

My Managing Worry Workbook



Name:

Date:



All About Me....

Things I don't like

Things I like doing.

Happy memories...

What I am proud of...

What I am good at...



How are you feeling today?

Learning to understand and recognise how you're feeling is often the first step towards feeling happier. Below are a number of emotions cards which you can cut out and keep. Use them to create a discussion around how the child is feeling. Turn over for some ideas and activities to get you started.



Angry



Scared



Excited



Happy/Calm



Worried



Sad



Emotions Card Ideas

1. Invite the child to identify which emotion is represented by each card and use this as a basis for discussion or learning opportunity if they make mistakes.
2. Invite the child to sort the emotions into two piles, one for feelings that are comfortable, and one for feelings that aren't. Discuss why they have grouped the emotions in this way.
3. Invite the child to think about different times or situations when they have felt each emotion. If it is a negative or uncomfortable feeling such as angry, talk about ways to feel calm and manage that emotion. You can even bring in useful strategies at this point, such as breathing exercises or counting to 10, if it feels relevant.
4. Use the cards to complete regular (eg daily or weekly) check ins. Ask the child to think about how they are feeling and pick a card or two which reflects this. Discuss why they are feeling this way, and what they could do to feel even more positive.
5. If you are in a large space with room to walk or run around, try placing different cards at different corners or points around the room. You can describe a situation and ask the child/children to move to the emotion card which represents how they might feel in this situation. Children can then explain why they chose each emotion. This activity could be expanded by introducing a calming or regulating activity at each station, (such as wall pushes, wall sits, squats, muscle tenses or shoulder shrugs) teaching strategies as well as emotional understanding.
6. If you print more than one copy of the emotions cards, you can use them to play quick games of snap or pairs as a warm up activity.
7. Have a selection of cards available on a table. Ask the child to use them to 'map out' their day, using a different card to indicate how they felt at different times. This might include feeling worried when going to school, happy at lunch times, sad when leaving parents and so on. This can be repeated to reflect on particularly 'bad' days and 'good' days too.

Introduce the child to a different activity at the beginning of each session.



Match the Emoji to the Feeling

Draw a line from the feelings word to the face that matches that feeling. If you like, you can use the same colour as the word to join it to the picture.

Happy

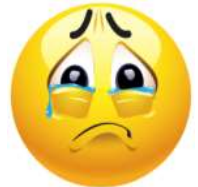
Sad

Worried

Angry

Excited

Calm



What is Worry?

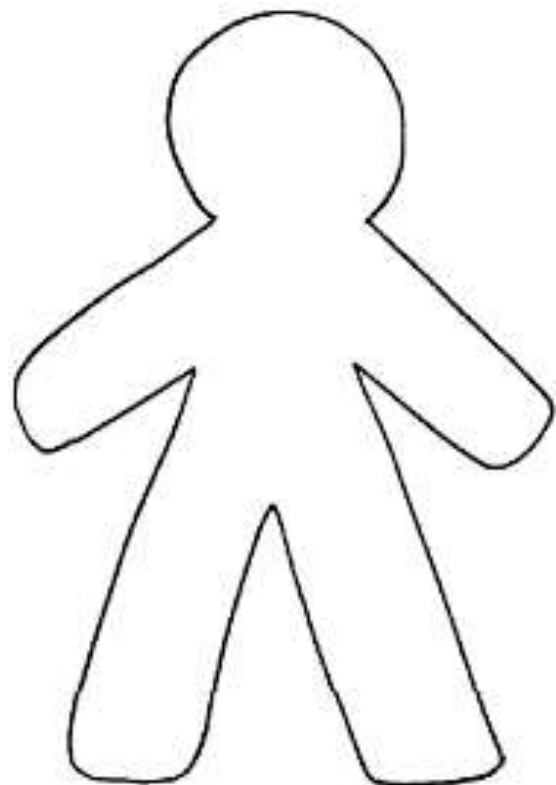
Our bodies are amazing at protecting themselves from harm. They have something called survival instincts built into them. People needed survival instincts a long time ago when there were dangerous animals about who might chase and hurt them.



