

WHAT IS WORRY?

In a very simple way a worry is any thought that makes you feel angry or upset or uneasy.

uneasy

jittery

STRESSED

butterflies

apprehensive

ANGRY

shivery

quiet

SILLY

brave

faint

fearful

WORKED UP

fidgety

sick

restless

shaky

anxious

Scared

edgy

sweaty

angst

filled with
dread

bothered

worried

upset

fretful

agitated

TENSE

NERVOUS



Add in any
other words that
show how you feel.



Imagine that you're about to go out for the day. Write or draw the things that might make you feel anxious throughout the day on the picture above.

THE VENUS WORRY-TRAP

Imagine that this Venus
ytrap has grown from
one of your worries.
The more you think about
it's making you feel nervous,
the quicker and bigger the
worry-trap plant will grow.

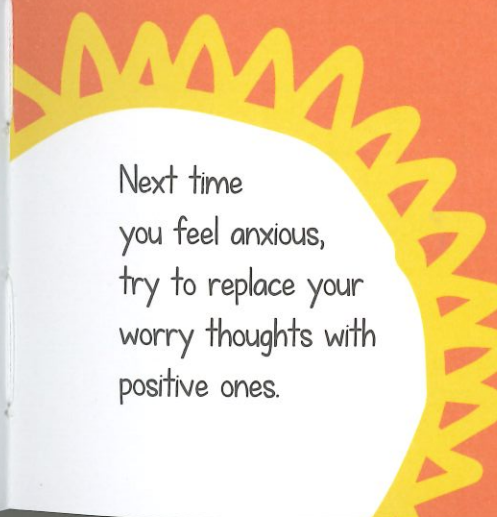
Once the seed of a
worry is planted it
can easily grow into
a big anxiety.



Write the name of your
worry on the pot, then
add some worry words
or sentences around the
plant that might have
made it grow bigger.

Look at all the words you've been
feeding the worry plant.
Are any of them 100% true?

Write down things you
can think or do to
change what you're
feeding the plant.
The worry-plant doesn't
like positive thoughts!



Next time
you feel anxious,
try to replace your
worry thoughts with
positive ones.



WORRY FEELINGS

Being worried can produce different kinds of feelings. It can make you angry or shouty or sad, or want to go somewhere quiet on your own.

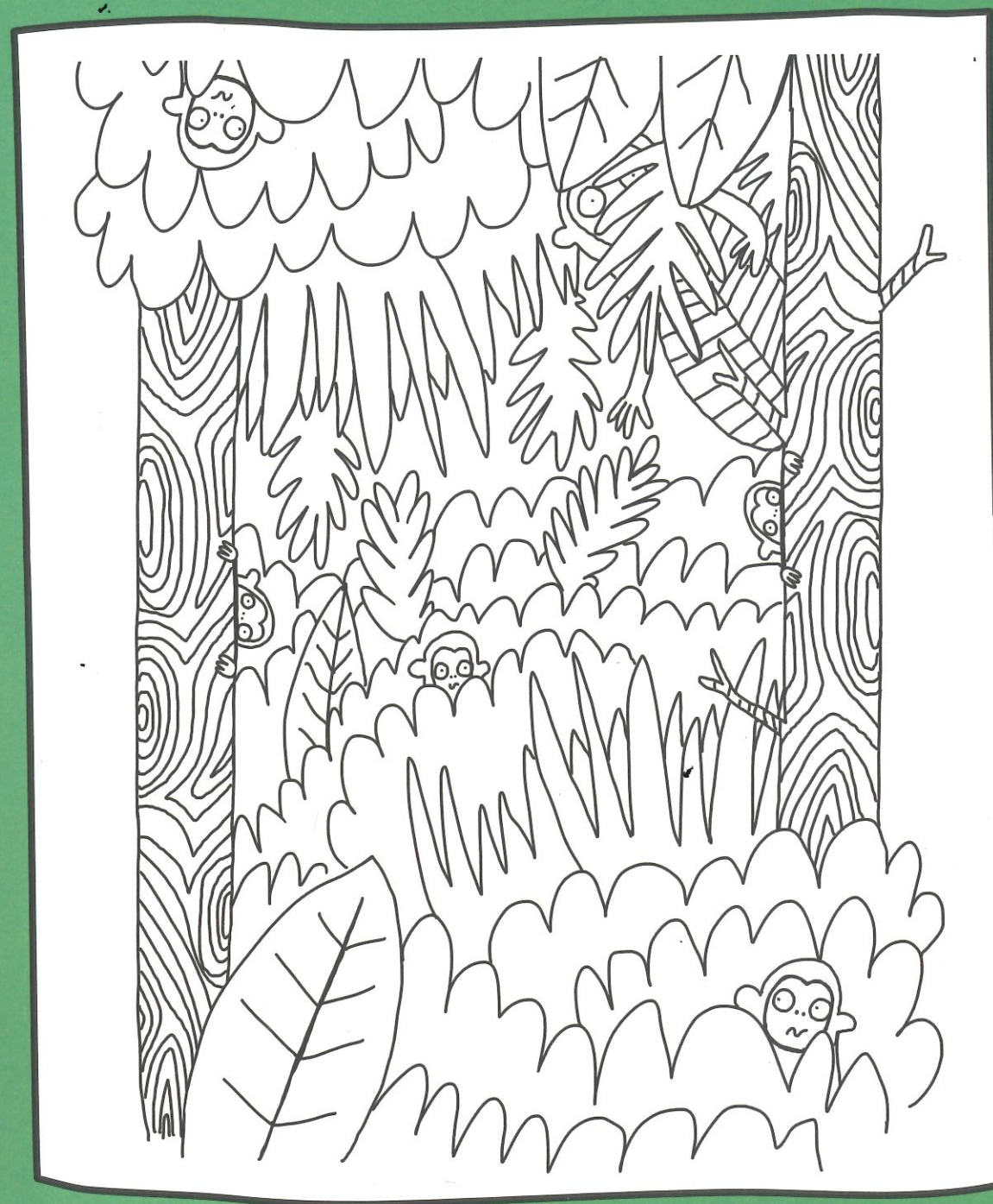
All these people are showing different emotions because they are worried. Write down what they might be thinking about.



It helps if you think about how people around you are feeling too. Everyone has worries of their own that they might not tell you about, even grown ups.

WORRY MONKEYS

The worry monkeys are frightened about something. Search and find each worry monkey, then help them to have fun by colouring them in so you can see where they all are.



THE WORRY JAR

Ask a friend or someone in your family what they worry about. Together, fill up this worry jar with your worries. The lid is on to stop the worries being able to get out again.

Write or draw your worries on this jar.

If you're not ready to share your worries, you can do this on your own or help someone else with their worries.



**LAUGHTER IS GOOD
FOR THE SOUL**

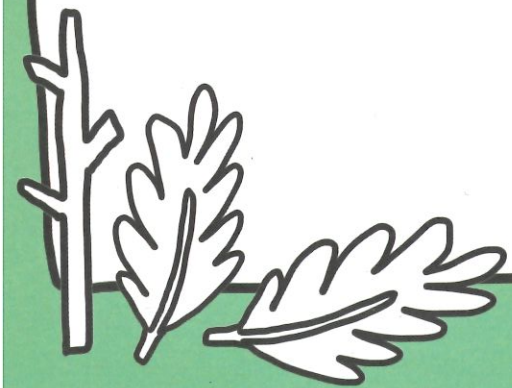
DRAW OR WRITE SOMETHING
THAT MAKES YOU LAUGH.



NATURE DAYDREAM

Close your eyes and imagine you are outside
in a beautiful place. Where are you?
A meadow, a forest, on the beach?

Who would you like to be with or would you rather be on your own?
What sounds do you think you can hear?
Draw or write your nature daydream below.



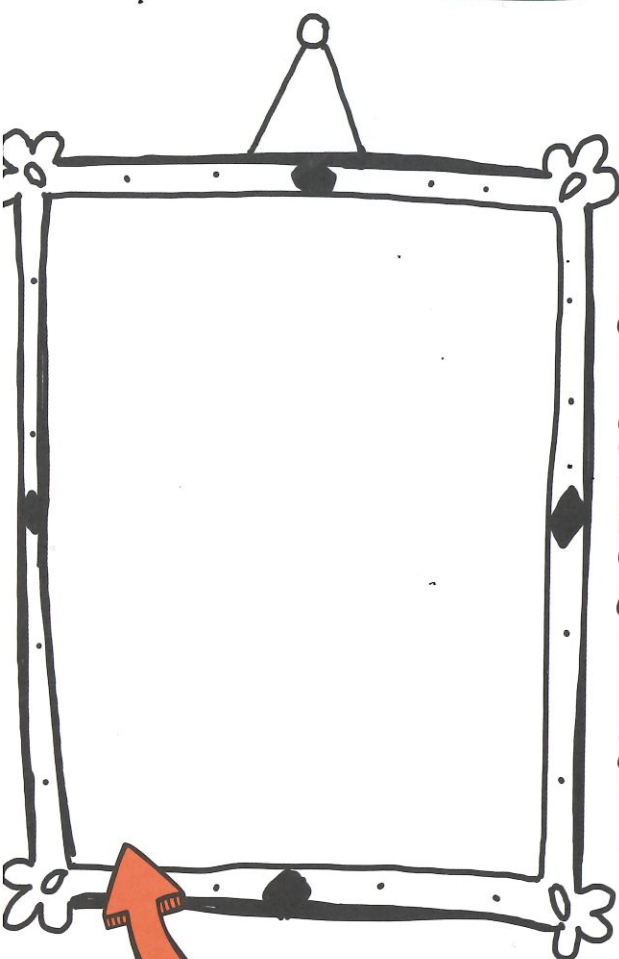
WORRY LISTS

Some worries are about things that are definitely going to happen, like a test or a trip. But other worries can be things that are very unlikely to happen.

