Worry Workbook



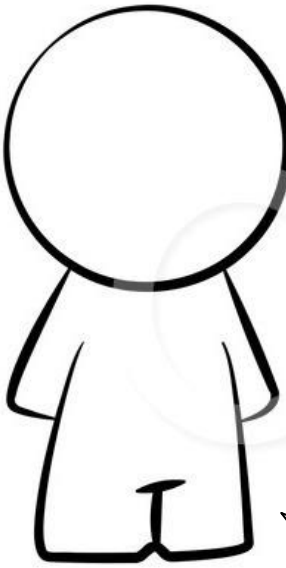
Name:

All about me....

Hobbies & interests...

Dislikes...

Happy memories...



I am proud of...

Likes...

I am good at...

I enjoy...

How many emotions can you name?

It is really important that we are aware what emotions are and how they make us feel when we are learning to manage our emotions. Let's test your knowledge! How many emotions can you name? Now decide which ones are comfortable, uncomfortable or both.

Emotions

Comfortable		Uncomfortable		Both	

How am I feeling today?

Scoring your mood can really help you identify how you are feeling and the reasons why. Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home. Discuss what you are doing to be this score and what you can do to move up the scale. Record your score in the key below by using a different colour each week.



Mood



0 1 2 3 4 5 6 7 8 9 10



School

0 1 2 3 4 5 6 7 8 9 10



Friendships

0 1 2 3 4 5 6 7 8 9 10



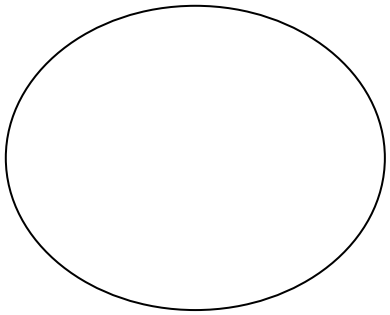
Home

0 1 2 3 4 5 6 7 8 9 10

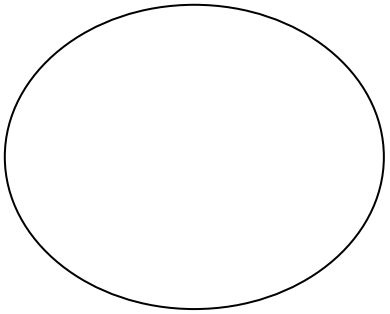
Colour						
Date						

Feelings

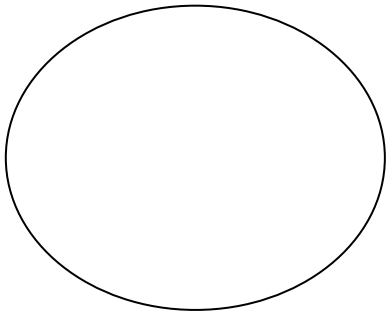
Draw the different feeling faces on the circles.



