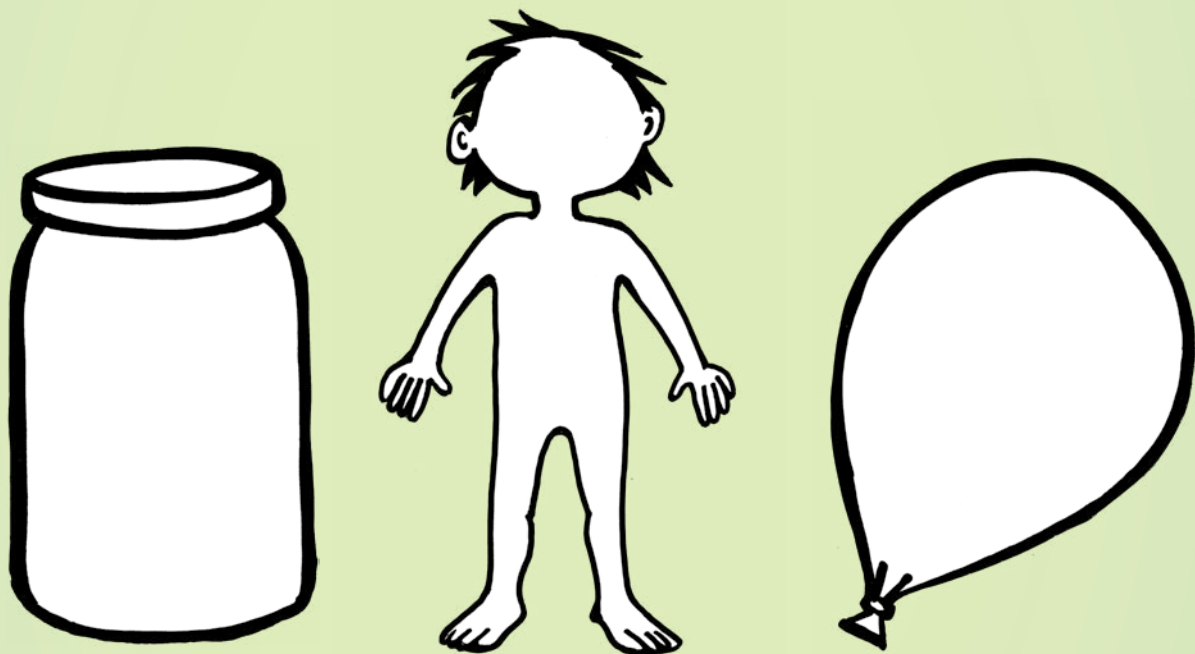


Day 6



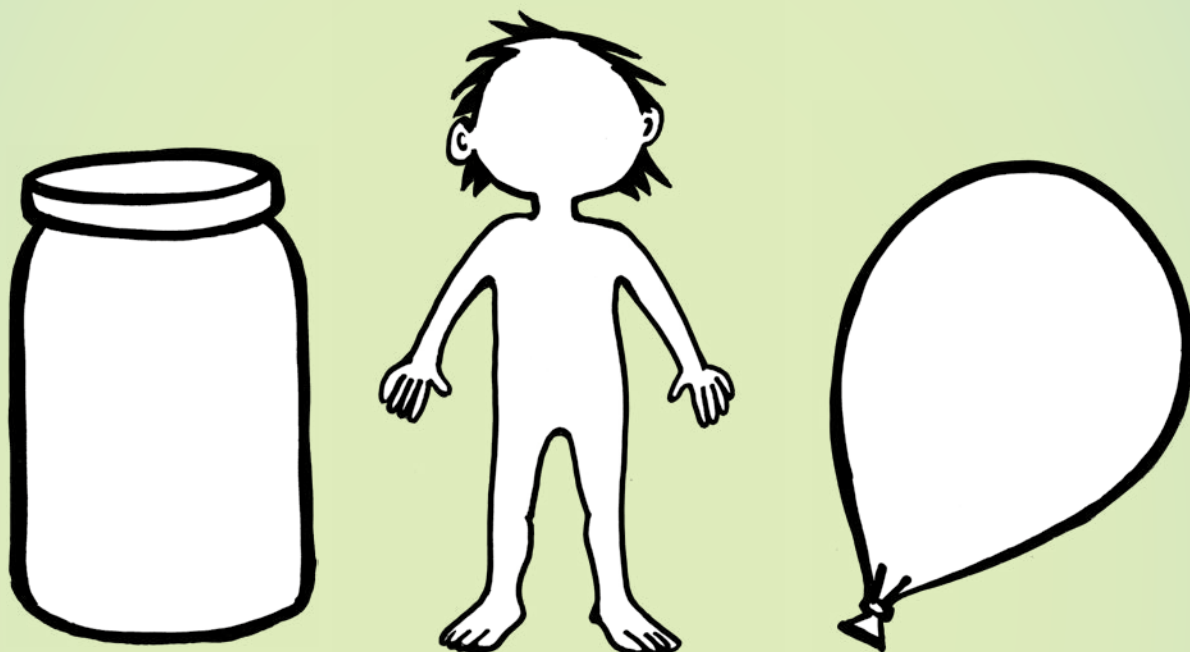
Day 7

Week 4: More practice!
Understanding My Feelings
and Calming My Body
home practice