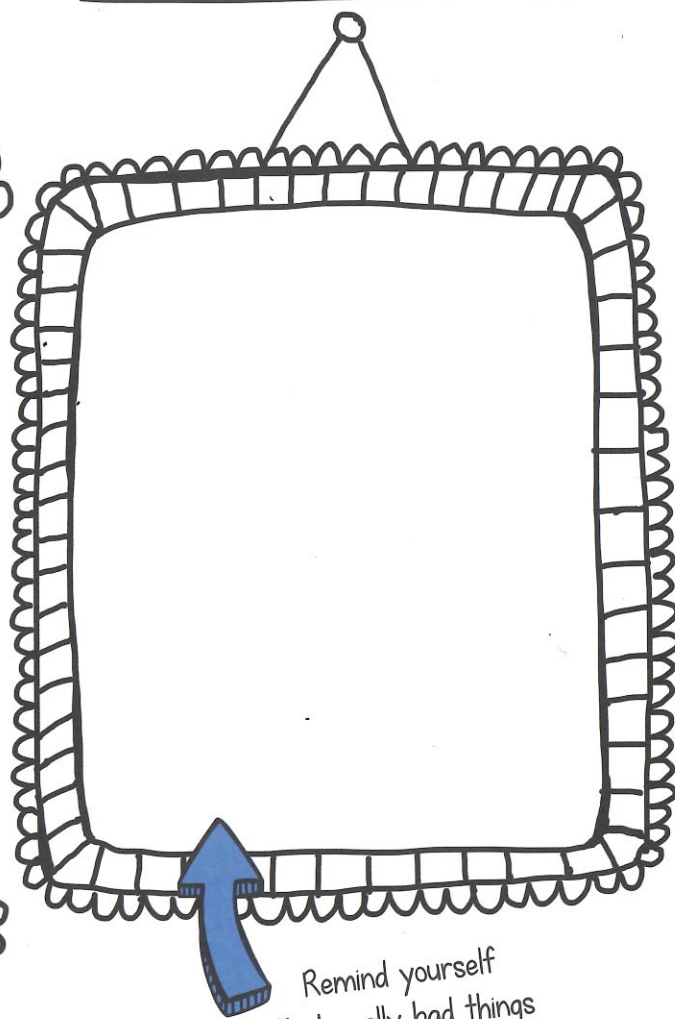
Think about your worries and see if you can put them into these two lists:

WORRIES THAT MIGHT HAPPEN

WORRIES THAT WILL PROBABLY NEVER HAPPEN

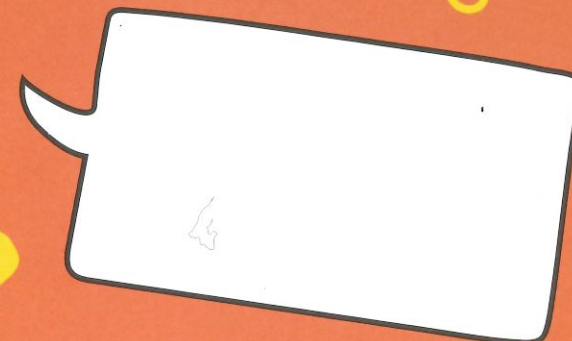


You can make a plan for fighting these worries.

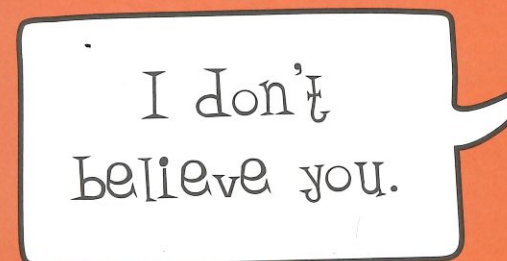


Remind yourself that really bad things often don't happen.

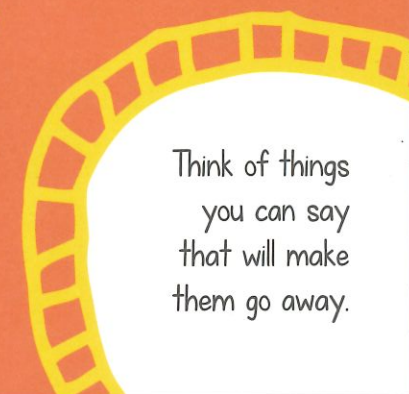
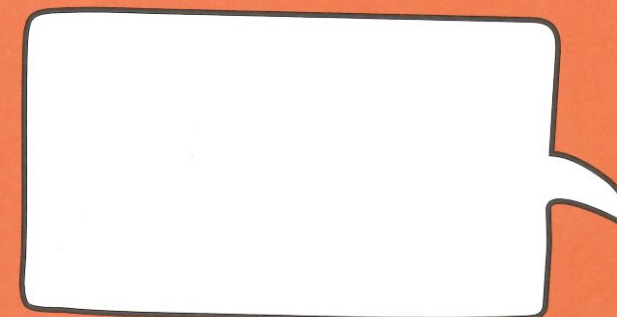
WHAT DO YOU WANT TO SAY TO THE WORRIES THAT ARE PROBABLY NEVER GOING TO HAPPEN?



GO AWAY!



I don't believe you.



Think of things you can say that will make them go away.

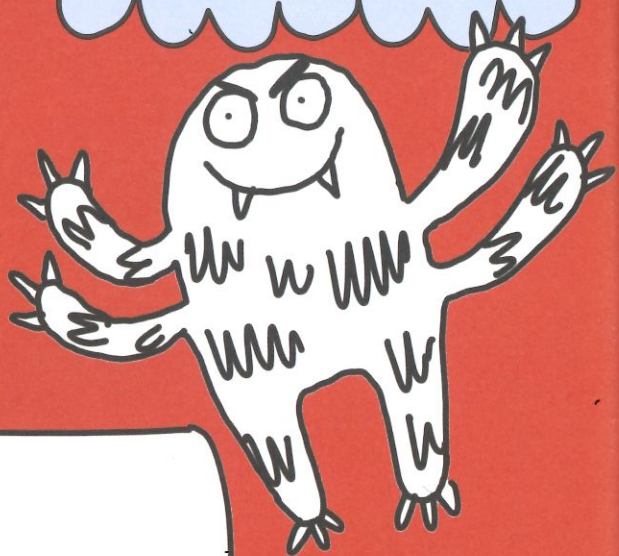
WORRY MONSTERS

Imagine your worries as little monsters.

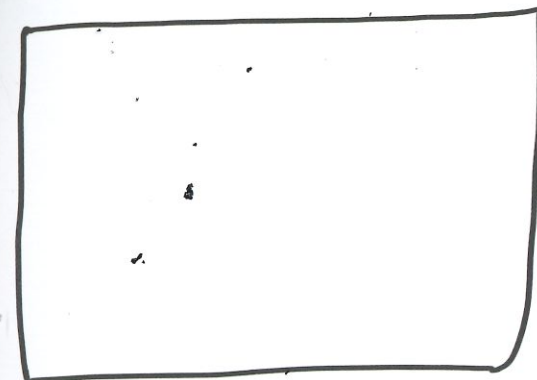
What might one of your worry monsters look like?



Might it be hairy with sharp claws or a slimy blob that keeps sticking to you?

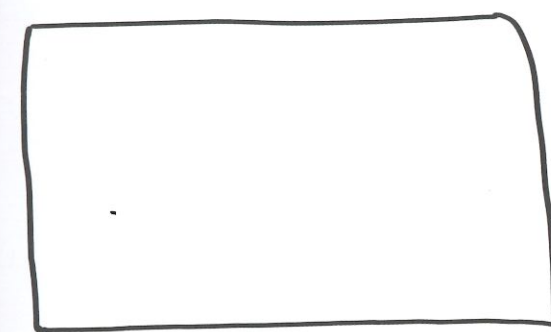
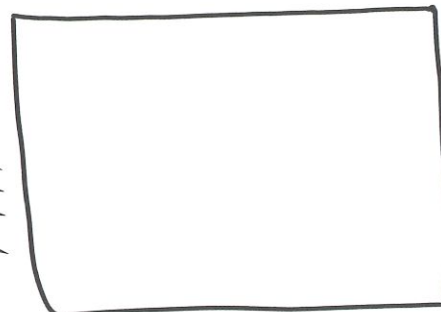


Does it have lots of eyes or a long nose?