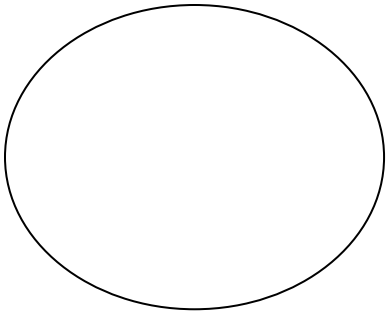
Happy



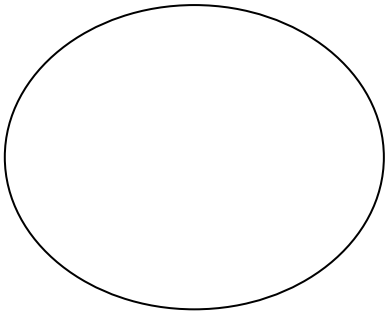
Sad



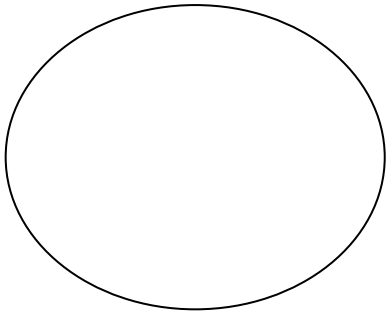
Excited



Angry



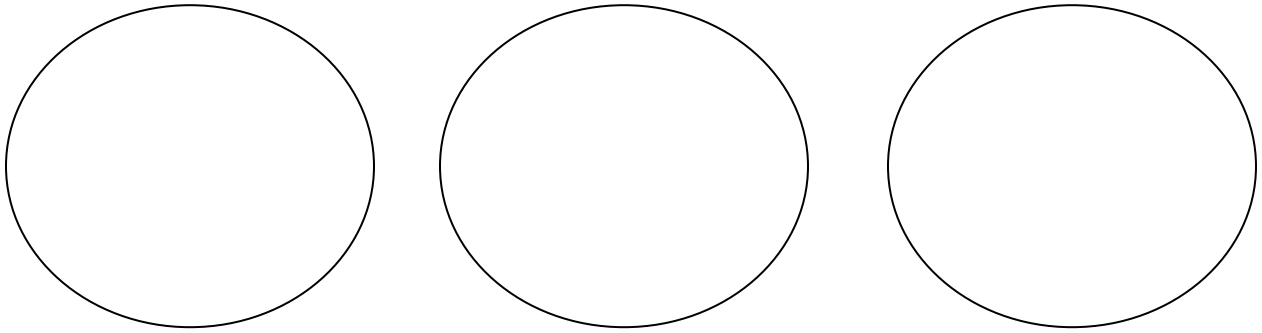
Guilty



Loved

How does worry make you feel?

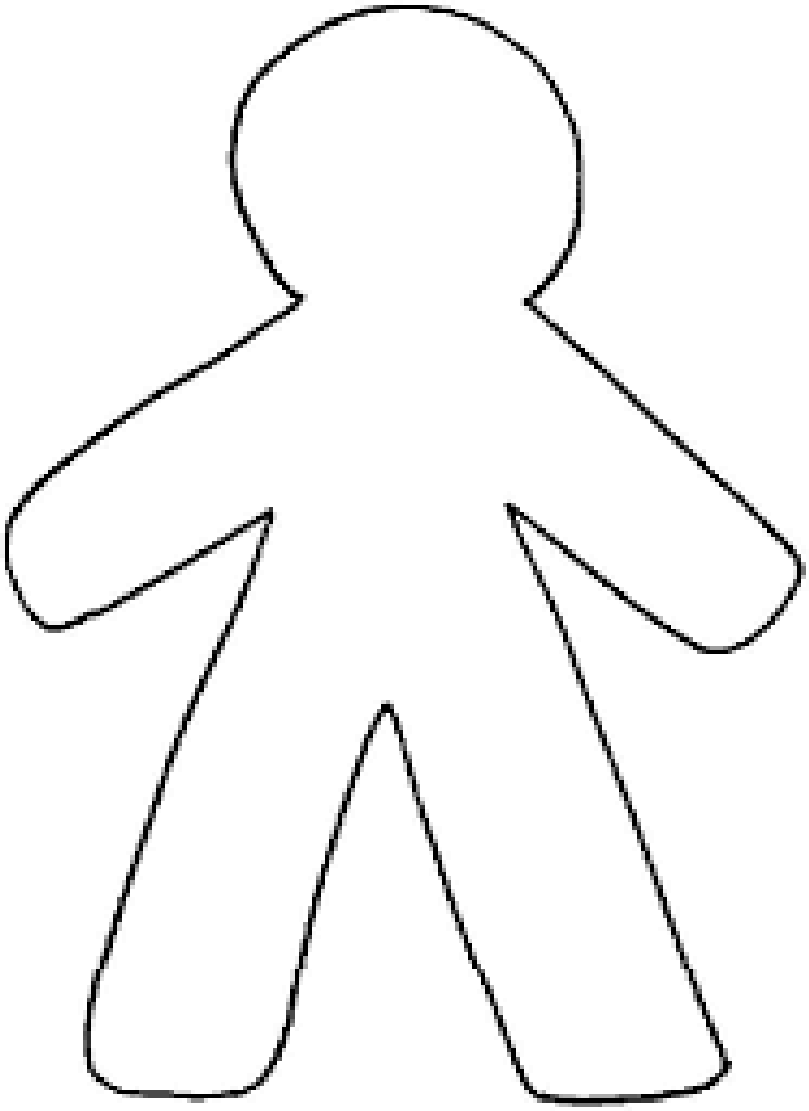
Draw on the faces to show how worry makes you feel.