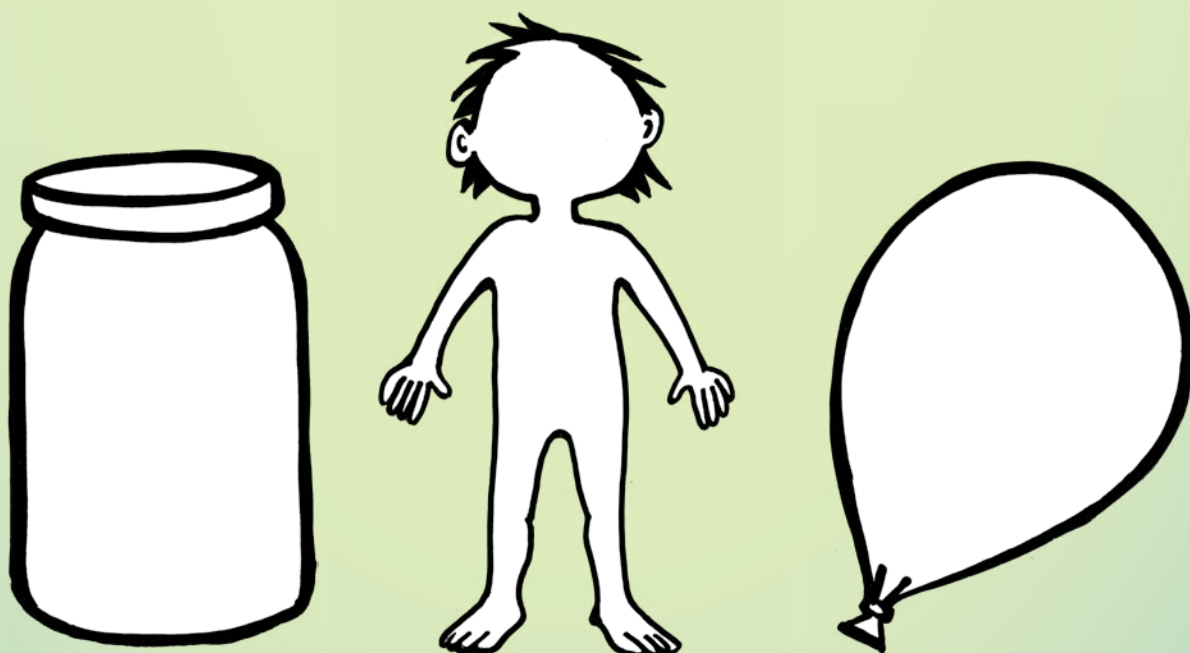


Day 1

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

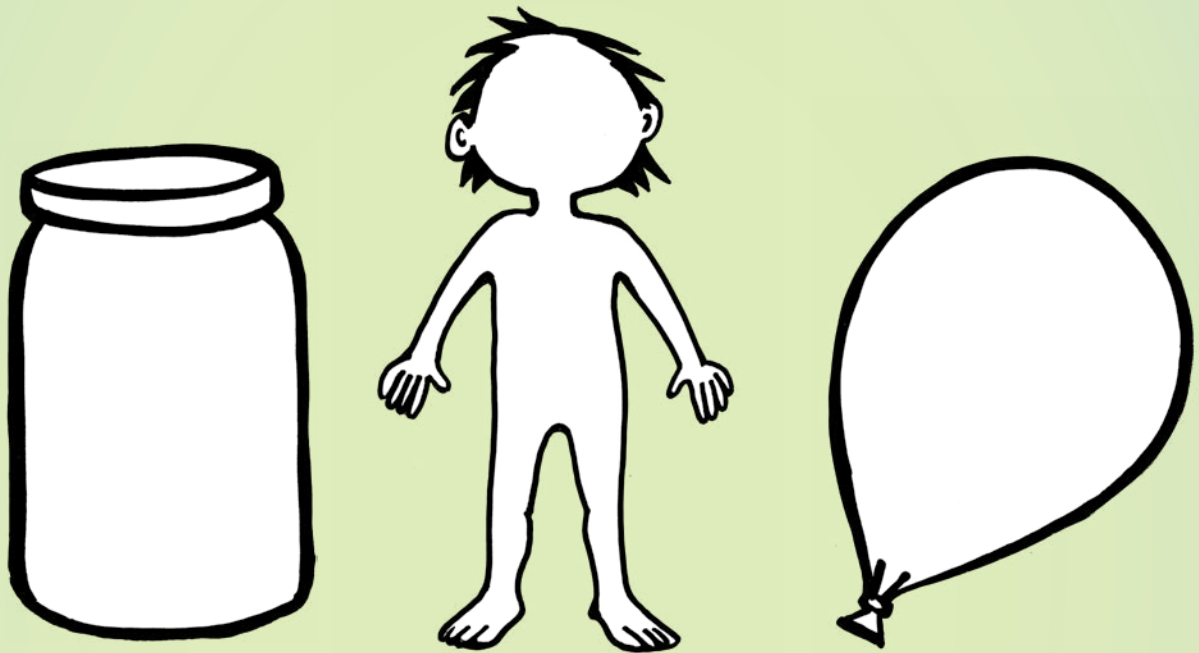


Day 2

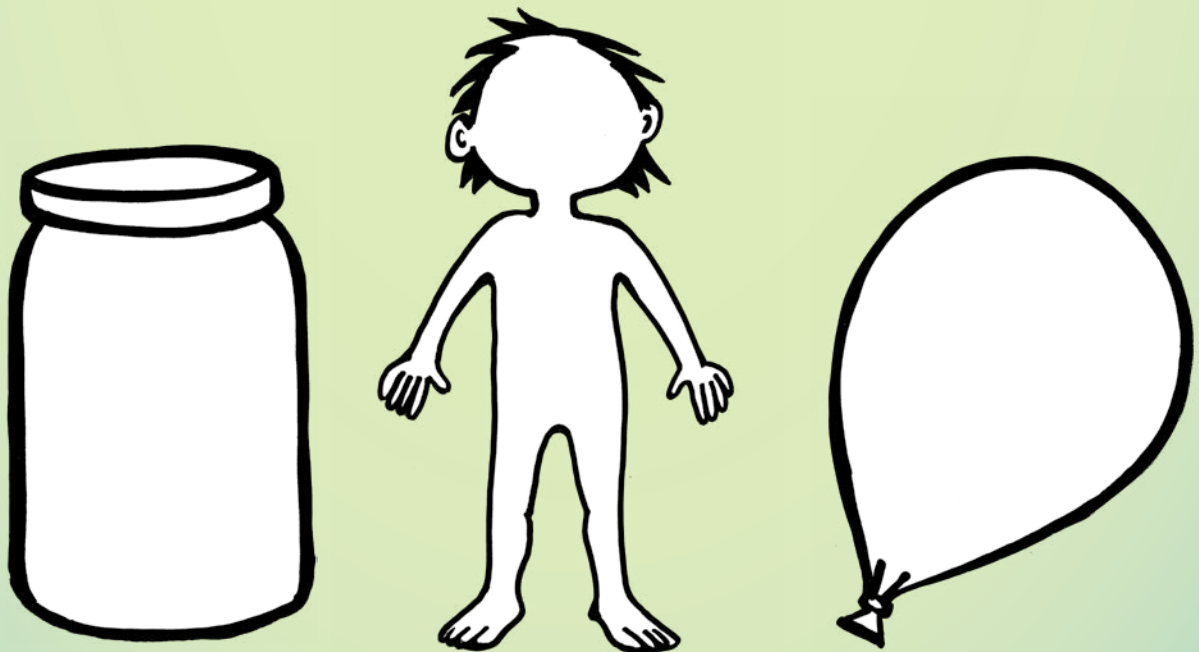


Day 3

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

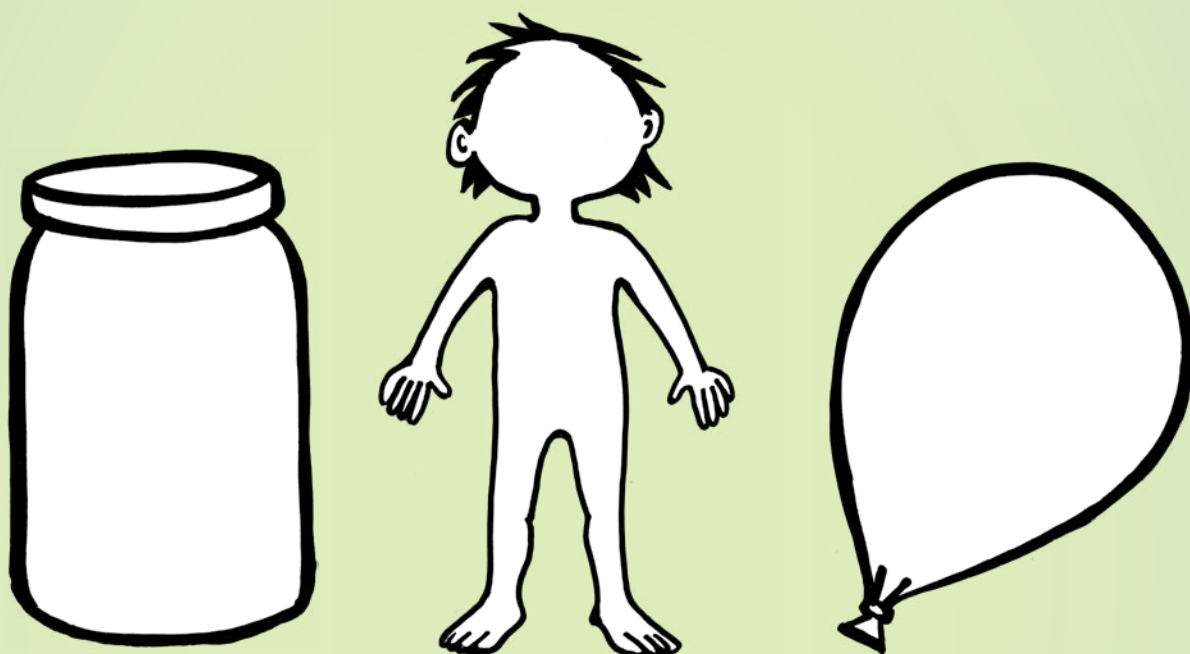


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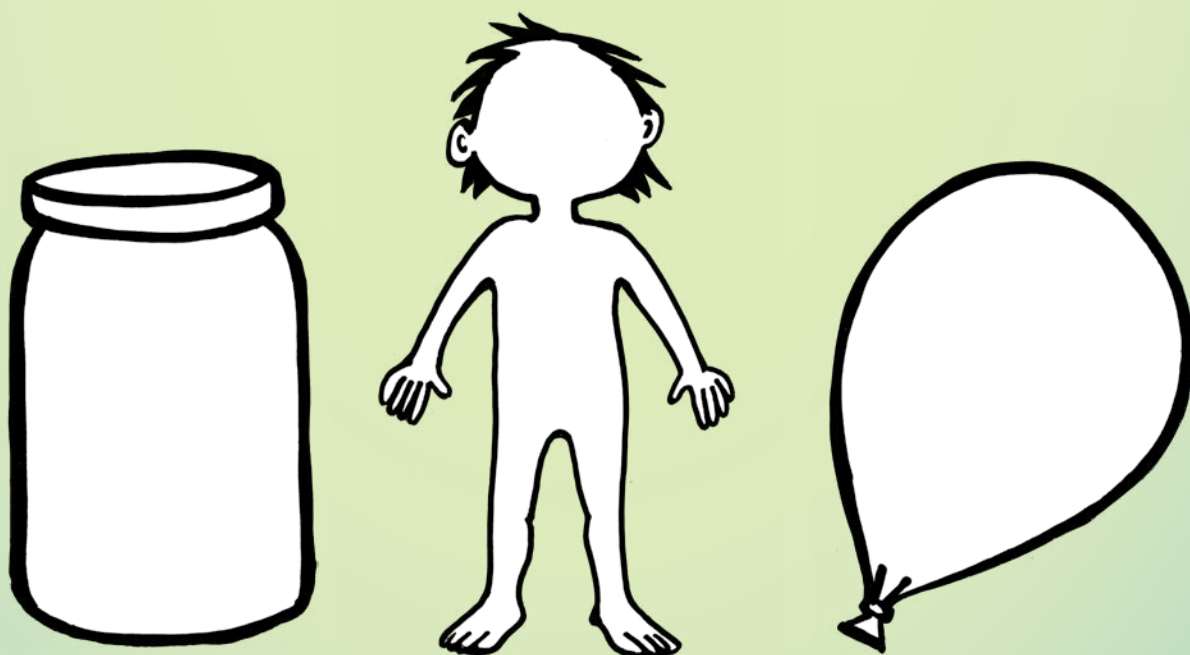