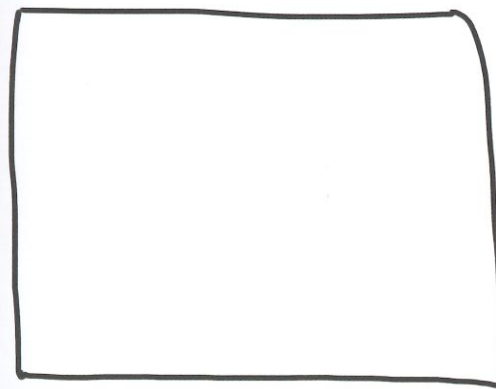


STEP ON THEM

SQUASH THEM

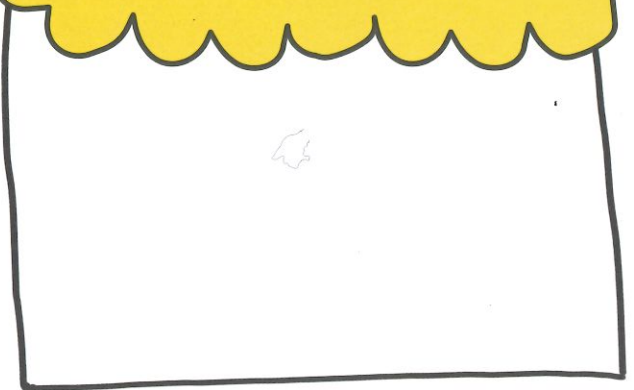


Blow them away

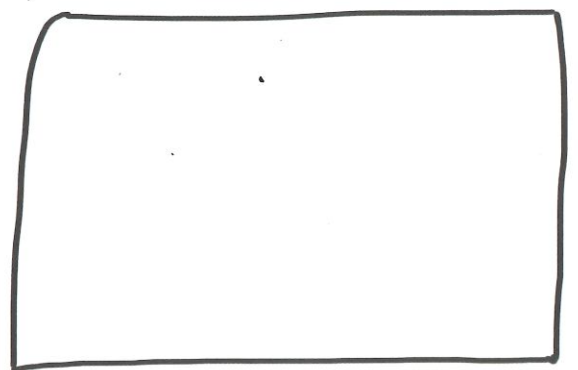


Trap them

Now think of lots of ways you can get rid of your worry monsters.



Lock Them in a cage

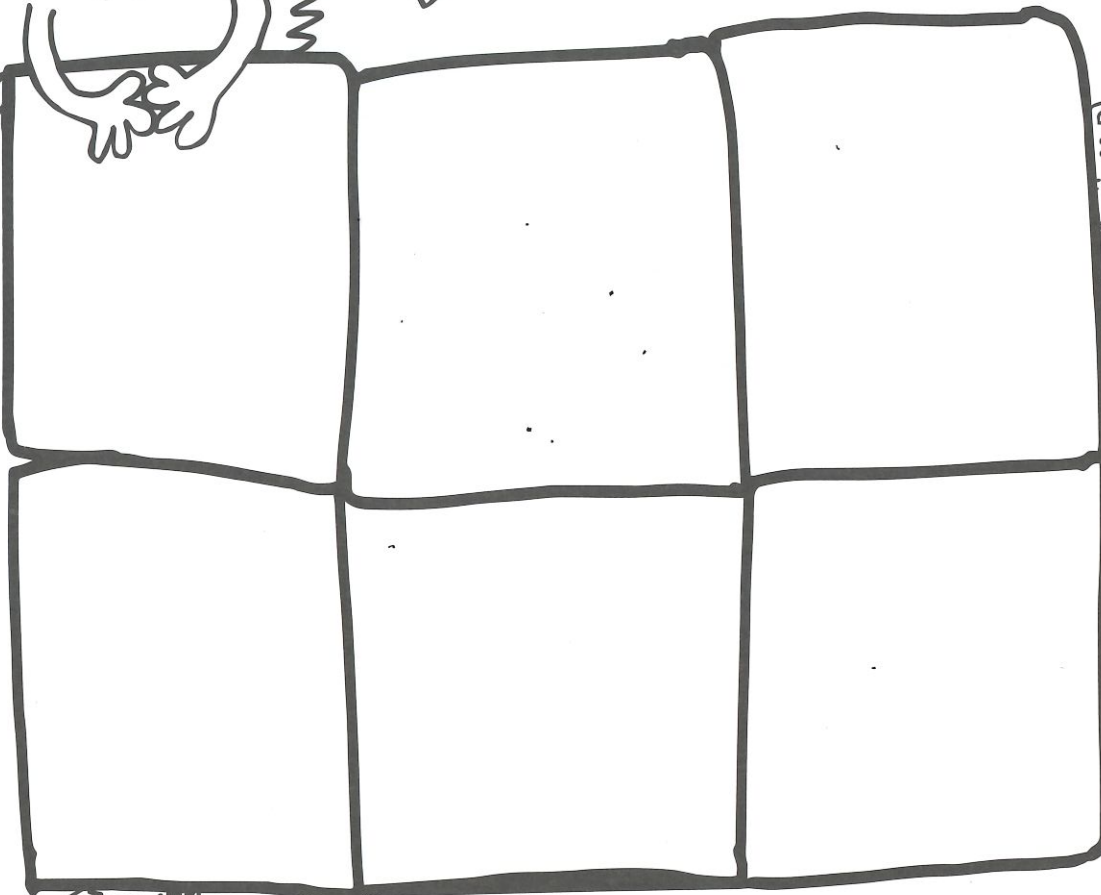
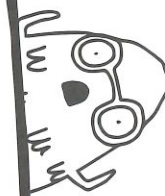
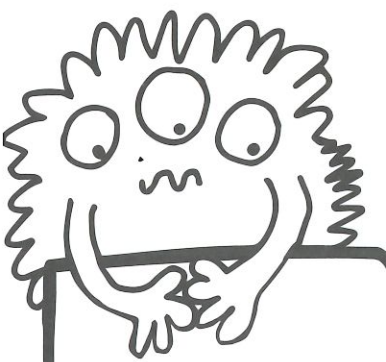


PUT THEM IN A JAR

THINK POSITIVE

The best thing to do to worries, after you've talked about them, is not to pay them very much attention.

Draw pictures of all the things you could be doing rather than thinking about your worries.



COLOUR THESE IN

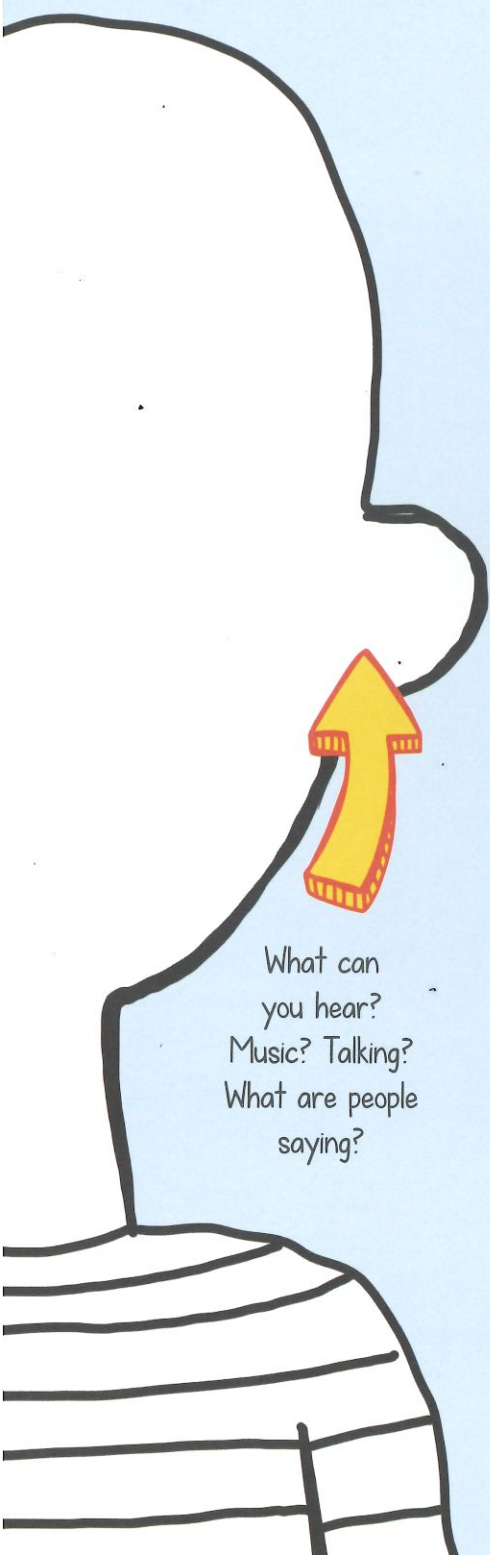


Use any colours you wish.

Try different colours for each pattern or colour them all the same.

WHAT CAN YOU HEAR?

When you're at home and there's lots going on around you, try closing your eyes and listening for a whole minute.



What can
you hear?
Music? Talking?
What are people
saying?

Draw or write all the things
you can hear.