When they see danger, our brain sends a message to our bodies to tell us to run away from harm. Sometimes we believe that something scary is going to happen when we are actually quite safe. The funny feelings we get in our bodies when we are scared (like butterflies in our tummies) is our brain telling our bodies to get ready to run away. We call these messages from our brain to our body worries.

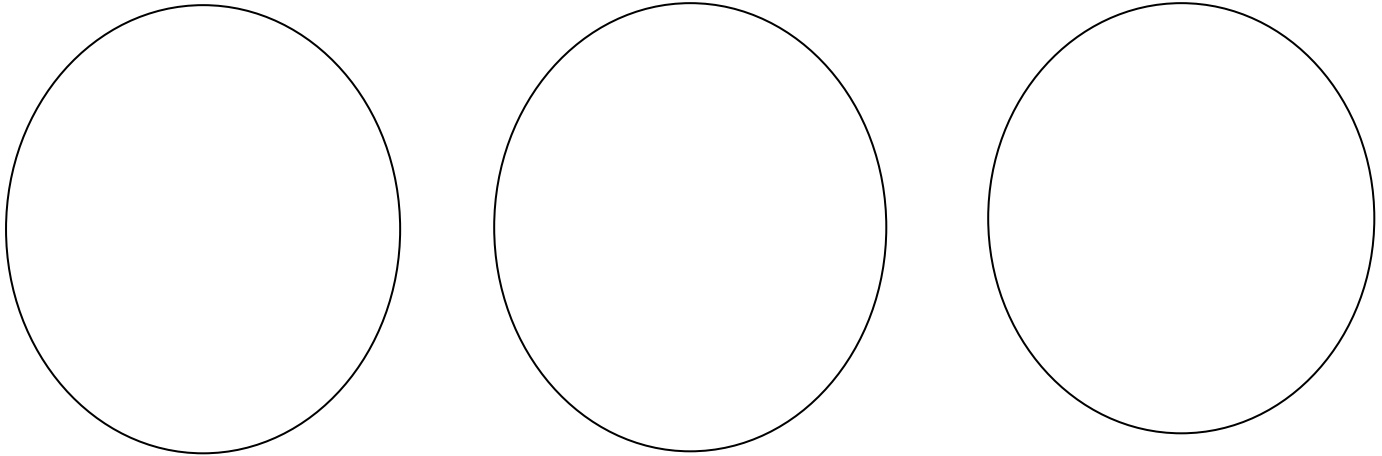


What happens inside your body when you are feeling scared or nervous? Can you draw on the picture opposite?



How does worry make you feel?

Children (and adults) who worry a lot often feel sad or upset. Draw on the faces to show how worry makes you feel.



Remember we said that the messages from our brains to our bodies are called worries? Well, there are different types of worries, let's take a look...

Little Worries

Everybody gets little worries. They come and go and don't cause us much difficulty because we can forget about them quickly if we try to think about something else.

Here are some examples of little worries:

What am I having for tea?



Forgetting your homework



Getting your hair cut



Going to the dentist



Who will I play with at break time?



Big Worries

These are trickier and can stop us from doing things. They might pop up often and be about the same thing. They might be harder to get rid of and we might need help from a grown up to deal with them.

Here are some examples of big worries:



Leaving my parents

Not sleeping



Being scared of something or someone



People being unkind

Silly Worries

These are thoughts about things that might happen but, if we talk to someone about them, we discover that it's probably very unlikely that they will. These worries can be hard to ignore and we might need help from a grown up to get rid of them.

Here are some examples of silly worries:

An aeroplane might crash into my house.



I am a bad person and no one likes me.



I can't learn new things



What Big, Little or Silly worries do you have?

Worry can affect everyone. Can you think about some things that worry you? Are they **big**, **little** or **silly** worries?