Day 5

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



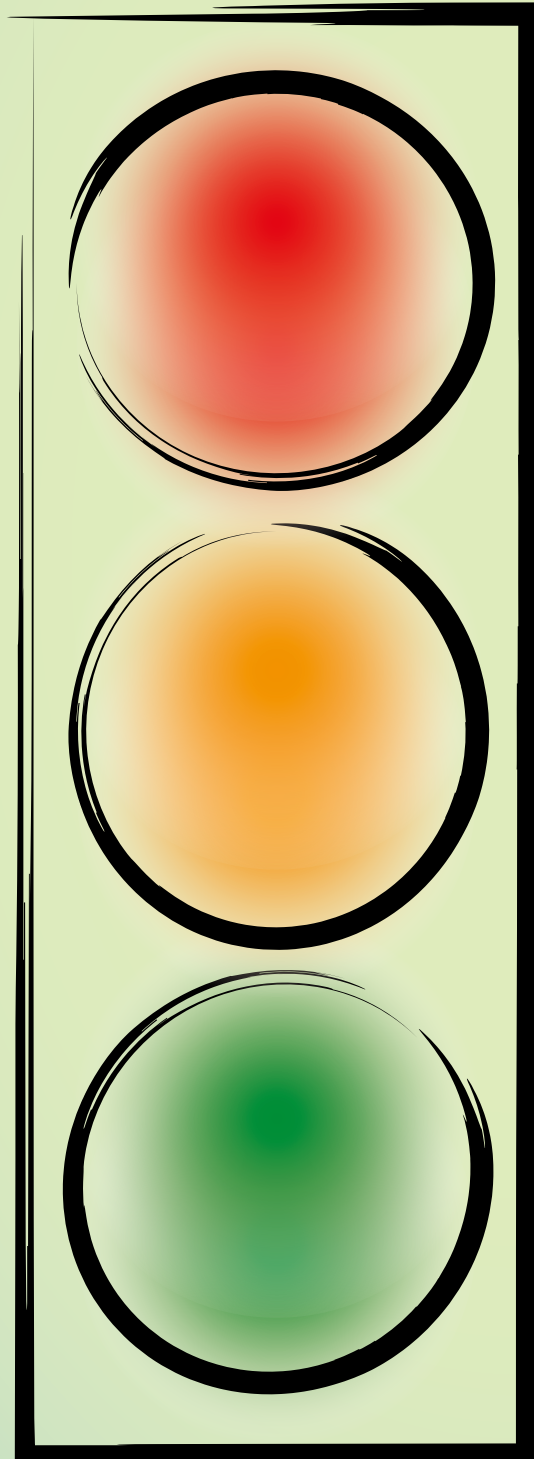
Day 6



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:

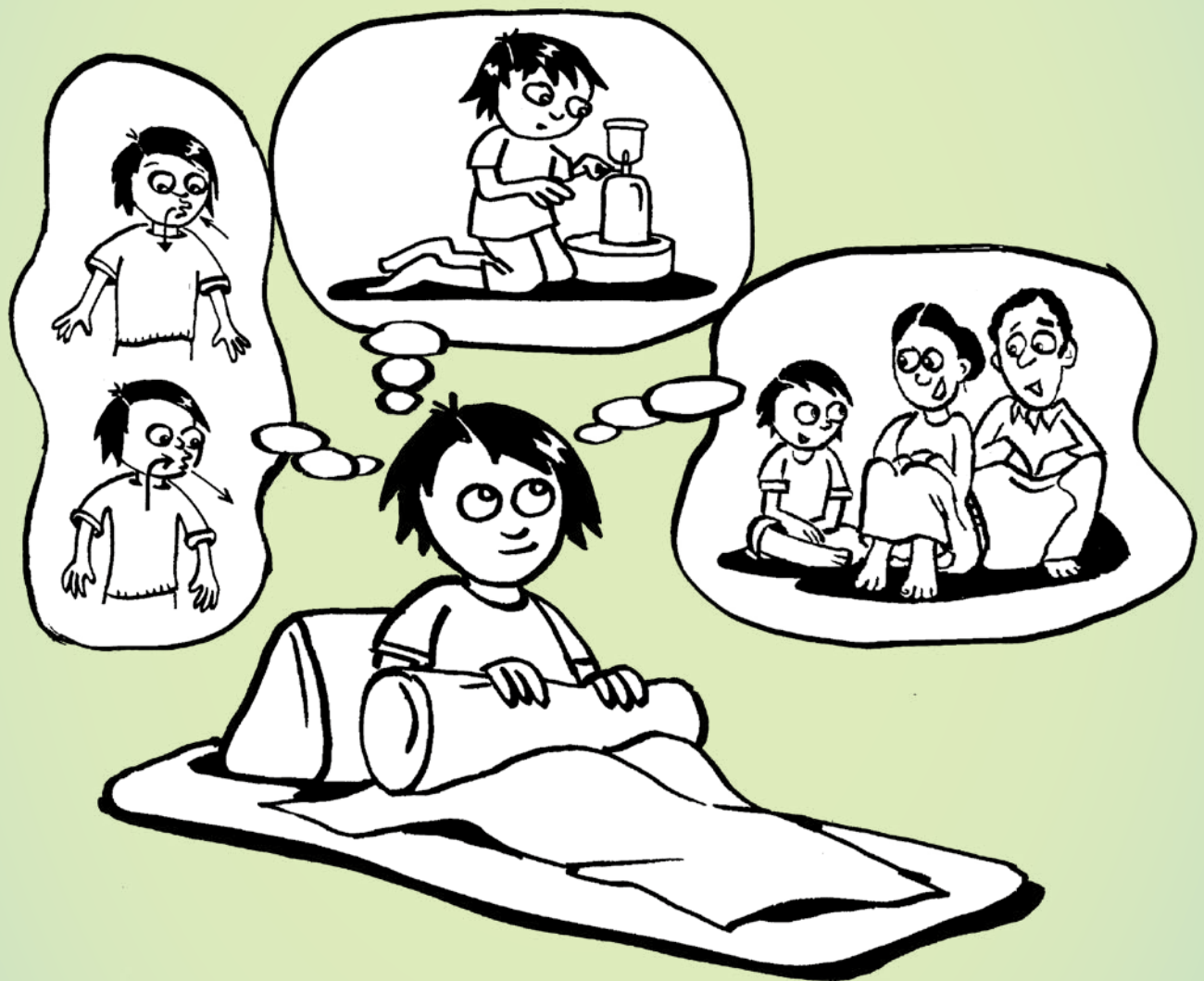
Choose one idea
and try it out!

