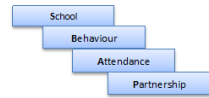
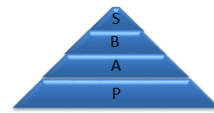


Name _____

Do you want to talk
about it?

I'm feeling worried

Written by Jo O'Neill
Children's Counselling Therapist



For the Adults using this workbook

- The book is to be used with a child on a 1-to-1 basis.
- It is aimed at higher-KS1 and KS2 children who struggle with consistent anxiety.
- Ask the child if they would like to complete the workbook with you. Make sure they are open to speaking about their anxiety.
- This booklet may be printed as many times as needed.
- Find a quiet spot where you will not be interrupted.
- Equipment needed - colouring pens/pencils or crayons in a variety of colours.
- You do not need to complete the book in one sitting, it can be used over a period of time.
- If the booklet is to be stored to continue another time, ensure that you keep it in a safe place that cannot be read by others. They may share things that are very personal. Confidentiality is crucial. Report any safeguarding concerns immediately to the school safeguarding officer.
- It may be useful to have a few copies of the “What shall we talk about” page and use it at the beginning of each session. It is important that from the start of you working together the child feels heard. This is their time to talk about how they feel. It maybe that they want to tell you a few different things about what is going on in their life before you move on to the support for their anxiety.
- It may be that their anxiety seems like something other children could cope with, but their worries are big for them, be mindful to speak without judgement or rescuing. Listen and support, help to build resilience.
- When the workbook is completed, ask if the child would like to keep it. If they do not want to, ask what they would like you to do with their work.

WHAT SHALL WE TALK ABOUT?

