



Ollee family worksheet: How things can make us feel

It's completely normal to be feeling up and down at the moment. Your feelings may change each day, or even quite a lot throughout one day.

Remember that things affect people in different ways. Something that could make you feel happy or sad may not be the same for a friend or family member. We are all different.

It's important to think about how we are feeling so that we can get support from our family, or someone else, if we need it. Ollee is a new app to help you with this.

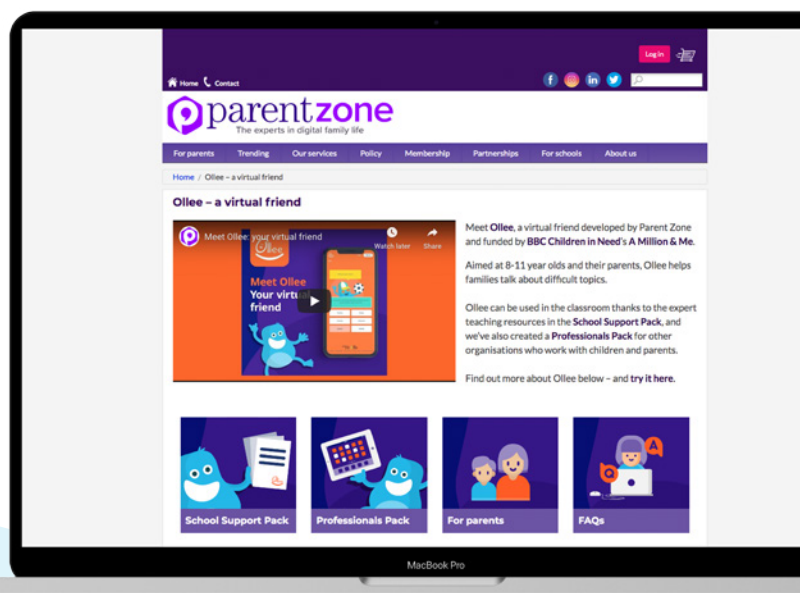
You can tell Ollee how you're feeling about lots of different things – for instance school, your family, friends and your body. Ollee can help you to

understand and speak about your feelings. Your parents can also use it to save and share advice with you.

Ollee even has some new advice to help you if you're feeling worried about the covid pandemic.

Here are some activities you can try out at home with your family during lockdown.

parentzone.org.uk/Ollee >

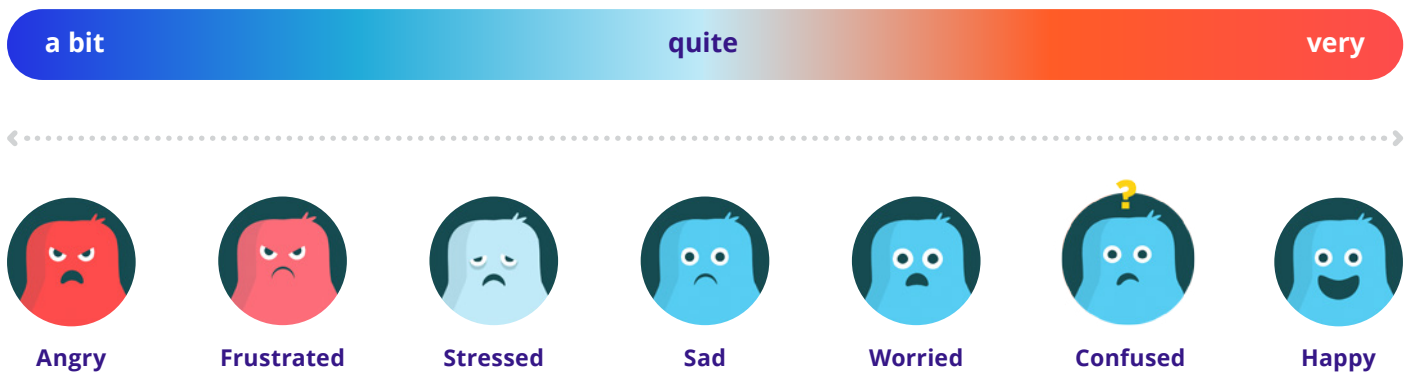


Activity one: The feelings scale

A: With a family member, use the feelings scale to come up with some examples of what makes you feel these different emotions.

B: Talk to a family member about what may help you feel better and could change the way you feel.

Feelings scale:



A: For example:

I feel **very sad** because I can't visit my grandma in person.

I feel **quite stressed** because my school is closed.

B: For example:

I am **very sad** because I can't visit my grandma.

You may decide to make a nice card or picture to send to her.

You could make a video call so you can have a chat and see her face.

How would these things make you feel? Would they change your feeling on the feelings scale? Perhaps it would make you **quite happy** or just a bit less sad.





Activity two: How can Ollee help?

There may be lots of things going on in your life at the moment. Perhaps you are stressed about a friendship or you need some advice about something that has happened to you online.

A: Look through the different topics on the Ollee app with a family member:

<https://app.ollee.org.uk/#/welcome>

Select a subject and a feeling on the scale.

B: Find one piece of advice that you find helpful and share it with a parent. Talk to them about how Ollee can help you with your feelings. Ask a parent to do the same and find one piece of advice to share and talk about with you.

C: Make a poster and draw a picture to show how you felt before reading the advice on Ollee and how you felt after. Did Ollee help you feel different after reading the advice?





Activity three: Your Ollee feelings diary



Keep an Ollee diary to keep track of your feelings over lockdown and even when it's over.

Write down the date and a sentence to describe how you feel. Or you can draw a picture of an Ollee face to show how you're feeling.

You could make a note of how you feel three times a day: when you wake up, in the afternoon and before bed.

Find a few minutes each day to talk to a parent about your feelings and then have a look at what

Ollee says about them. You may want to ask your parents how they are feeling too.

Use your feelings diary to have a conversation with your family about how you are all feeling during lockdown.

Sign up to create an Ollee account so that you and your family can save and share advice.

Record any advice you save, and how it makes you feel, in your Ollee diary.