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!**

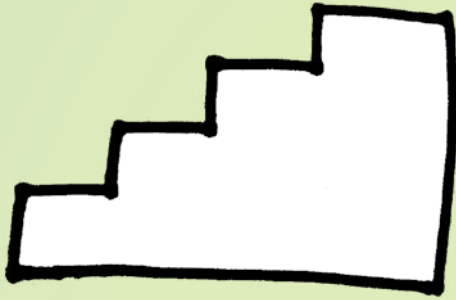


**Choose
Break
Plan
Repeat**

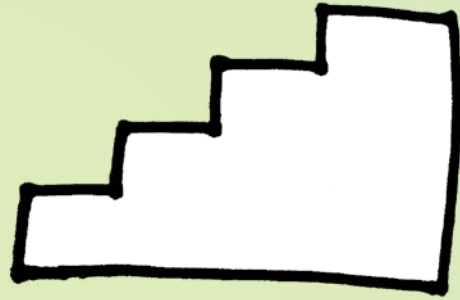
Week 5: Changing My Actions

home practice

**Remember to do your Changing My Actions steps
this week!**



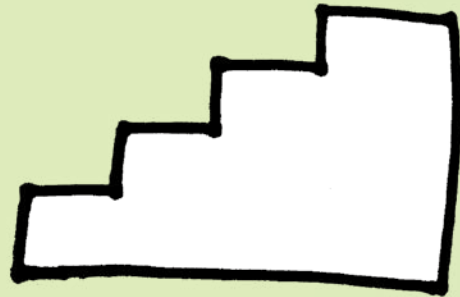
Day 1



Day 2



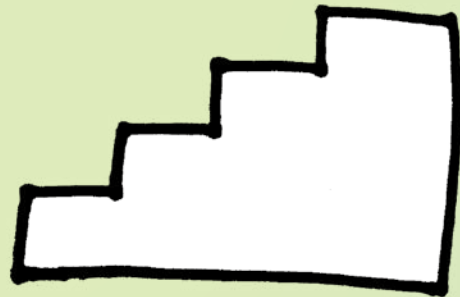
Day 3



Day 4



Day 5



Day 6

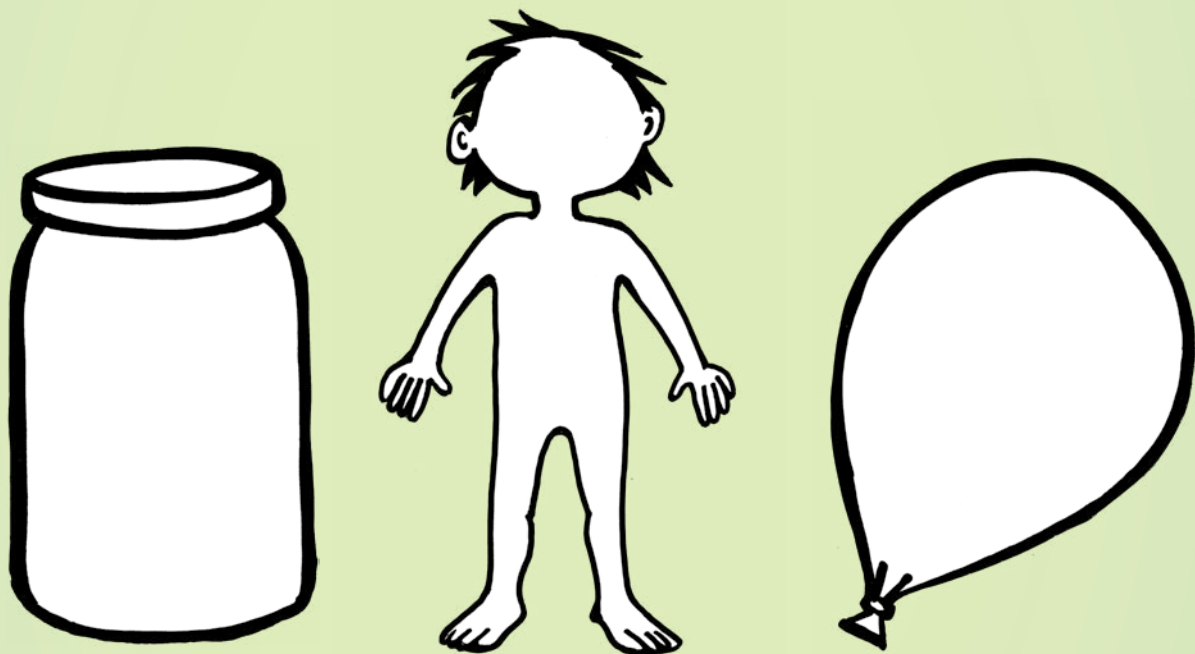


Day 7

Week 5: More practice!

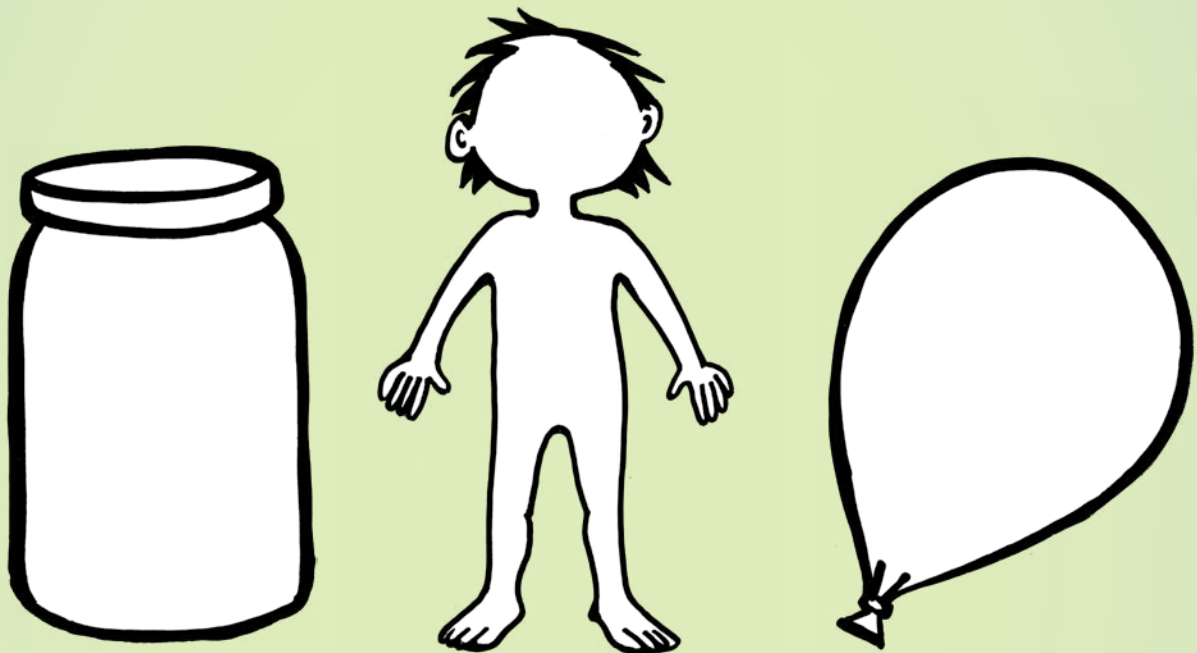
Understanding My Feelings and Calming My Body