Colour in all the things you would like to talk about today

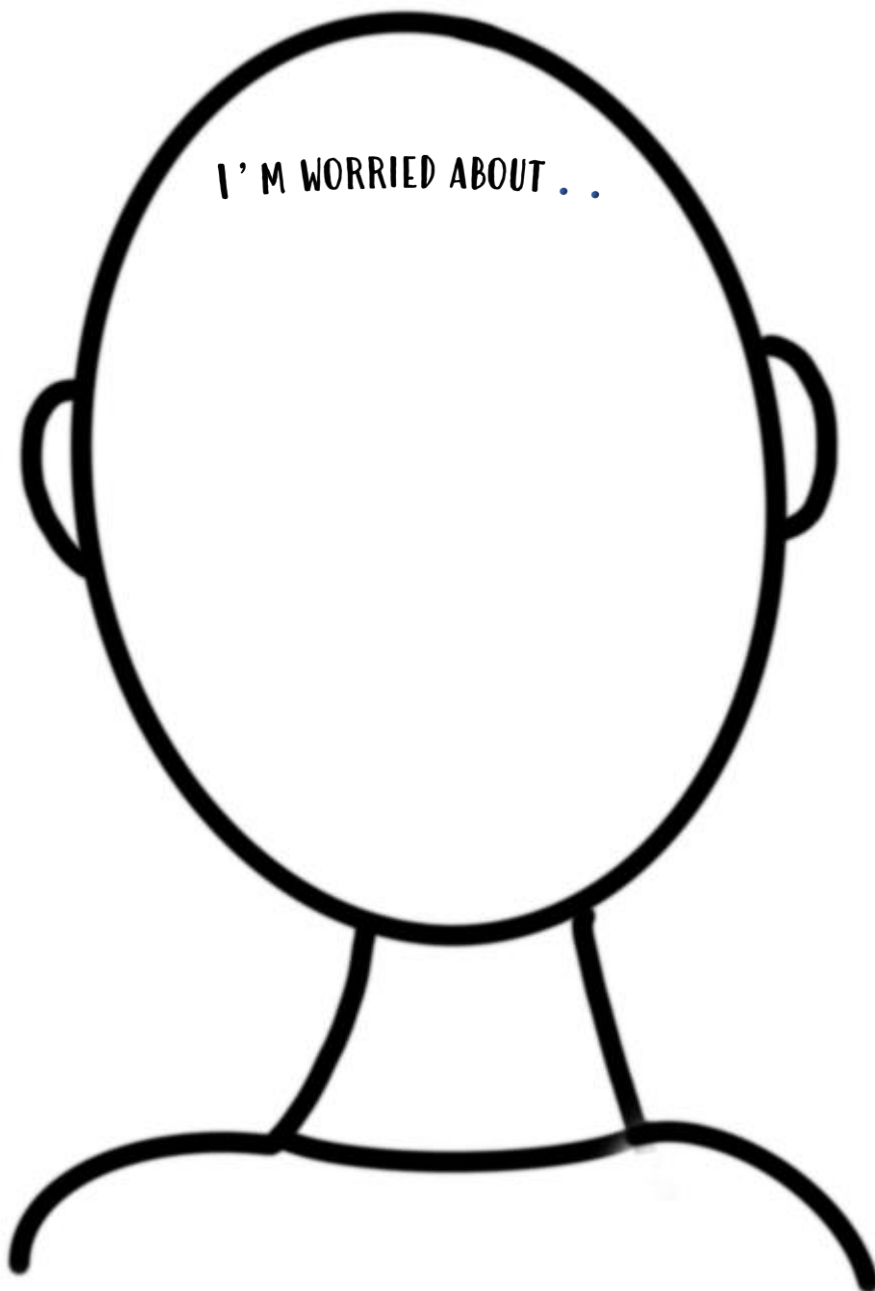


WHY DO I FEEL WORRIED?

The reason that we worry is to help us to solve a problem that we are facing.

Sometimes worries can grow too big and they go round and round in our thoughts.

Can you fill this head with your worries?



HOW YOU FEEL WHEN YOU ARE WORRIED

Tick all the things that happen to you when you are worried



Can't concentrate	
Feeling upset or crying	
Difficulty sleeping	
Nightmares	
Have headaches	
Not wanting to go to school	
Feel angry and annoyed	
Makes me feel sick	
Don't feel like eating	
Try to control others	
Thinking the worst will happen	
Can't stop thinking about the worry	



MY BUBBLE OF CONTROL

Sometimes, you may find yourself worrying about things that you have no control over.

Focus on the things that you can change, let go of what you cannot.



THINGS I CANNOT CONTROL

What others think

How others feel

Other people's beliefs and opinions

What others do

What people say

The past

What others post online

WHAT IS IN YOUR BUBBLE OF CONTROL?

Write or draw what you can control in this bubble.



Write or draw what you cannot control here

A large, empty rectangular box with a black border, intended for writing or drawing what the user cannot control.

HOW BIG IS THE WORRY?



Little worry

I can deal with this



Medium worry

Its on my mind some of the time. I could do with some help.

Big worry

This is a huge worry, I keep thinking about it all the time. I really need support with this.



WHEN I AM WORRIED, I WANT TO STAY HOME

When you have lots of worries it's easier to be with the people that you love and know you best.

Sometimes we have to push ourselves to step outside, go to school, dance class or football practice, even if we don't feel like going.



Here are some ideas for you to feel connected to your loved ones when you are apart from them

Connection Trinket

This can be any two items you choose, gem stones, buttons or keyrings. Just have two the same and both carry one of them in your pocket. Hold it when you feel you need the connection



Matching Bracelets



Secret Sign (use when you are leaving) - this could be a handshake, touch your nose or 3 squeezes for I love you



Wrist Drawing



Every time you feel like you miss home, give it a press

Perfume/Aftershave



Spray a little bit of a scent that reminds you of a special person



Which of these ideas do you think might help?

LEAVING HOME HEARTBEAT HUG

If you start to feel worried when you are about to leave your house, ask a family member for a heartbeat hug.

Take a few moments to hug your loved one, you have to listen closely to hear their heartbeat. Try to breathe at the same time as them.

You will start to feel calm and relaxed.



You can do this at home any time you feel worries building

FIND YOUR PHRASE



When you start to worry it can be hard to stop. A good way to get out of the worry spiral is to repeat a phrase until you feel more calm.

You can make up your own phrase or use any of these:

"I am safe"

"Just keep swimming"

"I am strong"

"Mistakes are ok"

"This will pass"

"Just breathe"

"I am loved"

"I can do this"

"This is a bad day,
not a bad life"



I think I will use . .



WHAT CAN I SOLVE ON MY OWN?

It's so important to ask for help when you need it, especially if it's a big problem. For some worries, you may be able to think of a way to problem solve and make you feel better?

I am worried about:

My ideas of how can I work this out:

Check with an adult and see what they think

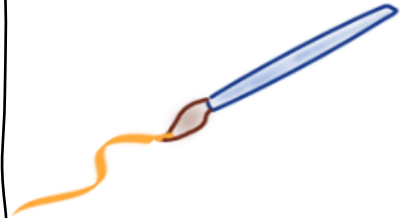
WHEN I FEEL WORRIED I CAN ...