Worry can affect everyone. Can you think about some things that worry you? You can write or draw them.

Feelings in our body

Worry doesn't feel nice. What happens to you when you feel worry? Draw on the body, where worry effects you.



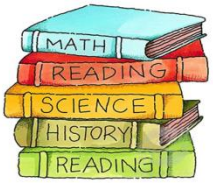
Little Worries

Everybody gets little worries; they are a normal part of life.



What am I having for tea?

Forgetting your homework





Going to the dentist



Getting your hair cut



Who will I play with at break..?

Big Worries

Cause us concern; they stop us from doing things. They might have already happened or might of happened to someone we know.



Leaving my parents

Not sleeping





People being mean

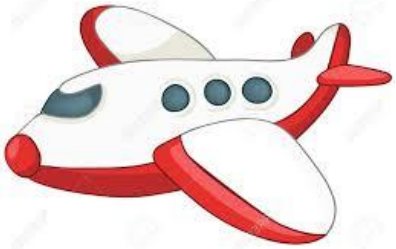
Being scared of something or someone



Silly Worries

These are worries that we think COULD or MIGHT happen. These types of worries pop into our mind all the time and they are hard to ignore.

An aeroplane might crash into my house.



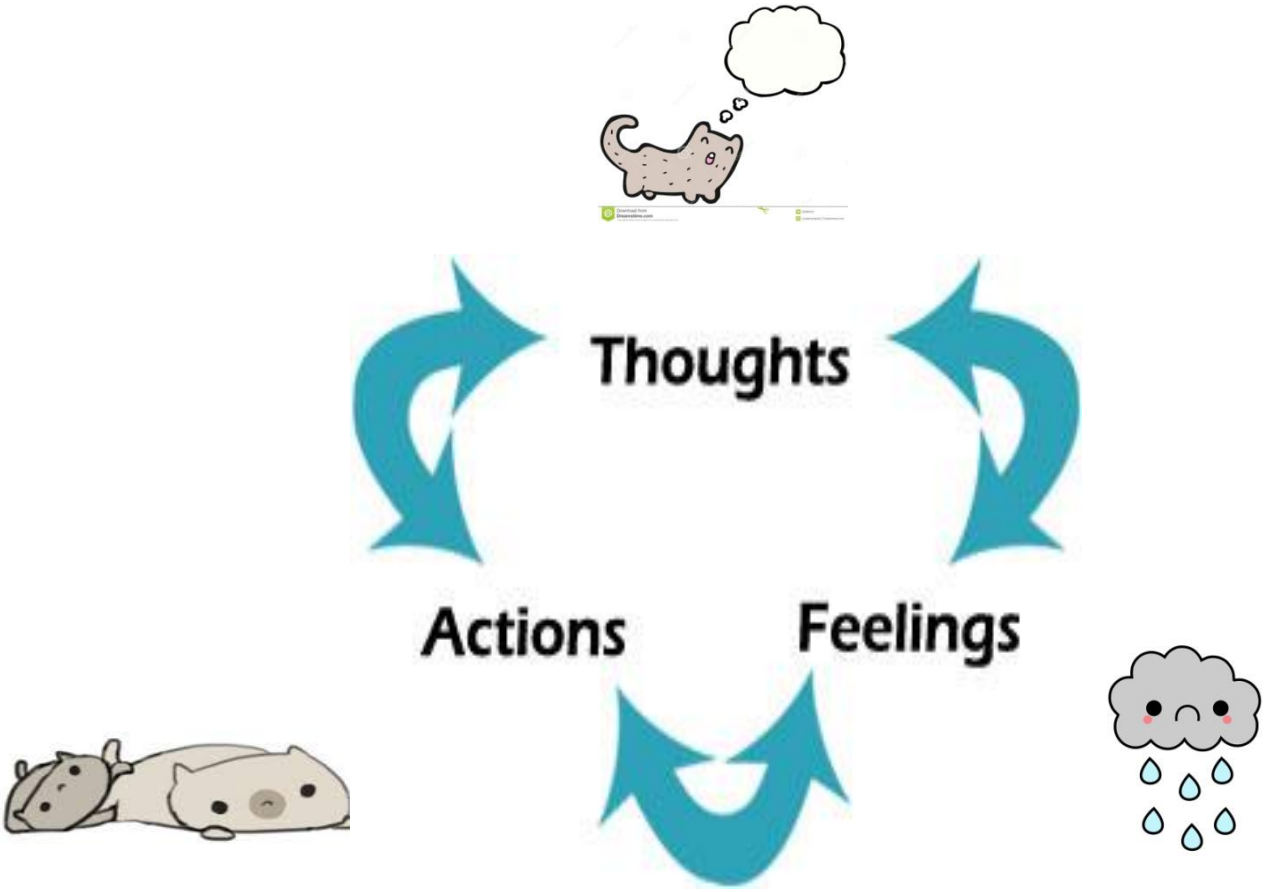
Someone sneezed on me; I'm worried I am going to get poorly.