home practice

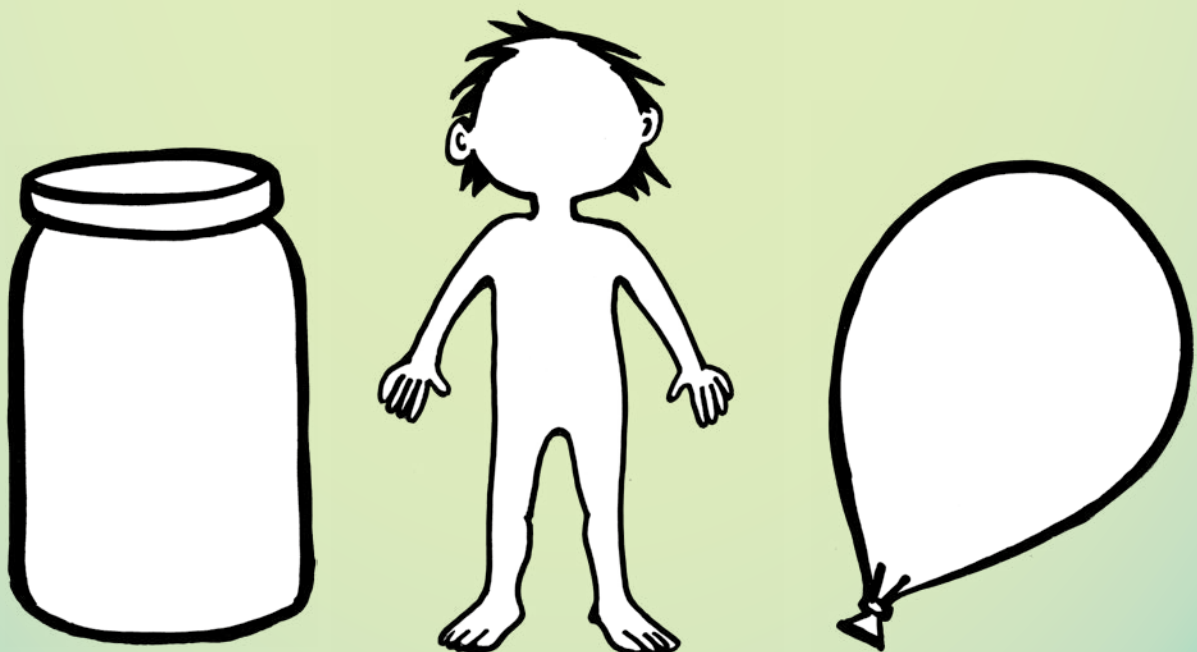


Day 1

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

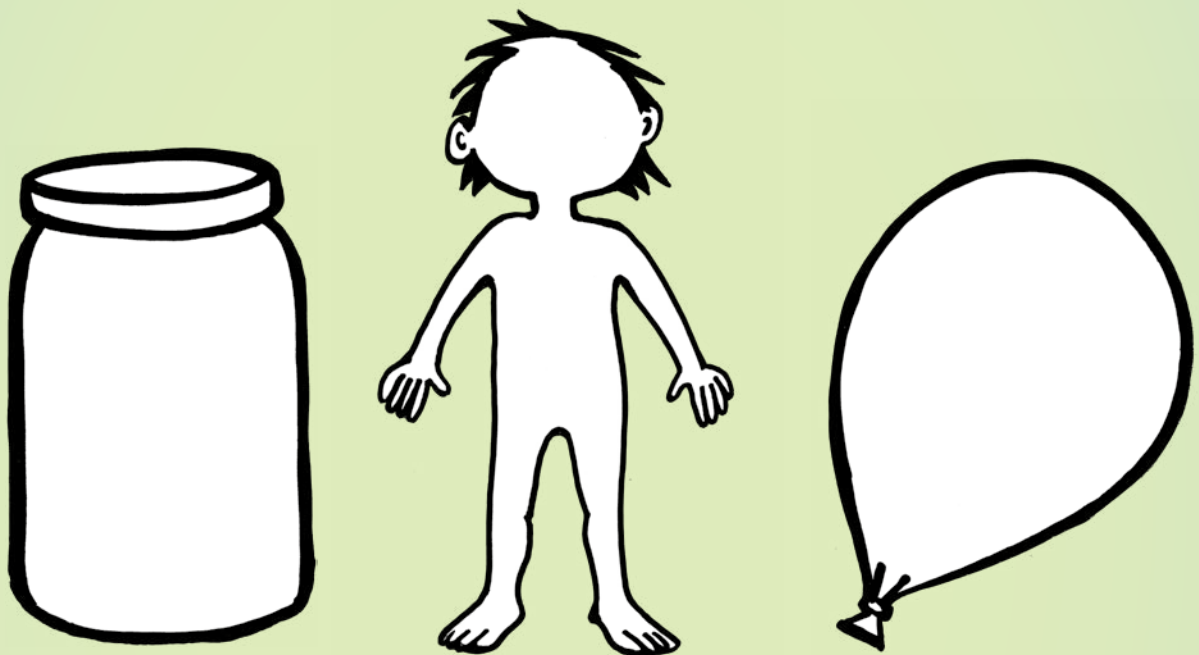


Day 2

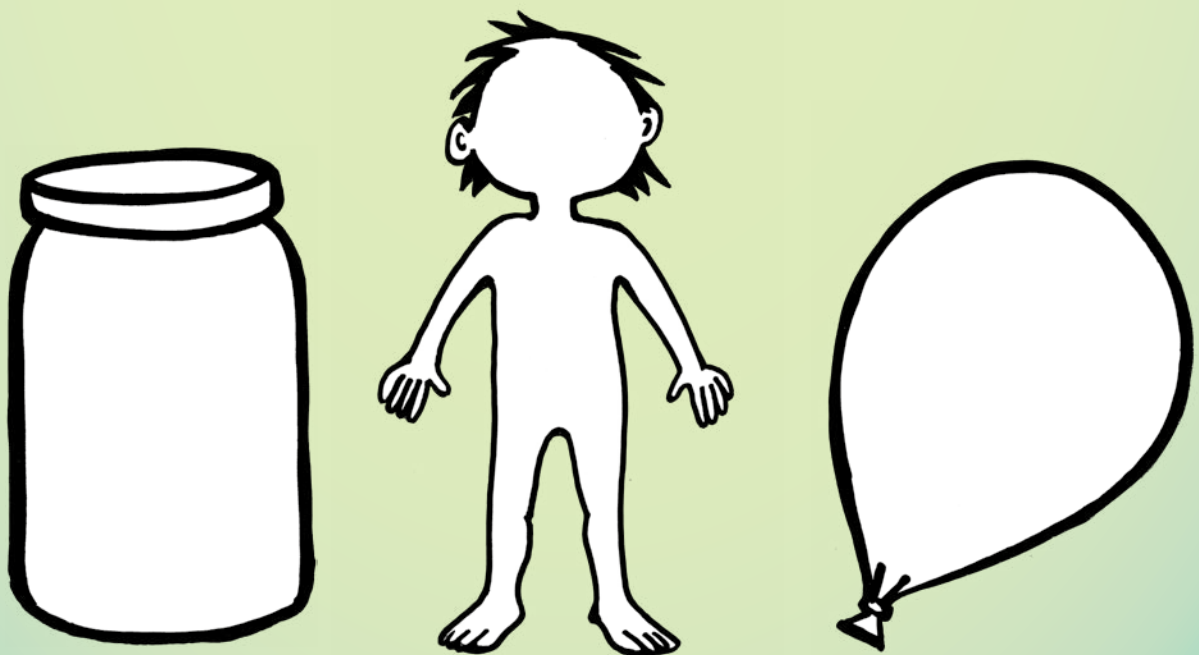


Day 3

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

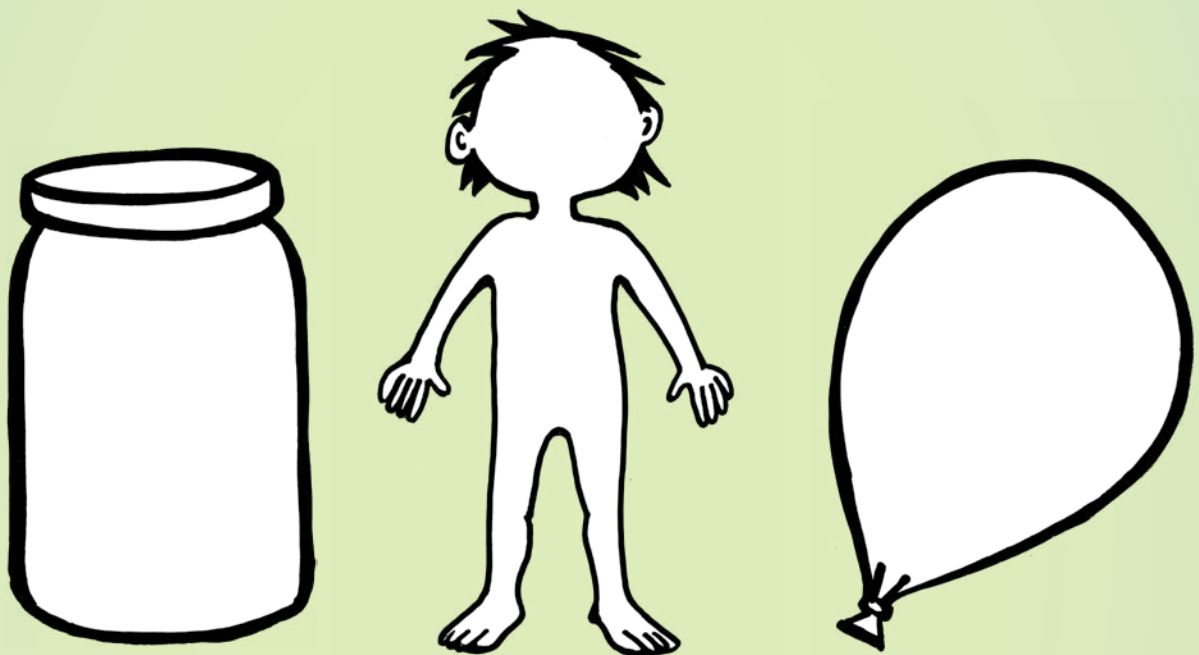


Day 4

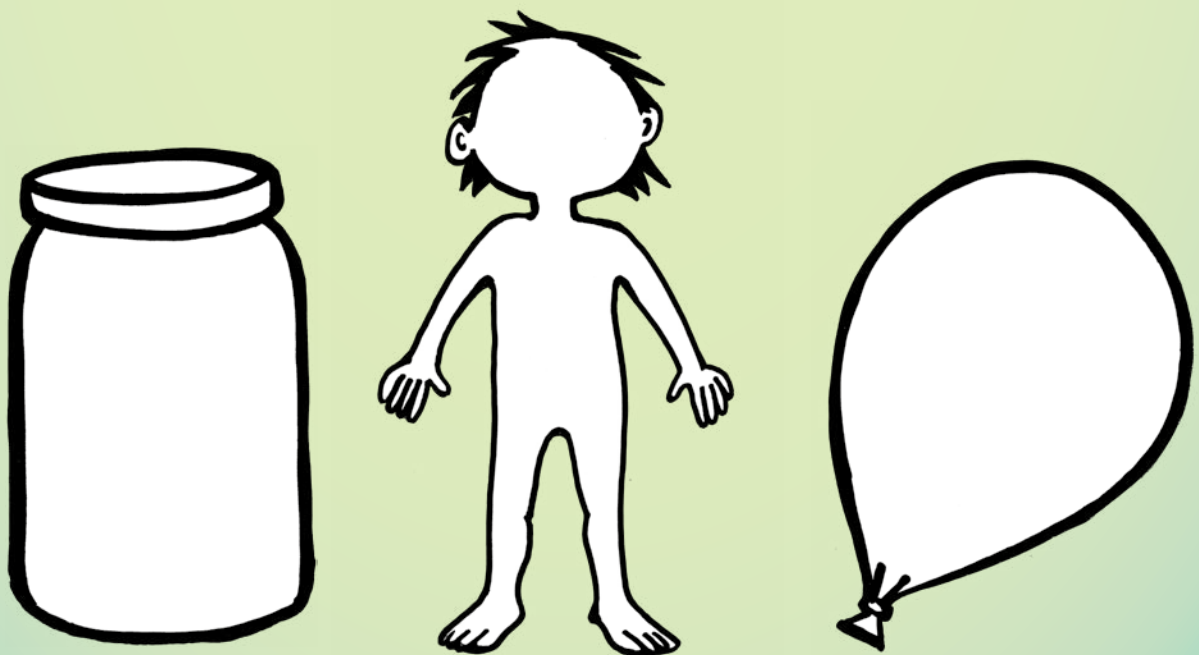


Day 5

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!**



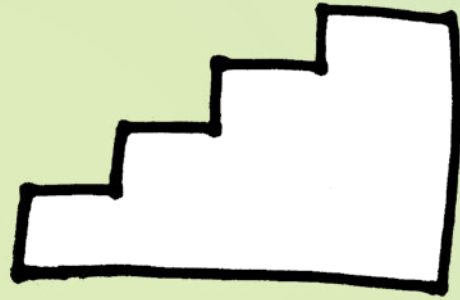
Week 6: Changing My Actions

home practice

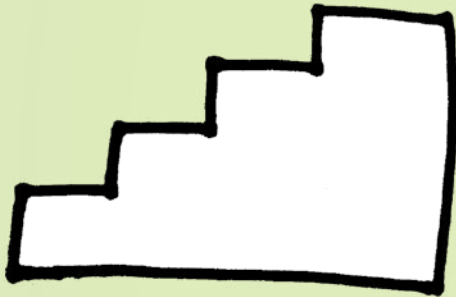
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this week!**