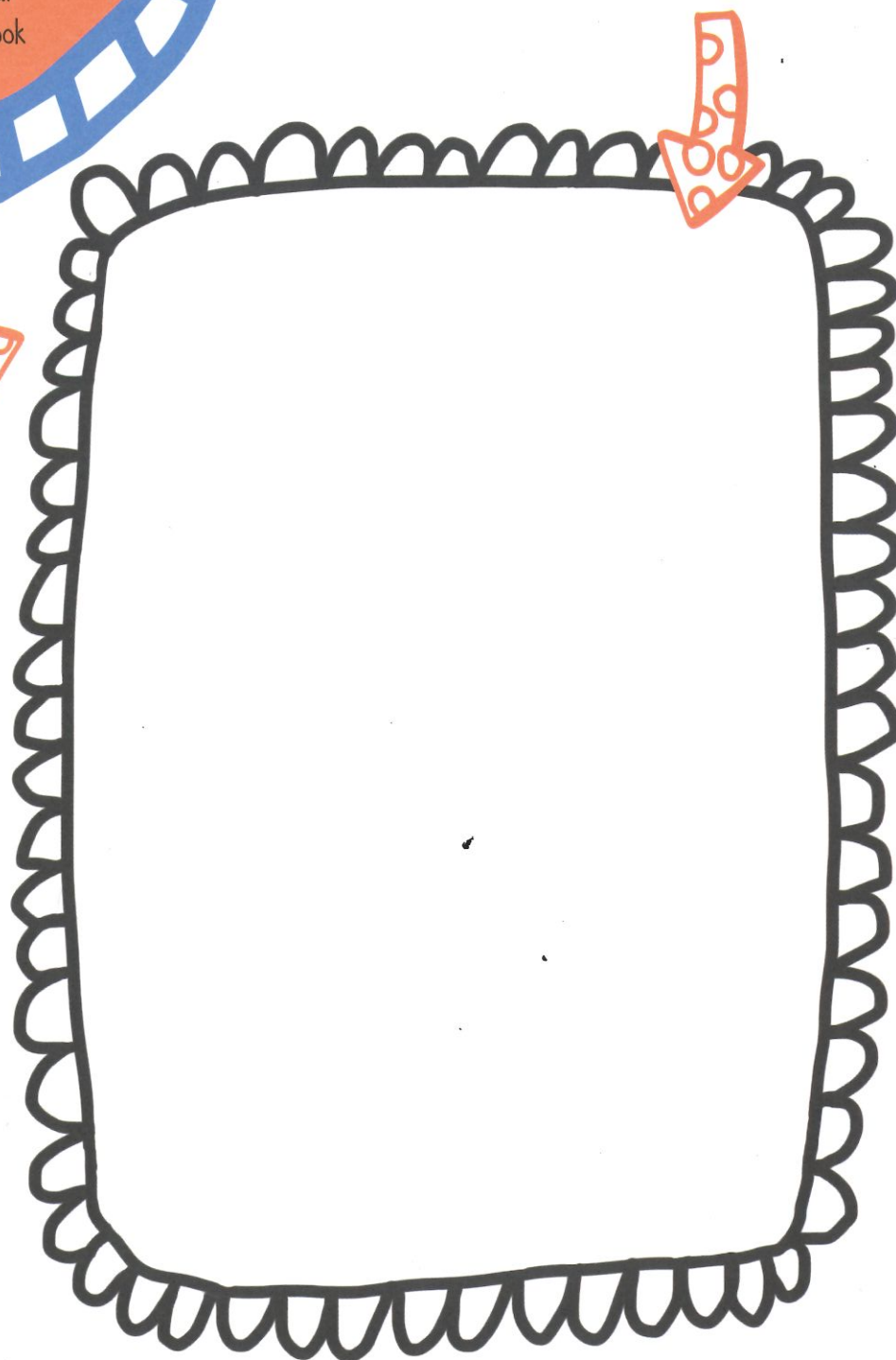
Think of one of your happiest memories. It could be a family memory, a day with your friends, a trip, the time your favourite team won a match or just a moment when you're at your happiest, such as reading a book or doing sport.

GREAT MEMORIES!

Write or draw your happy memory in the box below.

Find someone
to show your
memory to
and tell them
all about it.

Next time you're
feeling worried, try
thinking about this
memory instead
and picture it
in your mind.



COLOUR THIS IN



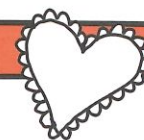
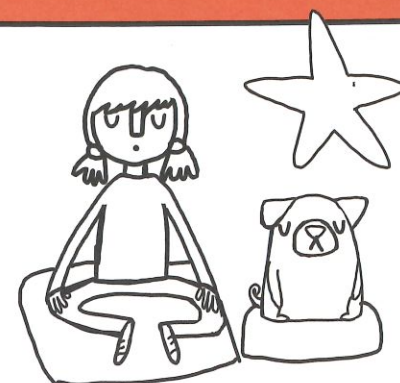
TAKE A BREATH!



Try this breathing exercise to help you relax:

STEP 1

Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.



STEP 2

Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.



STEP 3

Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.



When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way, your happy memory will take up all the space in your brain, and there won't be any room for the worries.

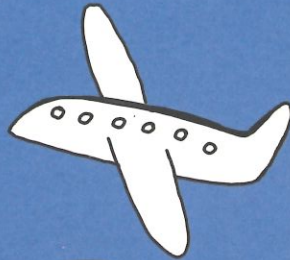
DO THIS FOR 2 MINUTES

WHAT CAN YOU HEAR OUTSIDE?

Go outside, whatever the weather. If it's rainy, find a sheltered spot; if it's cold, put on your warmest clothes.

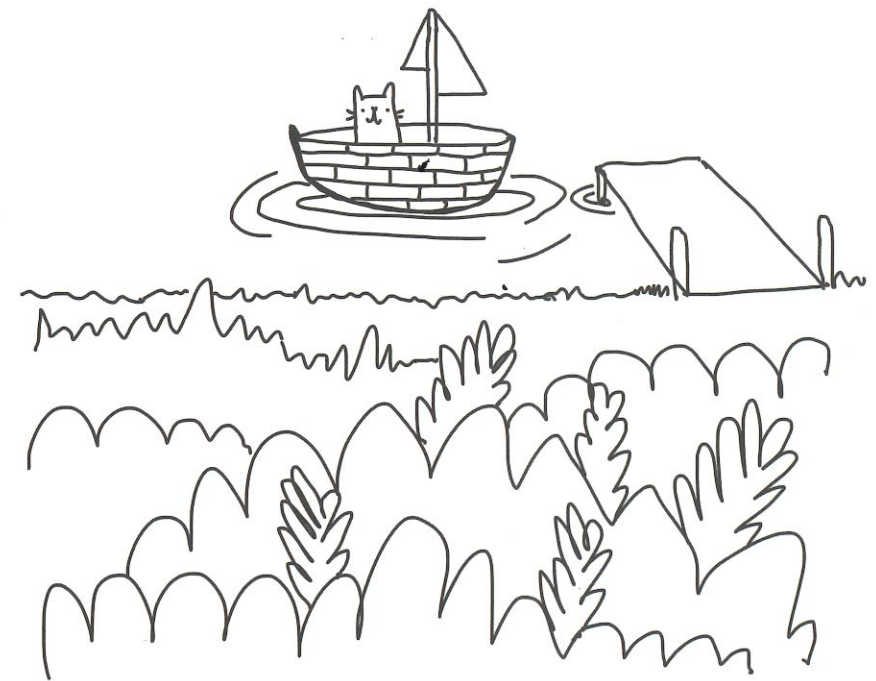
Sit in silence for a while and shut your eyes, listening to the sounds around you.

Write down all the noises you can hear.



COMPLETE THE PICTURE

Imagine a calm lake.
Are there boats on the water? Is the sun setting or is the sky filled with stars?



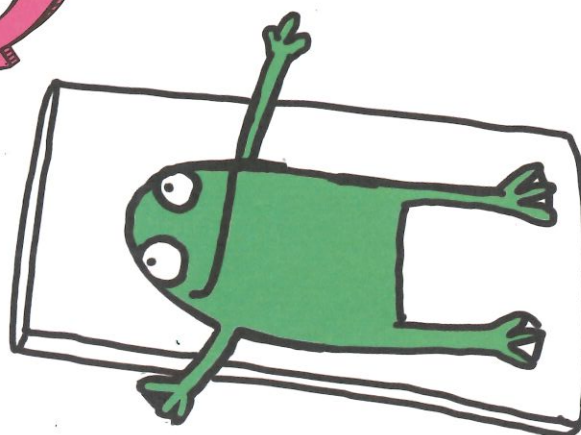
RELAX

Try this relaxation exercise:

1. Lie down on a rug or carpet and close your eyes.

2. Begin by breathing in through your nose. Hold your breath for a few seconds, then breathe out. Take another deep breath through your nose. Imagine your tummy is a balloon filling with air and then as you breathe out, imagine all the air escaping.

3. Stretch out your legs in front of you, pointing your toes. Stretch out your arms either side of you, stretching all the way through to your fingertips.



4. Now start to tense all the muscles in your body. Begin with your toes. Curl them over so they're clenched. Then think about tensing the muscles all the way up your legs and through your tummy. Imagine something is about to step on your tummy and you want to make it into a hard wall.

5. Tense your arms as well, so your arms are by your sides and even your fists are clenched. Bring your shoulders up around your ears.

6. Last of all, scrunch up your face. Push your lips together and frown down into your face so your forehead is all crinkled.

7. Now, make your body go limp again. Let your legs and arms go limp. Relax your shoulders by bringing them down. Imagine yourself as a floppy rag doll.

8. Take a deep breath in through your nose and breathe out again. Notice how relaxed and calm you feel and then, when you're ready, open your eyes.

DOODLES

Fill every single space on this page with doodles. Let your mind wander!

COLOUR THIS IN WITH POSITIVE COLOURS



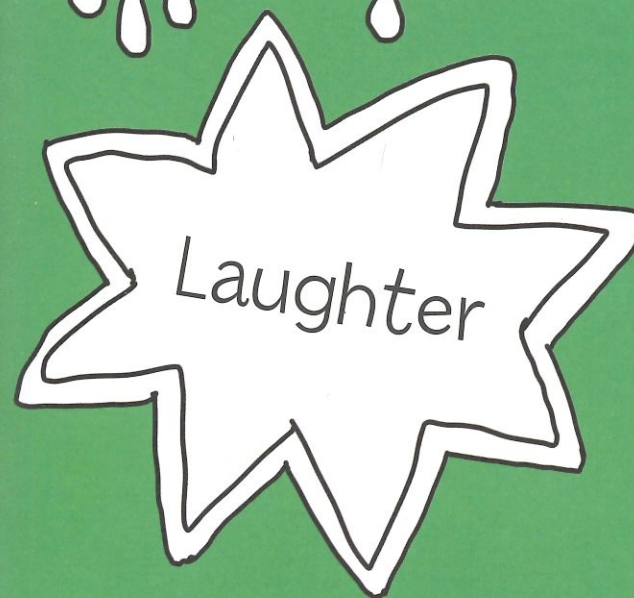
I AM



IMPORTANT

COLOUR YOUR FEELINGS

Do you think feelings have their own colours? Colour in each of these feeling words with the colour that you think suits them best.



