

#  
YOU'VE  
BEEN  
MISSED

# FEELING WORRIED



## What are worries?

Worries are thoughts that something may happen or might not end up how we want it to. A worry is a thought that is in our head that comes and goes. This is very normal but some of us can worry a lot.



**Activity:** Why do you think the child in the picture might be worried?  
Draw or write about it below:

## Why we might feel worried?

Everybody has worries, but we might feel worried for lots of different reasons. It is normal to have a little worry, as this can help keep us safe. But sometimes we get stuck and the little worry grows big. It is important to know how to manage big worries and make them small again.



**Example 1:** You might be worried that you're going to get told off



**Example 2:** Saying something mean to a friend, or a friend being mean to you



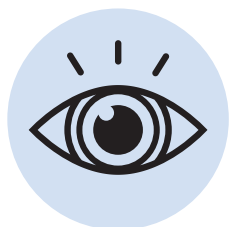
**Example 3:** Family can say or do something that may worry you

**Activity:** What makes you worried?

## How do worries start?

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Worries can start when you see, hear or think something is going to happen. For example:



**See:**

I saw my friend get pushed over



**Hear:**

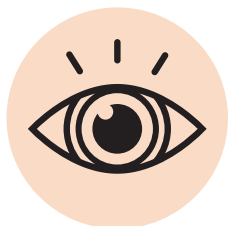
A boy at school said something mean to me



**Think:**

What if no one at my new swimming class likes me

**Activity:** Can you think of different things that you see, hear or think that make you feel worried? Write or draw them in the boxes below: worries that you saw, that you heard and that you have thought?



**See:**

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**Hear:**

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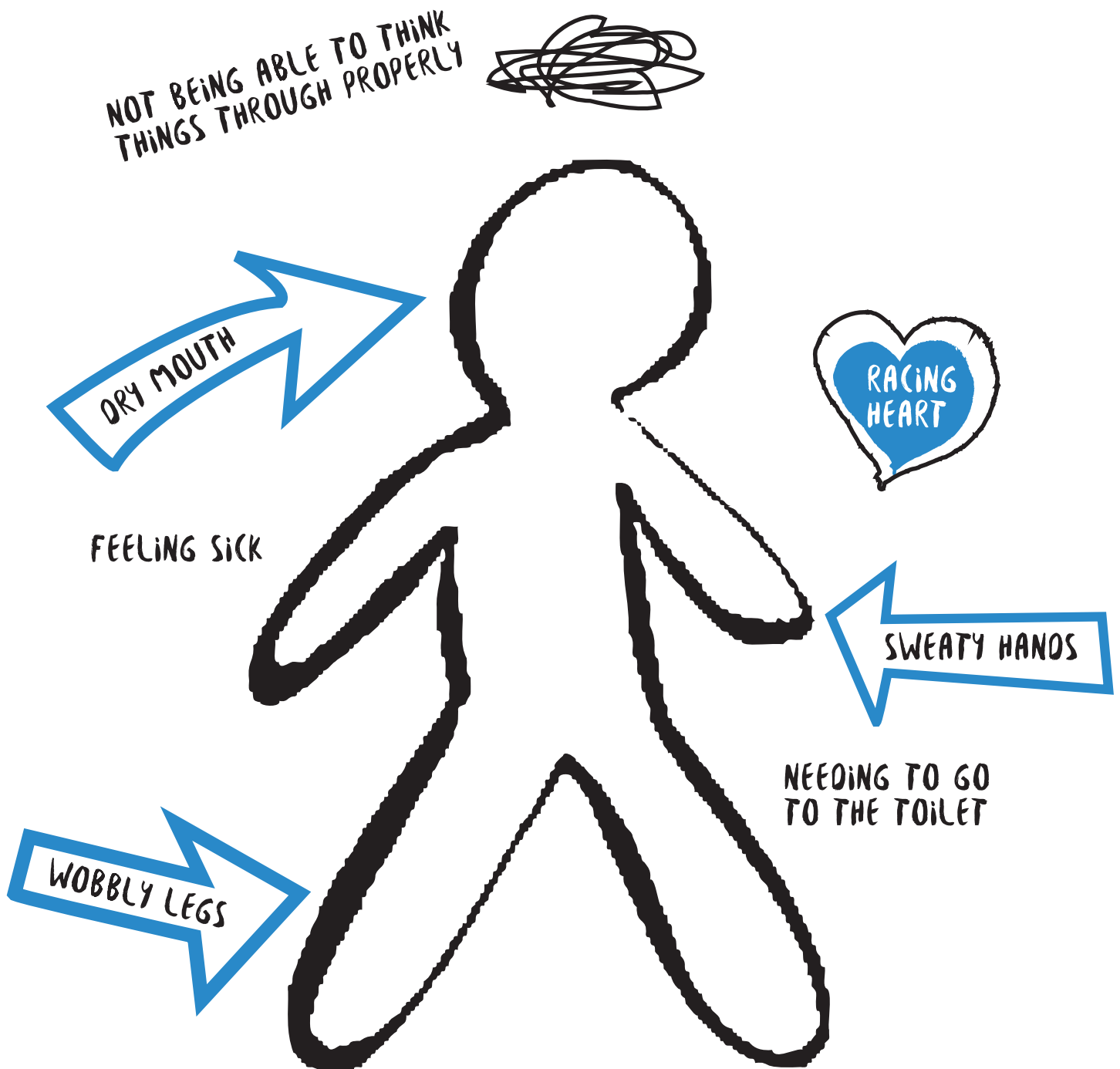