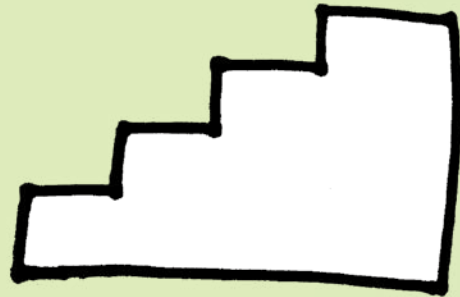
Day 1



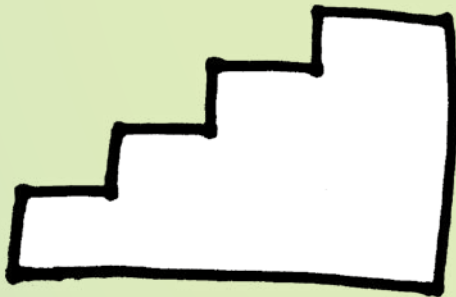
Day 2



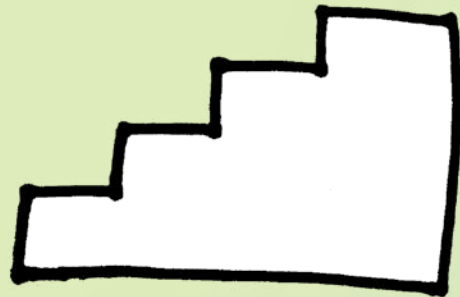
Day 3



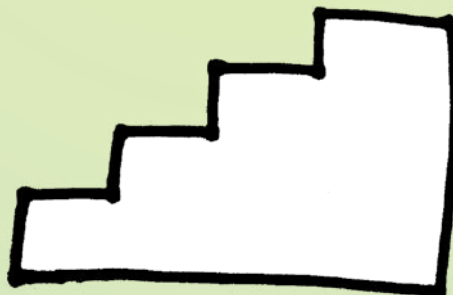
Day 4



Day 5

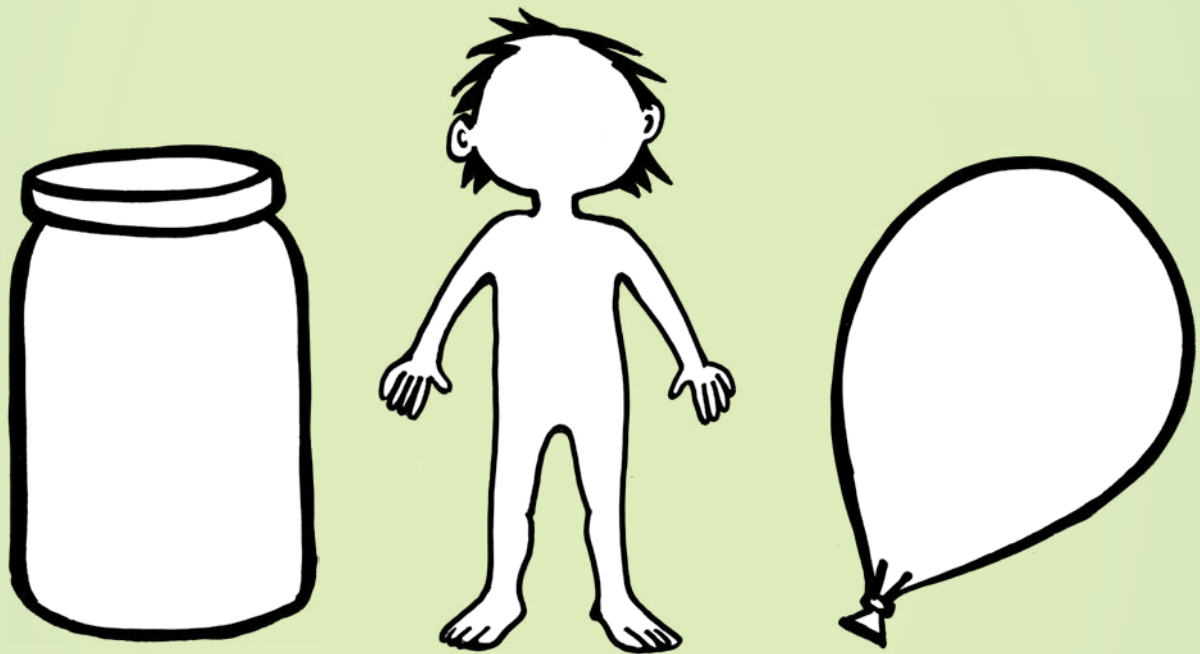


Day 6



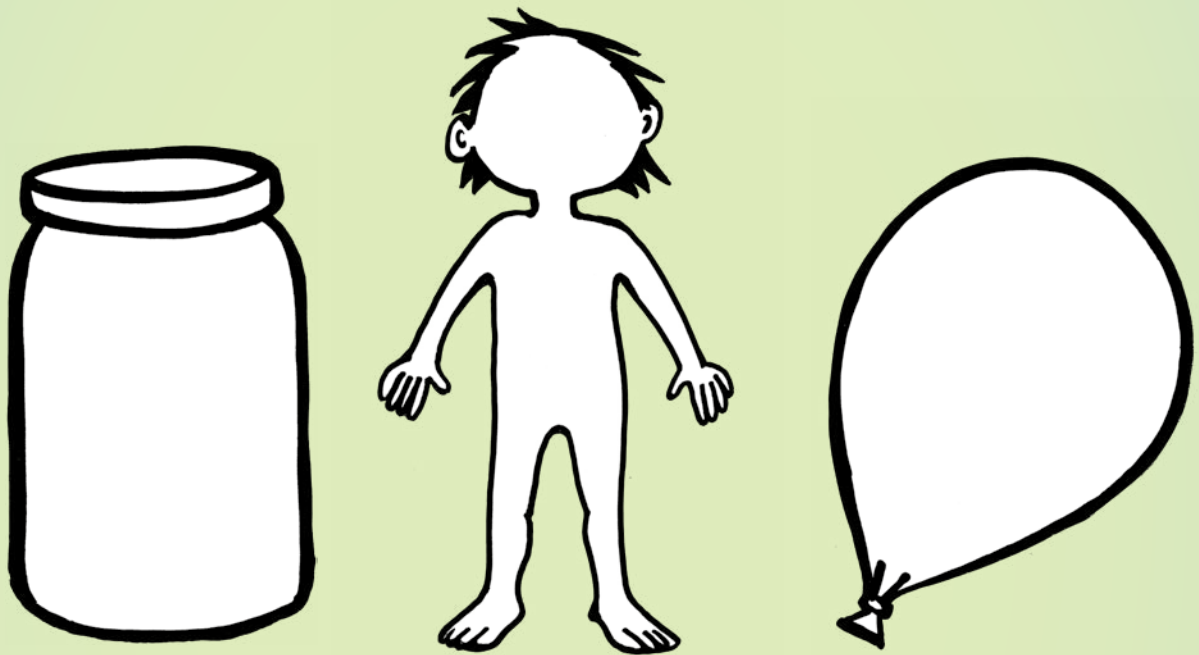