EMPTY YOUR MIND

When your mind is empty think about your five senses - touch, taste, sight, hearing and smell.

Fill in the sentences below for each sense:

I smell...

I hear...

I feel...

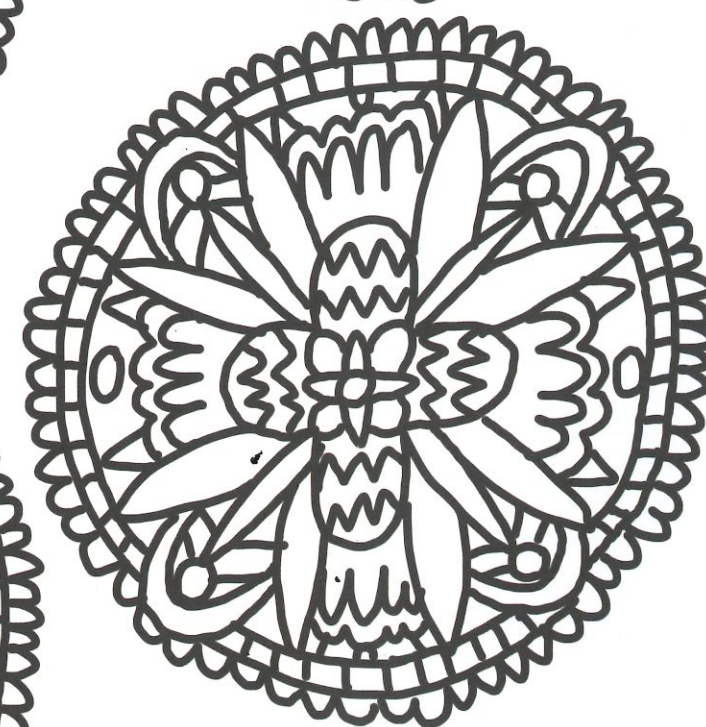
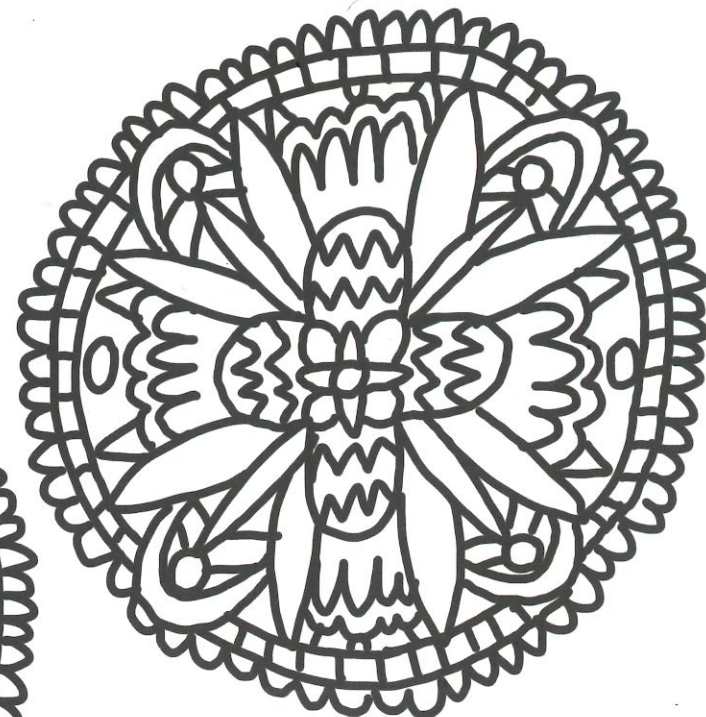
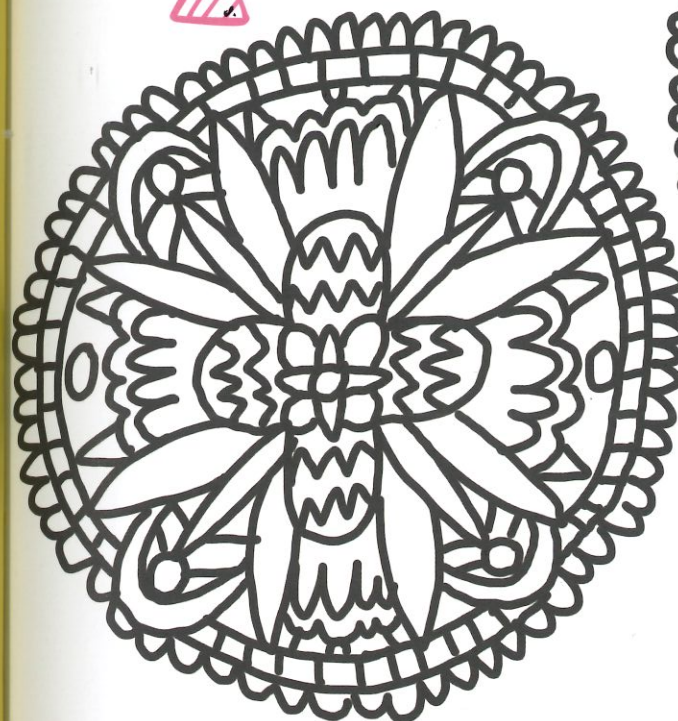
I see...

I taste...

Empty your mind completely by focusing on this spot.

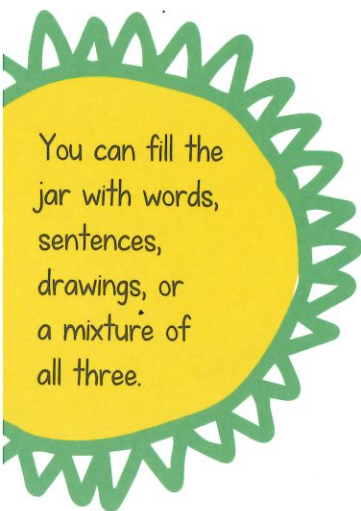


COLOUR THESE IN

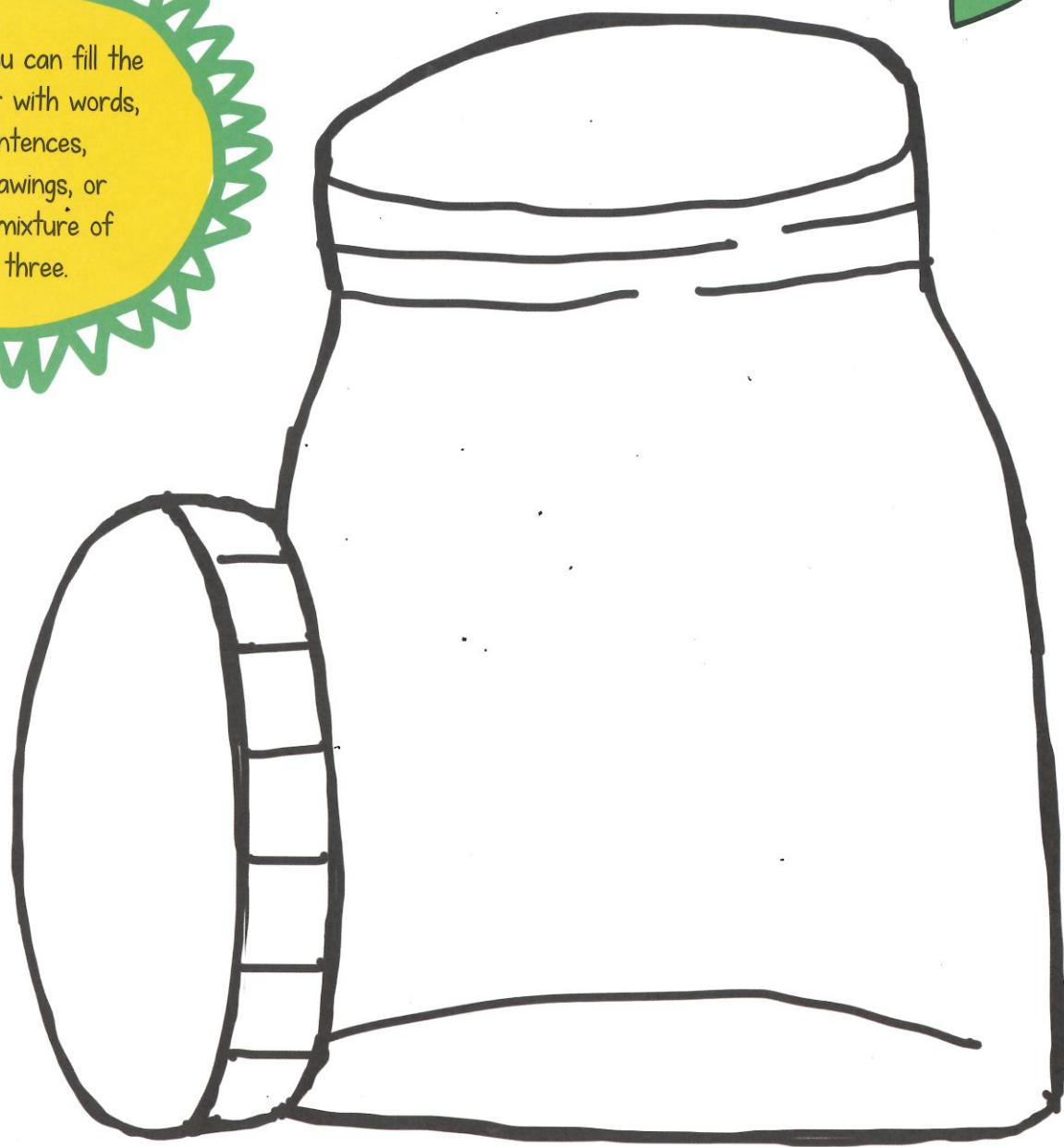


THE HAPPY JAR

Fill this jar with happiness by writing or drawing in happy thoughts and pictures.