I am a horrible person and no one likes me.

Think about a worry you have had, and let's think about how the **feelings** in our body and mind link with the **thoughts** and how this makes us **act.**



How has worry changed how you act?

Let's have a think about some things that might help.

What you will need:

- Play-doh
- A calm voice

Squeeze and Relax Exercise

Take some play-doh, squeeze as hard as you possibly can. Try squeezing for the count of 10 without stopping. When you squeeze like this it makes your body feel tense. This is what tense feels like. You might feel tense if you are angry, worried, upset or scared about something. When you stop squeezing the play-doh your body begins to relax. This is what relax or calm feel like. Try and recognise this tense feeling next time you are angry, worried, scared or upset. Imagine you are letting go of your play-doh and allowing your body to relax.

THE ATTENTION OF A FROG

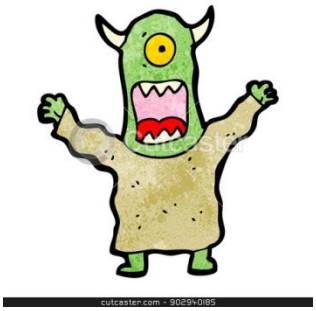
' A frog is a remarkable creature. It is capable of enormous leaps, but can also sit very, very still. Although it is aware of everything that happens in and around it, the frog tends not to react right away. The frog sits still and breathes, preserving it energy instead of getting carried away by all the ideas that keeps popping into its head. The frog sits still, very still while it breathes. Its frog tummy rises a bit and falls again. It rises and falls.

Anything a frog can do, you can do too. All you need is mindful attention. Attention to the breath. Attention to peace and quiet.



Snel, E (2014). Sitting still like a frog: Mindfulness exercises for kids (and their parents)

Worries are a bit like bullies. Draw a worry Bully.



Let's practice standing up to some of your worries.

Example : "Everyone hates me"	What do I think of this? Is this really true? What evidence do I have? How do I know that? Have I thought this before? Was this true then? Who's everyone?



Is this your worry? → No → Then put it on a cloud and watch it float away

Yes

Is it a big worry?
Like not feeling being able to sleep

Is it a little worry?
Like forgetting your homework

Is it something I need help with?

Yes



Ask yourself ..
•Can I distract myself?
•Can I use my coping skills?

Yes → **Well done you're starting to stand up to your worries**

No → Share this at 'time to talk'

No

It sounds like you may have solved this yourself, well done!



Yes



Ask yourself..
Is this really going to happen?
Has it happened to anyone you know?
Is this a worry that anyone can do anything about?

Yes → Share this at 'time to talk'

No → **Well done you're starting to stand up to your worries**



No

Helping hand

Draw around one of your hands or ask one of the people in your group to help you.

We all need helps sometimes and it helps to talk to people if we are feeling worried, sad, angry etc.

Write on the fingers and hand the people who you can talk to.

My Wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

My goals:-

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Helpful strategies:-

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Activities I enjoy:-

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I can talk to:-

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Pictures sourced from Google search engine.