Day 7

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

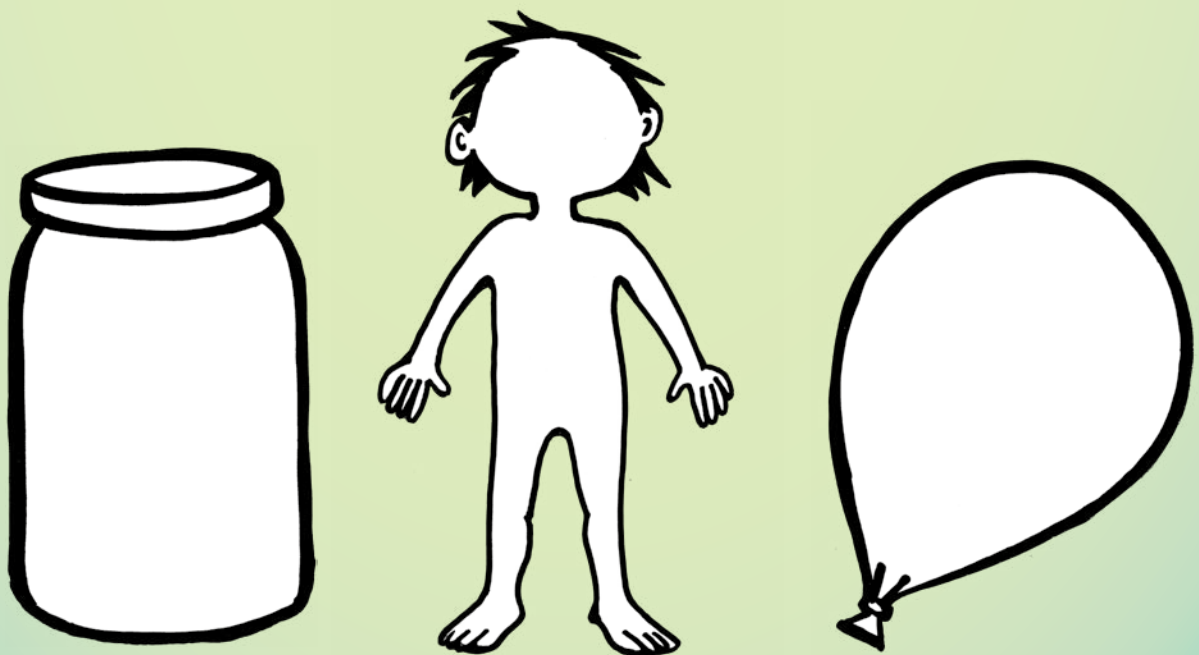


Day 1

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

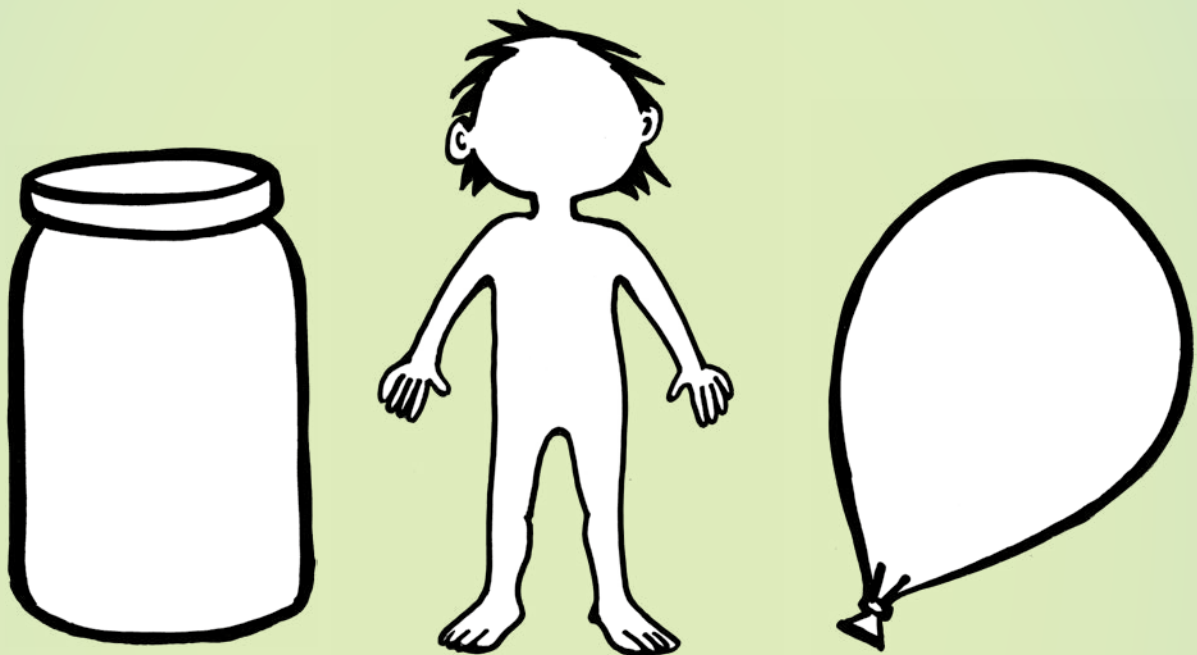


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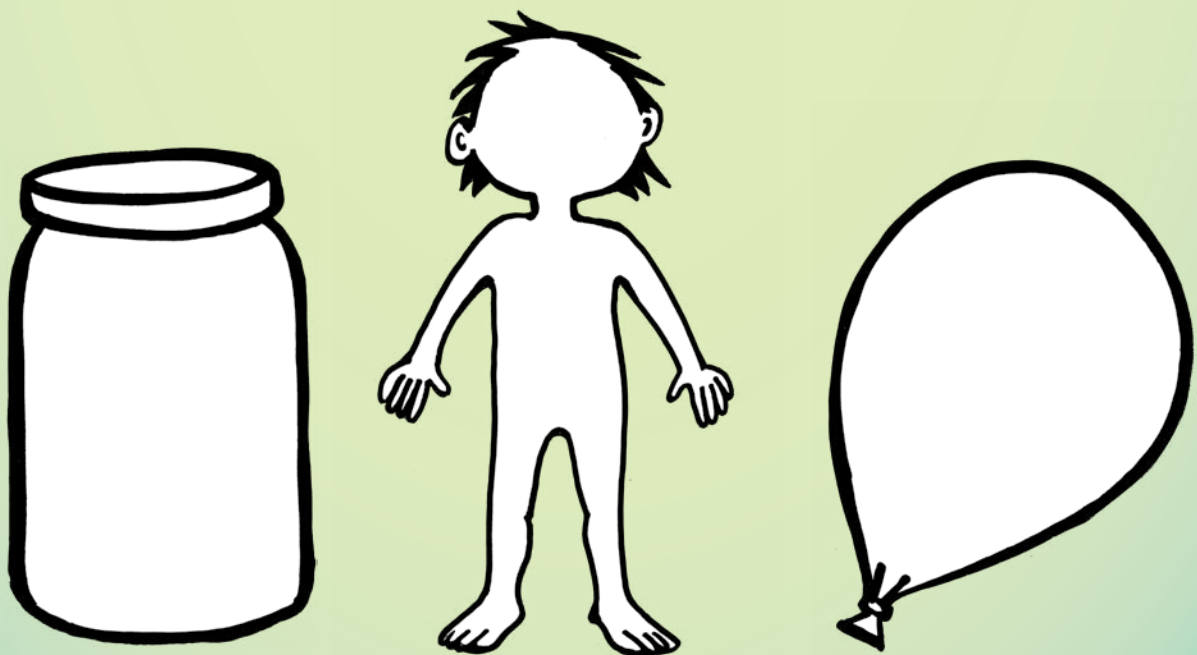


