

Children have worries and of course they should always talk to you if they are feeling a bit worried about something. It is also good to encourage children to try and cope with their worries too. Sometimes distraction can be amazingly powerful.

These are little tear off/cut off strips with suggestions on what to do. If they are finding their minds are worrying a lot then encourage them to try one of the activities.

In time they may just do that themselves and start feeling a whole lot better.



I can talk to
an adult
too!

I have a worry right now
So what should I do?
I can tear off a strip
to stop feeling blue!



I can take some calming breaths. I can breathe in for the count of 7 and out for the count of 11

I can do some mindful colouring. Concentrate on the colours, shapes and design. Think only about the colouring

I can imagine I am a snowman and bit by bit my muscles are relaxing and I am melting into a puddle on the floor

I can imagine my happy place in my mind and I can go there for a while. I can use my 5 senses to really be there

I can lose myself in a good book. I can enjoy the story and forget about everything for a while

I can play with some playdough. I can make shapes with it. Squeeze it, roll it and stretch it.

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an adult
too!

I have a worry right now
So what should I do?
I can tear off a strip
to stop feeling blue!



I can try some exercise. Anything at all
I enjoy doing such as skipping, jogging
on the spot, or running up and down
stairs.

I can do a crazy dance to my favourite
music. I can lose myself in the music
and just think about my body and the
music

I can sing a favourite song. I can sing
loudly for everyone to hear.

I can count my breaths. In - 1, out - 2,
In - 3, Out - 4 and so on

I can look out of the window and find
shapes in the clouds. I can watch them
gently floating by.

I can watch a favourite movie and just
think about what is happening in the
movie