Little worries

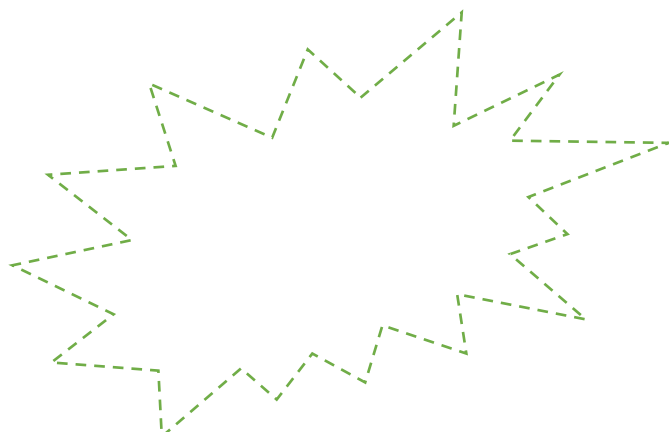
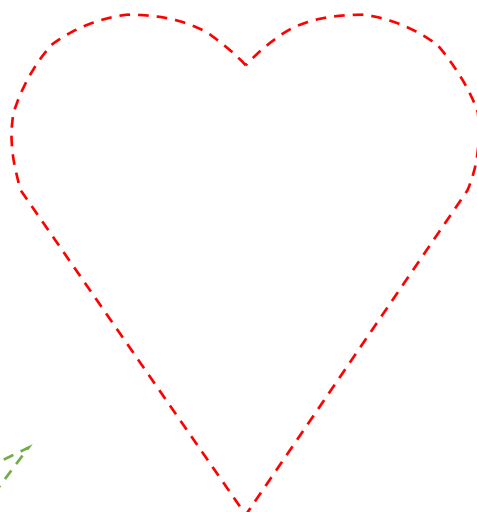
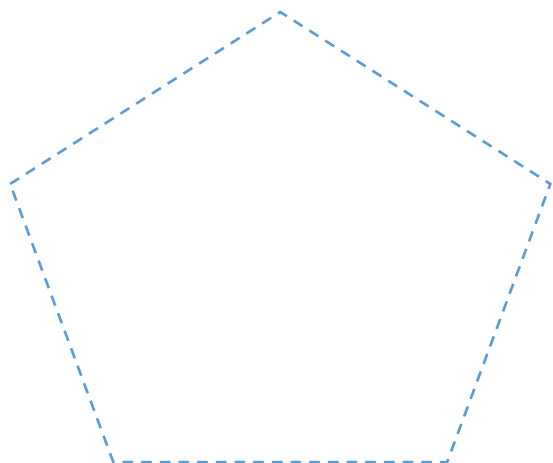
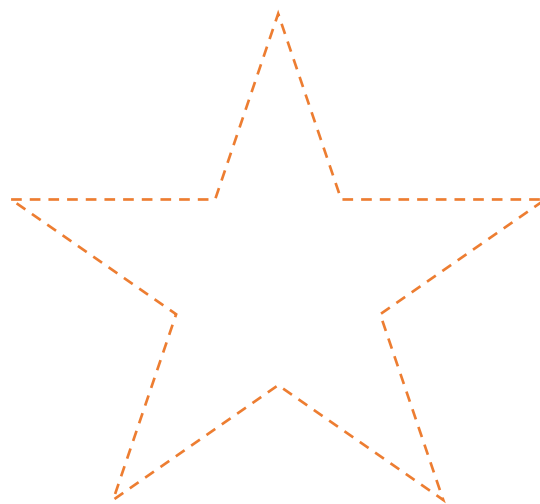
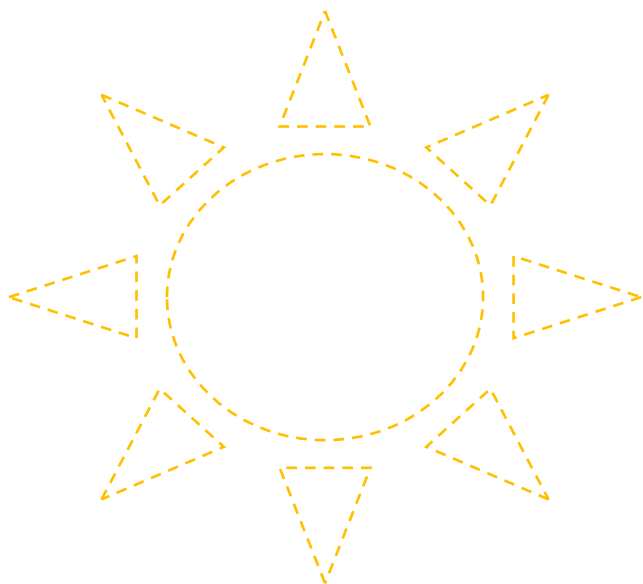
Silly worries