Spend time outside



Watch a funny T.V show



Do something creative



Listen to my favourite music



Have a bath



Talk to someone I trust



Take deep slow breaths



Stretch or yoga



Drink water



Think of all the things I am grateful for

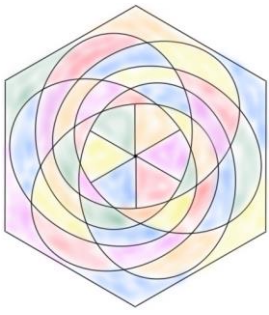


Use a stress ball or fidget toy

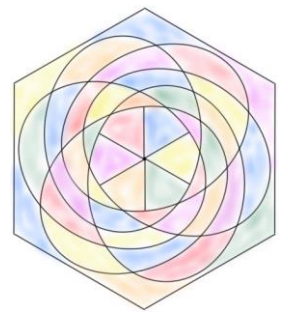


Make a plan

Which of these do you think might help?



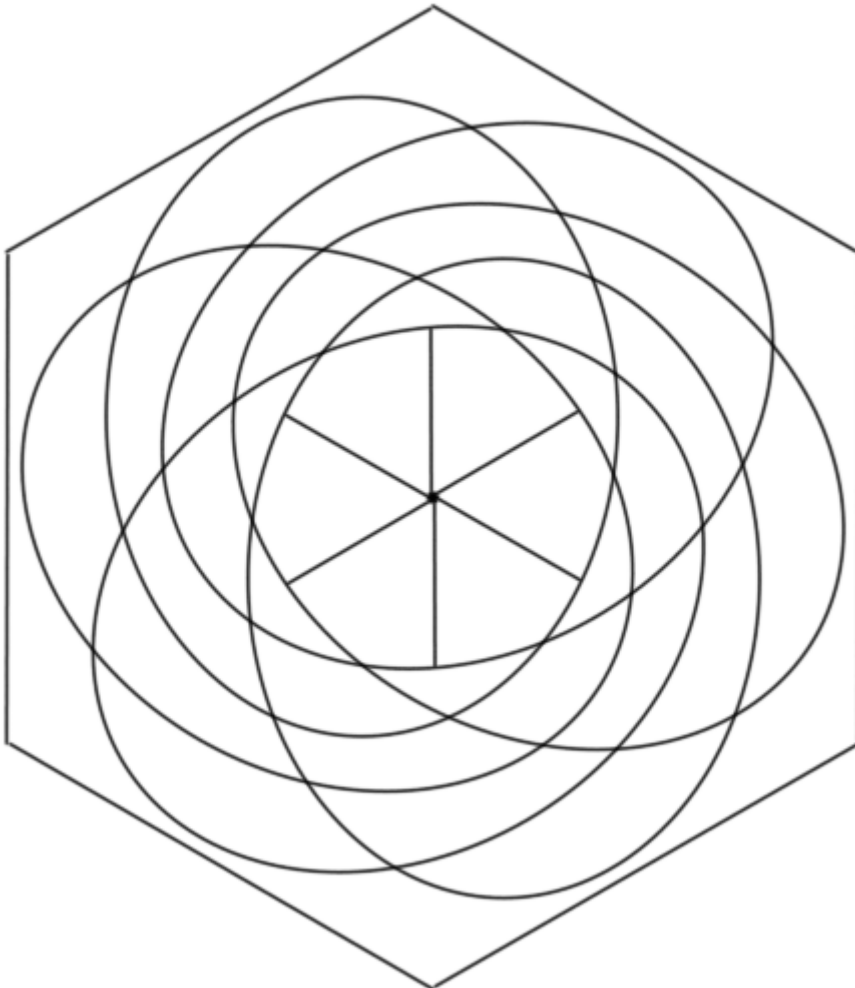
CALM COLOURING



Pick your favourite colours. Slow your breathing and try to relax.

As you fill this design, try to let go of your worries and focus on colouring.


If your mind wanders to other thoughts, bring your attention back to the colours you are using and the pattern you are creating.



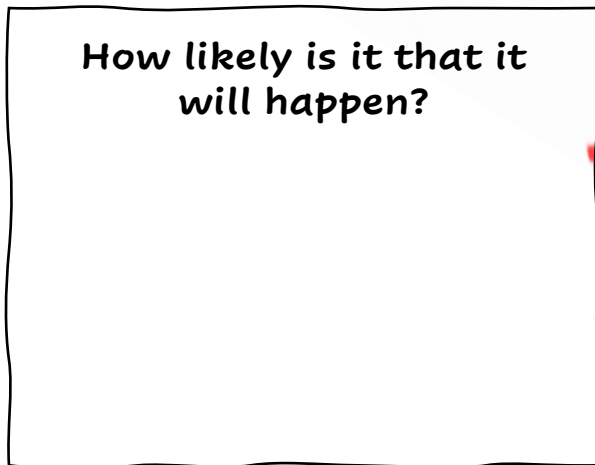
POSITIVE THINKING

Sometimes we can get into a mindset that bad things will happen. Can you start to challenge those negative thoughts? – what if it doesn't happen?