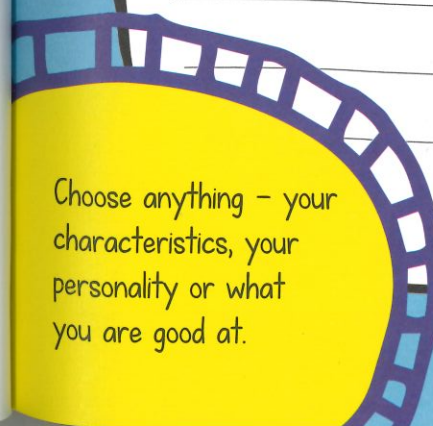


You can fill the jar with words, sentences, drawings, or a mixture of all three.



ALL ABOUT ME!

Write a list of things you like about yourself.



Choose anything - your characteristics, your personality or what you are good at.

COLOUR THIS WORD AND DOODLE AROUND IT,
DRAWING THINGS THAT MAKE YOU HAPPY



HAPPINESS

FLY AWAY YOUR WORRIES

Write down your worries on
these paper airplanes.

After you've written your
worries, cut along the dotted
line at the side of the page,
then fold your paper airplane
along the numbered lines.

When you are finished, ask an adult to
help you cut them out and then send
them on their way, out of your life.



Cut along this line

Cut along
this line

Cut along
this line

FOLD 6

FOLD 2

FOLD 4

FOLD 1

FOLD 5

FOLD 7

FOLD 8

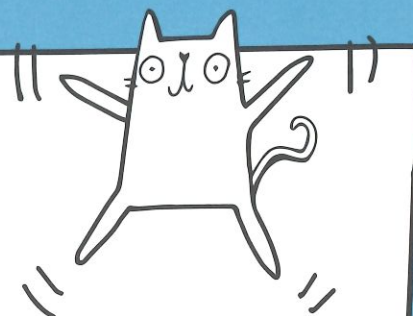
FOLD 3

FEELING ACTIVE

Exercise can help make you feel better. Try doing one of these exercises every day:

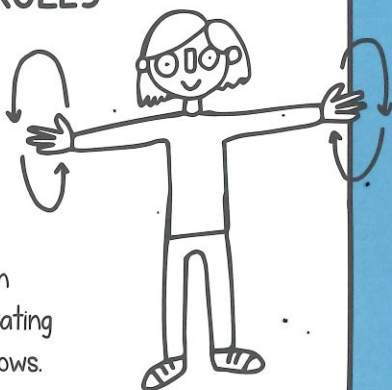
20 JUMPING JACKS

Stand tall with your feet together and your hands at your sides. Quickly raise your arms above your head while jumping your feet out to the sides. Then immediately bring your arms back down to your sides and jump so your feet are together again.



30 ARM CIRCLES

Stand up straight with your arms stretched out on either side of your body. Slowly move your arms in circles without rotating your wrists or elbows.



8 SQUATS

Stand with your feet hip-width apart, hands on your hips, and slowly sink down, bending at your knees and hips. Make sure your back is straight, and sink as low as possible without letting your knees go past the ends of your toes. Then slowly rise back to standing position.



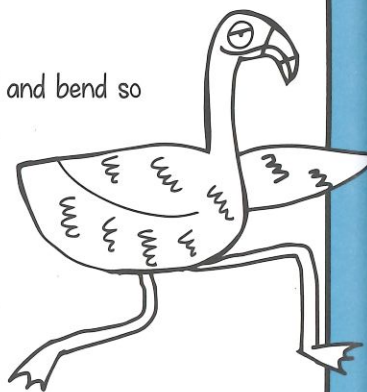
10 CALF RAISES

With your feet spaced hip-width apart, place your hands on your hips and lift your heels off the ground. Standing on tip-toe count to eight, slowly lower back down, then return your feet to the floor.



10 LUNGES

Take a step forward and bend so that your back knee touches the floor. Make sure your front knee doesn't bend past your toes.



Cut out this chart and put it on your wall.

Tick off when you have completed any of these exercises.



20 JUMPING JACKS

30 ARM CIRCLES

8 SQUATS

10 CALF RAISES

10 LUNGES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

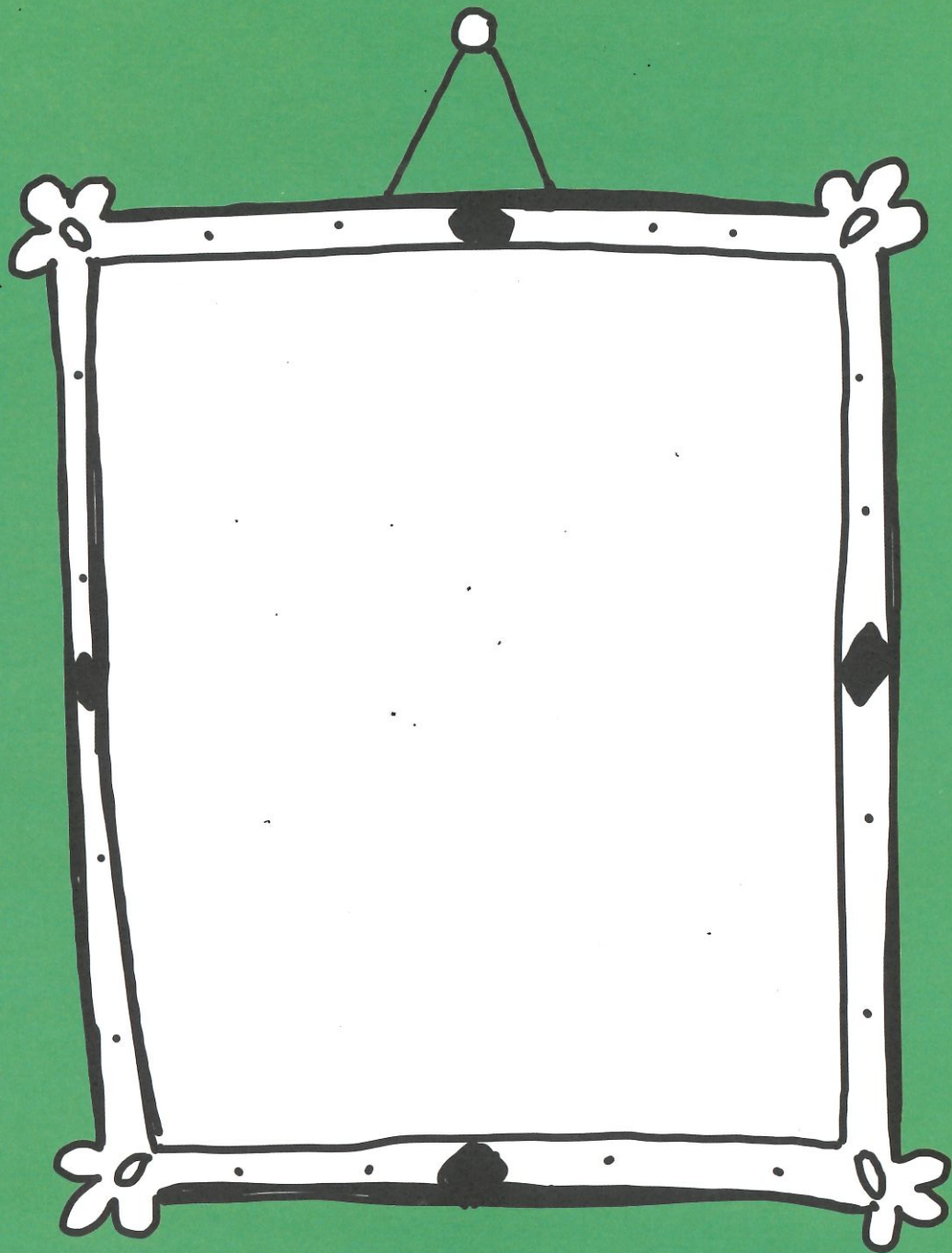
FRIDAY

SATURDAY

SUNDAY

WORRY FREE

Draw yourself without worries. How do you feel? What feels better? Who will be the first to notice you've let your worries go?