Big worries



What makes you feel calm and happy?

It's really helpful to think about all the things that make you feel happy and calm, so that at times when you are feeling worried you can try your favourite things to distract you. Write or draw the things that make you feel happy and calm in the shapes below and tell the person helping you to complete this workbook about them..



Breathing and Relaxation Techniques

Let's try some other things that might help...

Choose one of the relaxation activities on the next page and try it with the person helping you

Activity	Score out of 5	Activity	Score out of 5
Meerkat Paw		Elephant stretch	
Sleepy elephant		Turtle shell	
Monkey climb		Squeeze the lemon	
Meerkat stretch		Cat stretch	
Star breathing		Candle and flower	
Fly off your nose		Toes in the mud	
Bubble blowing		Calm down shaker	



Meerkat Paw

Pretend you are a meerkat and that your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



Sleepy Elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy?





Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed"



Turtle shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax.



Elephant stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breathe out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.



Squeeze the lemon

Pretend you have a whole lemon in each hand. Now squeeze it hard. Try to squeeze all the juice out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for ten seconds. Now relax and let the lemon drop from your hand. See how much better your hand and arm feel when they are relaxed.

Star breathing



Cat stretch

Pretend you are a furry, lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good, warm and lazy.



Fly off your nose

A pesky old fly has landed on your nose! Try to get him off without using your hands. Wrinkle up your nose.. Scrunch up your nose real hard and hold it just as tight as you can. Notice that when you scrunch up your nose, your cheeks and your mouth and your forehead and your eyes all help you and they get tight, too. Hold for ten seconds. Good. The fly has gone. Now you can just relax and let your whole face go smooth.

Candle and the flower



1-2-3



Imagine you are taking a deep breath and smelling a fragrant flower then hold for 1-2-3 and release your breath slowly to blow out a candle.



Toes in the mud

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. You'll probably need your legs to help you push. Squish your toes down. Push your feet, hard! Hold for ten seconds. OK, come back out now. Relax your feet, relax your legs, and relax your toes. It feels so good to be relaxed.



Bubble Blowing

Breathe in deeply. Now, puff out your cheeks and gently blow to make a bubble. Watch the bubble floating away.

How many bubbles did you make? Can you see any rainbow colours in your bubbles?

You can do this exercise with real bubbles or in your imagination.



Meerkat stretch

Imagine you are a meerkat. Sit up straight and look all the way over to your left. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch and can turn your head all the way round. Now, open your eyes and turn to the right. What is the furthest thing you can see now? Pause. What can you notice?



Calm down shaker

Give the bottle a good shake and notice how fast the glitter is swirling – just like your big feelings inside!

Stand the bottle flat and watch the glitter swirl to the bottom of the shaker whilst you take slow, calm breaths.

Notice your big feelings begin to slow down and settle like the glitter.



My Wellbeing Plan

Creating a plan of action can be a great way to help you set goals and identify things that will help you to achieve them. Complete the plan below and share this with parents/carers and your teacher as they can also support you to achieve your goal.

Remember: learning new skills takes time and lots of practice so be patient and remember it is ok to ask for help if you need it.

Things I can try...

Activities I enjoy...

The people who can help me...