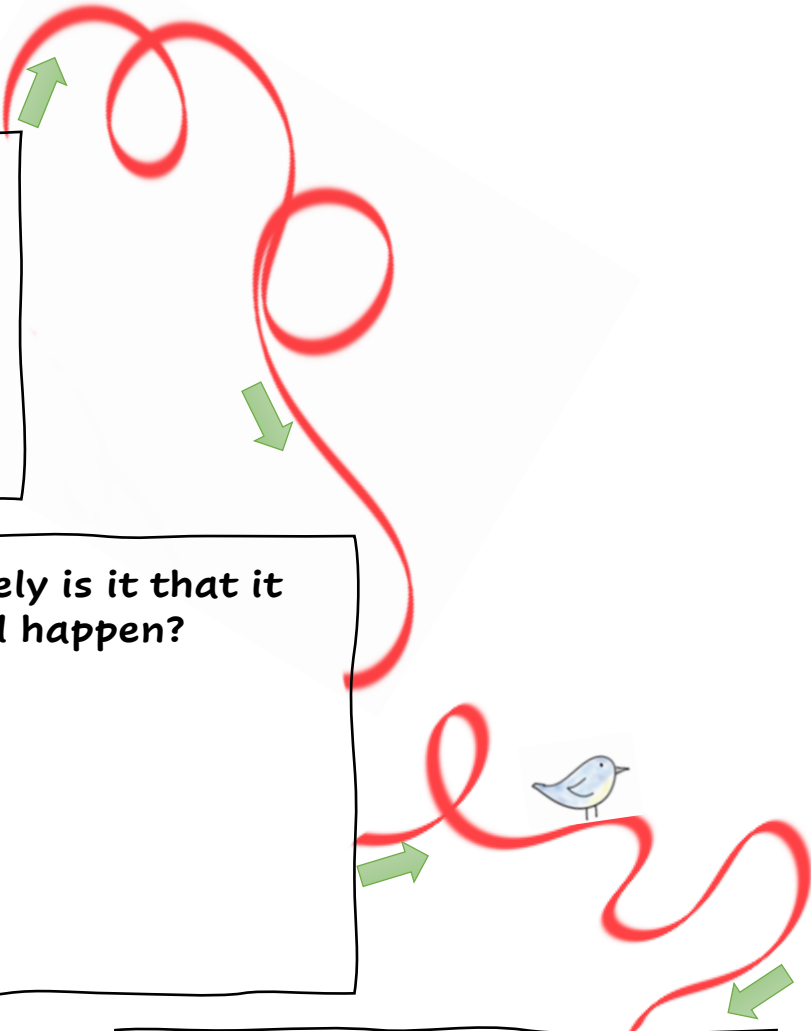
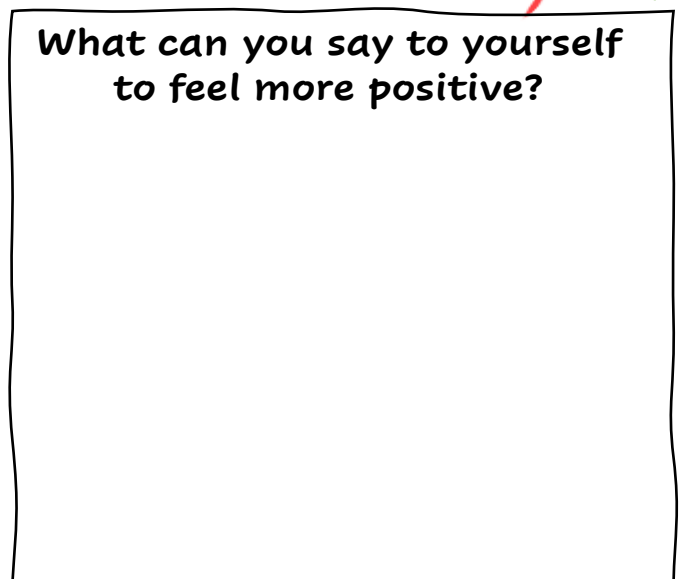
My Worry



How likely is it that it will happen?



What can you say to yourself to feel more positive?





THANK YOU FOR SHARING YOUR FEELINGS



YOU ARE AMAZING!