COLOUR THESE IN

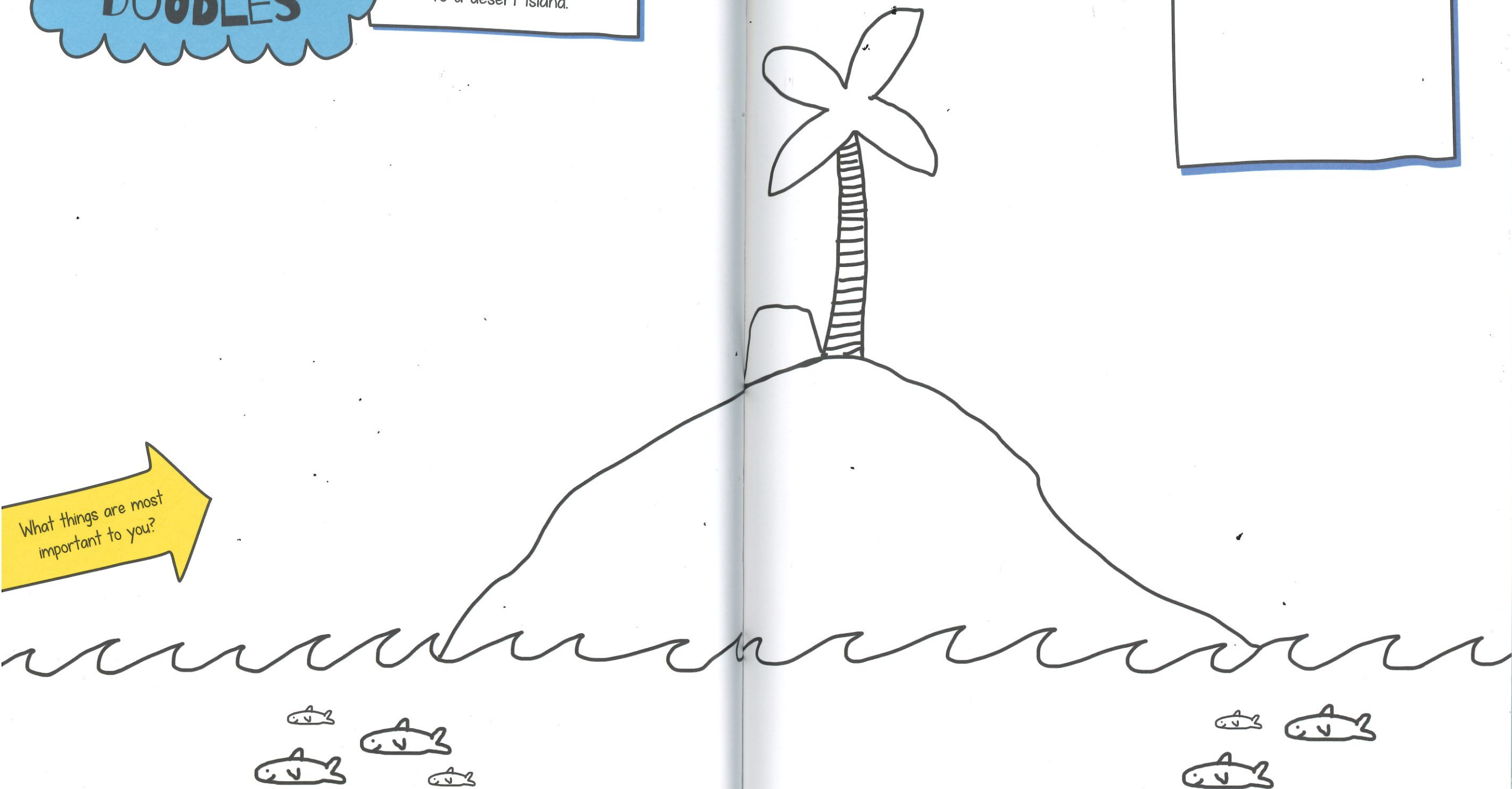


DESERT ISLAND DOODLES

Doodle what you would take
to a desert island.

Who would you take if you
could choose 3 people?

What things are most
important to you?

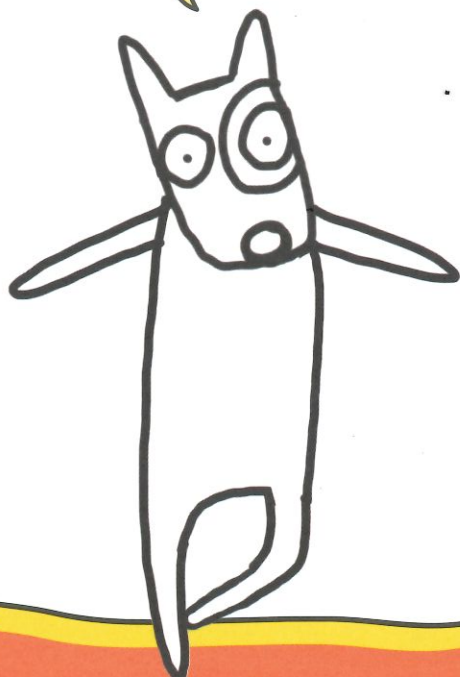


YOGA POSE

TREE POSE

Rest your foot on your ankle or above your knee and balance. Then change to your other leg.

SAY "I AM BALANCED"



Try these poses before bedtime or when you want to feel calm.



BUTTERFLY POSE

Sit on the ground, press your feet together, and roll your shoulders back.

SAY "I AM SAFE"

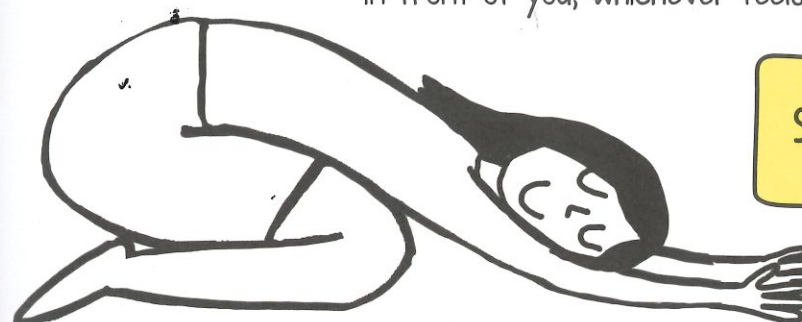
LADYBIRD POSE

Bend your knees, roll your shoulders back, and press your hands together.

SAY "I AM HAPPY"

CHILD'S POSE

Bend your legs, fold your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.

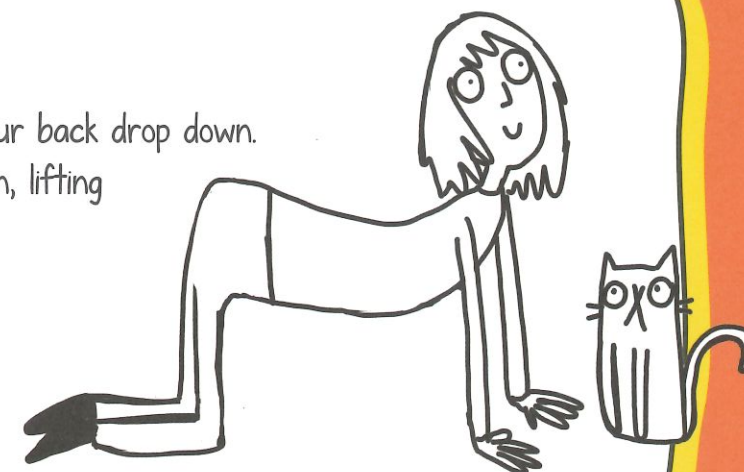


SAY "I AM AT REST"

CAT POSE

Breathe in and look up, letting your back drop down. Breathe out and tuck in your chin, lifting your back in a high arch.

SAY "I AM AT EASE"



SLEEP POSE

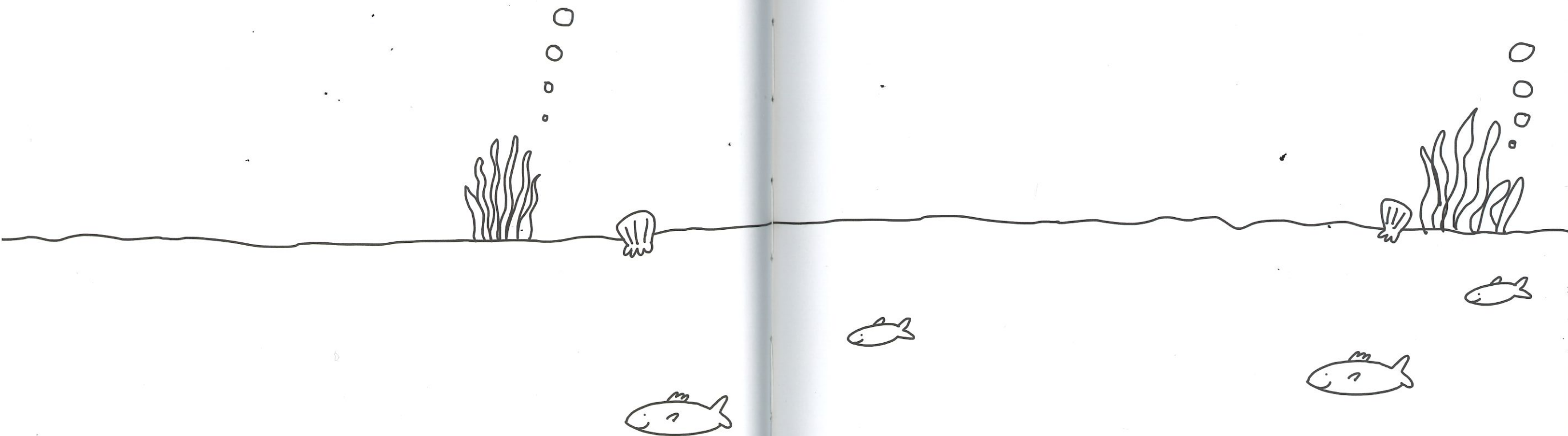
Lie on your back and take slow breaths. Close your eyes if you want. Try to empty yourself of thoughts. If your mind wanders away, notice where it goes, then bring your attention back to your breathing.