Day 3

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

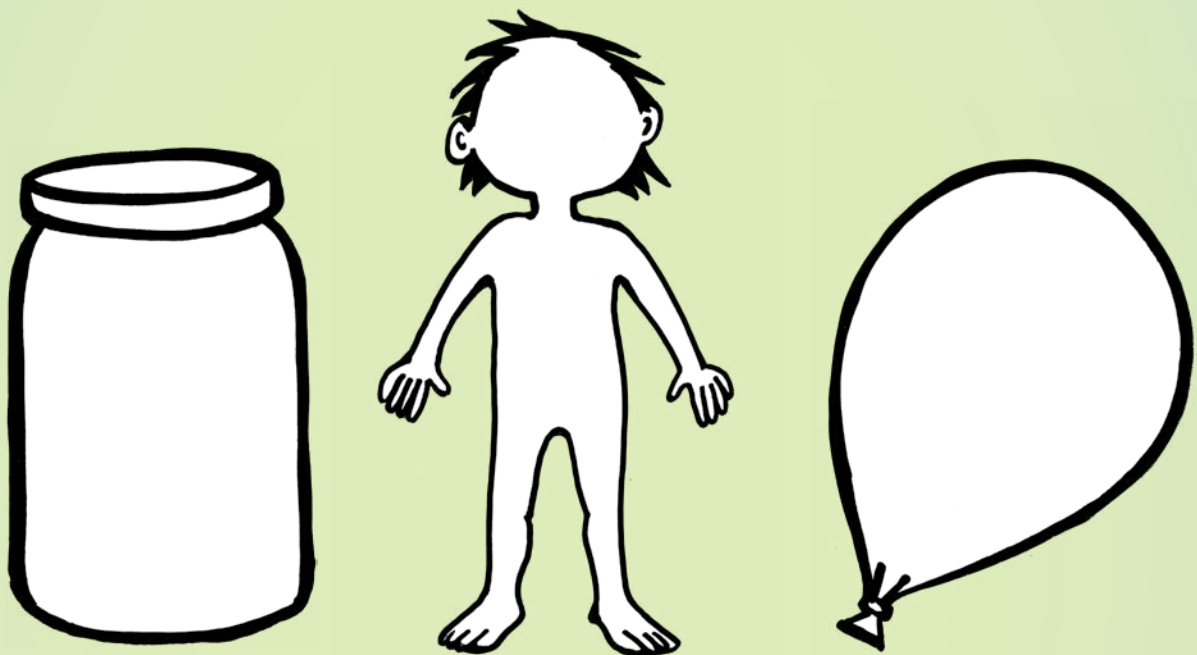


Day 4

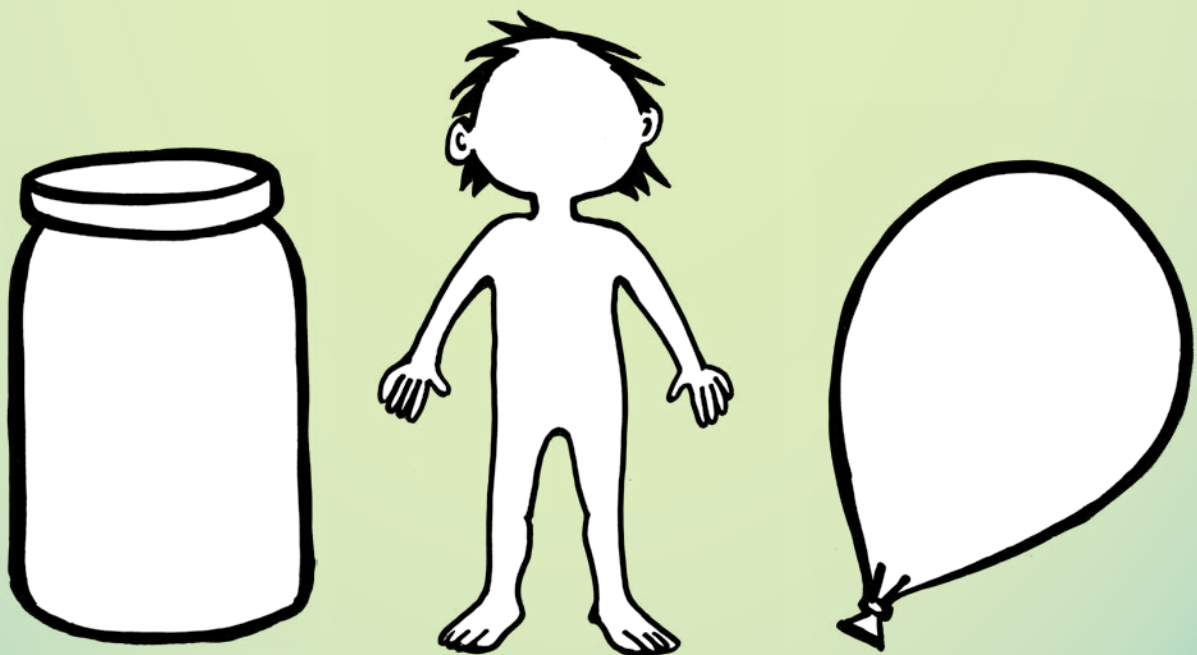


Day 5

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

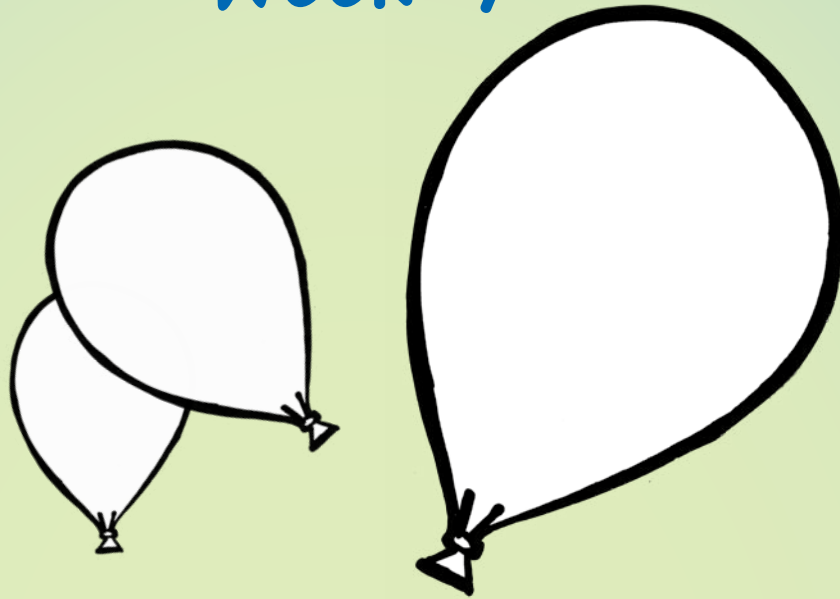


Day 6

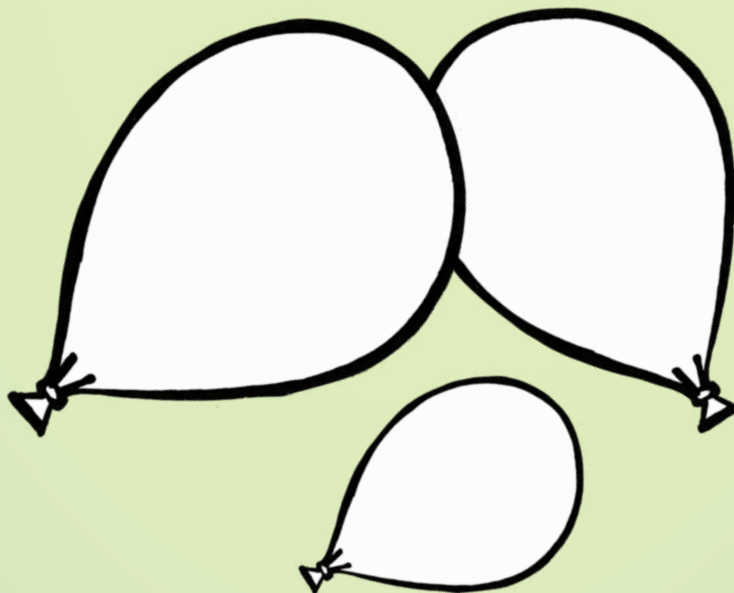


Day 7

Week 7



Congratulations
on finishing
EASE!

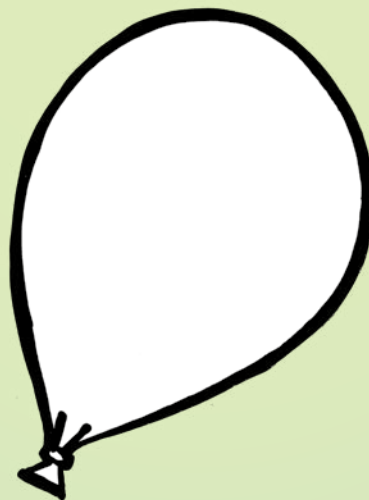


For future problems...

Understand your feelings



Calm your body



Change your actions



**Choose
Break
Plan
Repeat**

Manage your problems



**Stop,
Think,
Go!**

**Turn to someone
for help**

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