SAY "I AM AT HOME"



CALM COLOURING

Imagine, draw and colour a peaceful
underwater world filled with cool water,
swimming fish, bubbling coral,
small shells and swaying seaweed.



COLOUR THIS IN



EVERY
PROBLEM
HAS AN
ANSWER

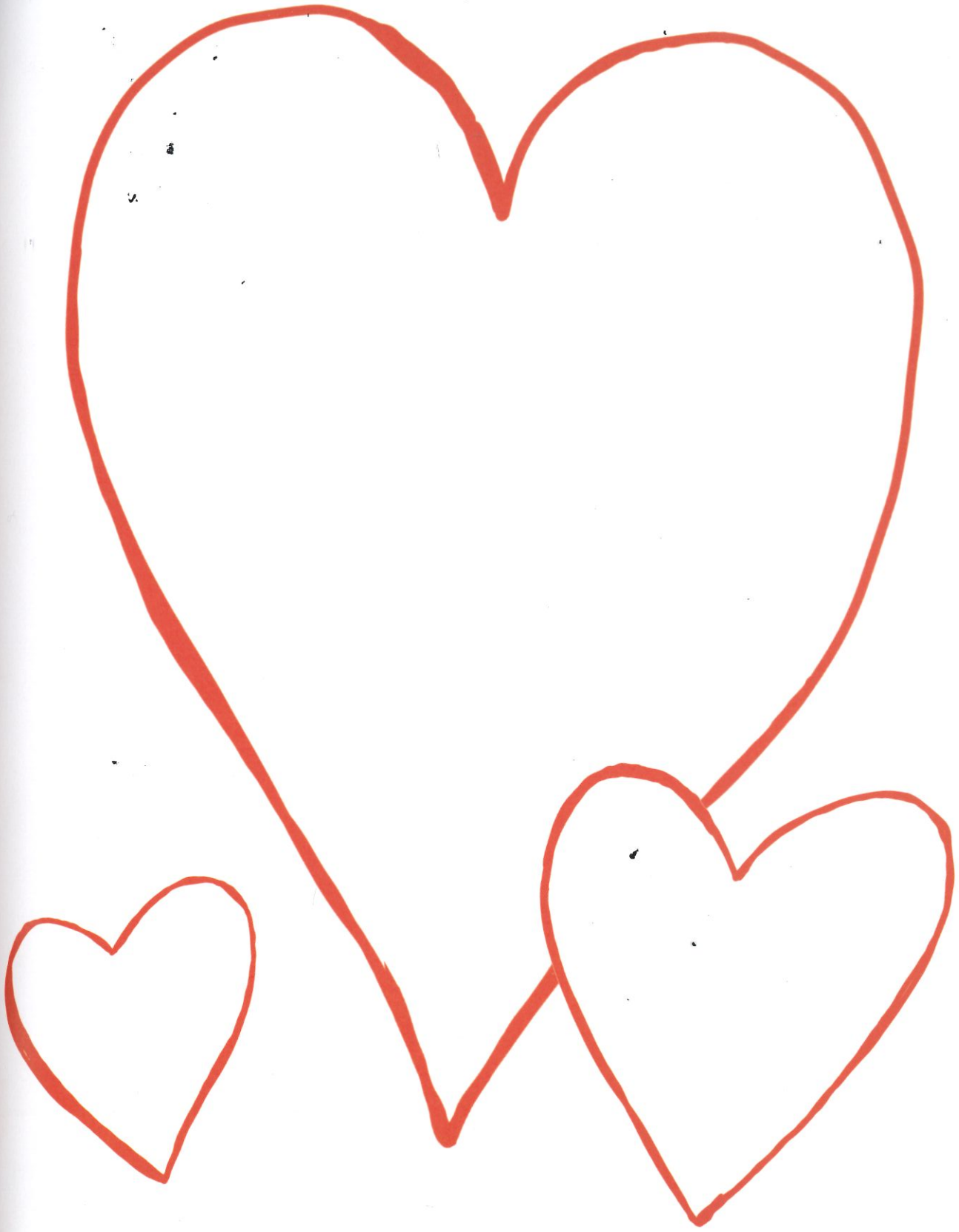
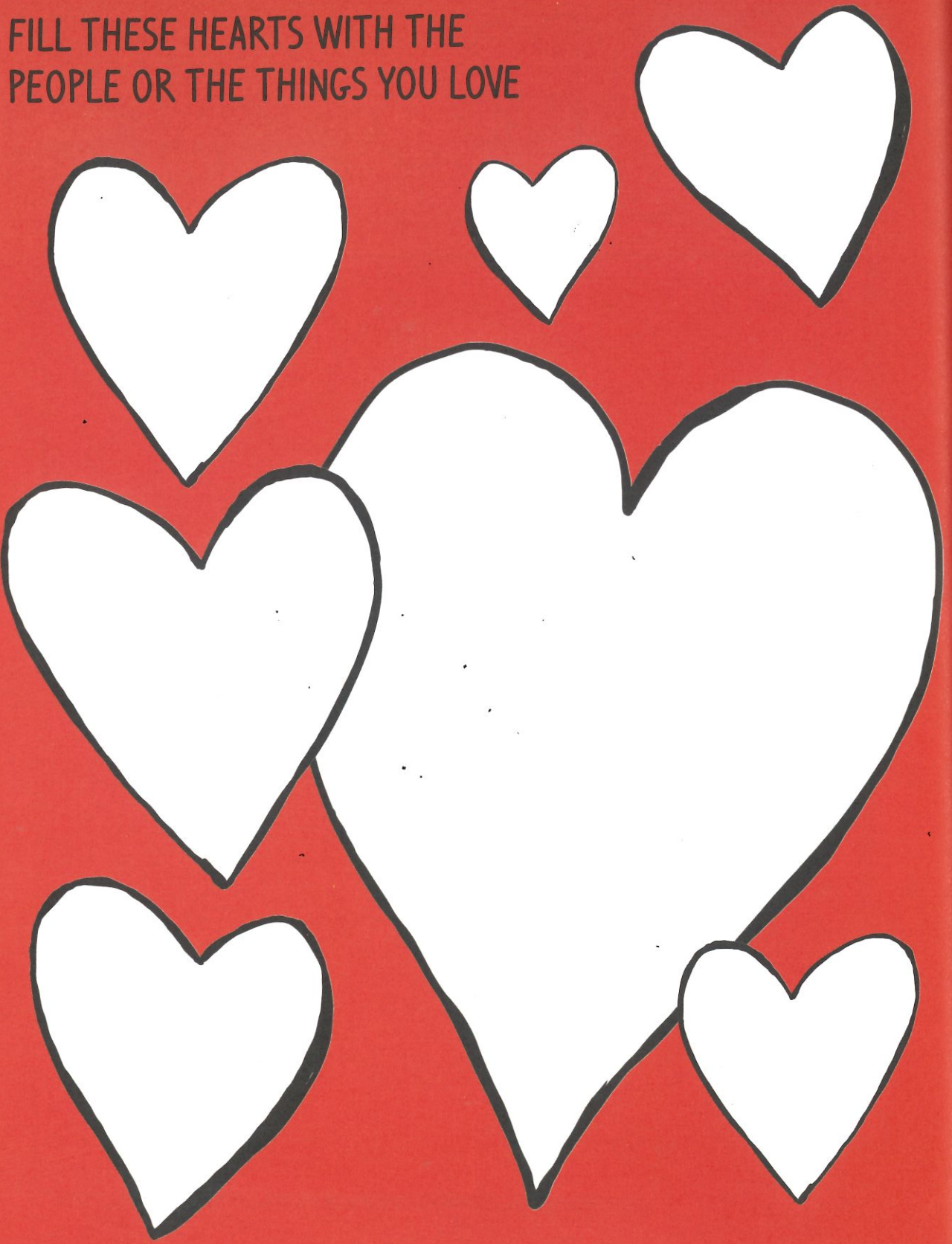
YOUR SAFE PLACE

Draw or stick a picture
of somewhere you feel
completely safe and happy.



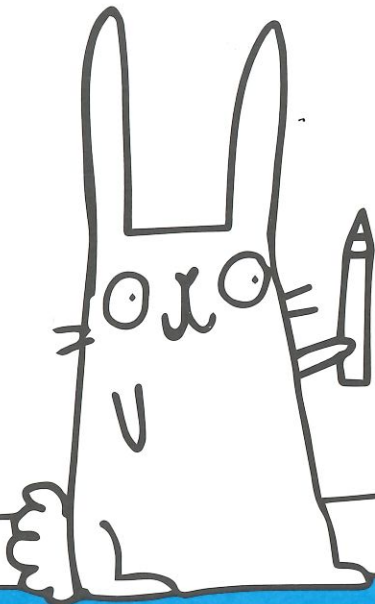
Your safe place could be
somewhere you've seen or
been to, heard about, read
about or dreamt about.
A special, safe place where
everything feels peaceful,
restful and wonderful.

FILL THESE HEARTS WITH THE
PEOPLE OR THE THINGS YOU LOVE



HOW DO YOU FEEL TODAY?

Express yourself on this page.
Use pictures or words. They
don't have to make sense -
just think of the page as
a way to show how
you're feeling at
the moment.



I AM
ME