**Think:**

## What happens to us when we feel worried?

Worries can bother us and make us feel sad or angry. It is important to find ways to cope with our worries so they don't stop us living our lives.

Sometimes we can tell that we are worried because our bodies give signals to help us know when we are feeling worried, for example



**Activity:** Can you think of how your body lets you know it is worried? Write or draw in the drawing below what this feels like and where in the body you notice it.



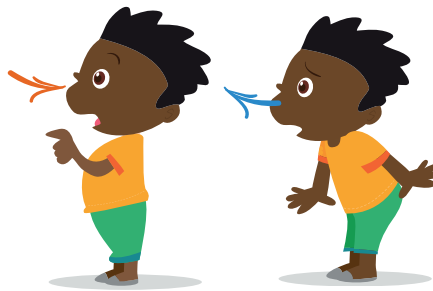
**Remember:** Knowing how you feel, can help you know how to manage your feelings.

## What can we do if we feel worried?

When we are feeling worried we might not want to speak to anyone or tell anyone about our worries because we might think they do not understand. Lots of people can feel worried and there are different things we can do to help us when we are worried.



**Example 1:** Talking to a friend or an adult that we trust (parent, carer, relatives, teacher) about how we feel



**Example 2:** Practicing breathing techniques



**Example 3:** Reading a book or watching a movie that we enjoy





**Example 4:** Doing an activity that we enjoy, playing a sport, drawing, singing, dancing

**Activity:** Think of a time when you felt worried. Did you do anything to feel less worried? Discuss as a family and write or draw your answers below



## Practice changing our thoughts!

Sometimes, when people are worried their minds can have thoughts that make them feel worse. When your brain is thinking big worrying thoughts, it helps to try and tell yourself a positive thought instead.

 Negative thought	 Positive thought
I don't understand my work, I'm going to fail.	If I ask for help, it might be easier.
I can't do this	I can do this
If I get it wrong everyone will laugh	Its OK, everyone gets it wrong sometimes
I don't want to go to school	I will get to see some friends

### Activity: Why don't you try to have a go?

Think of some worrying thoughts you may have had in the past or you have now. Try replacing these with a positive thought! Ask someone for help as they may be able to give you other ideas around positive thoughts!

 Negative thought	 Positive thought

**Remember:** You can create your own positive thoughts however you want. Why not make a poster or a postcard with positive thoughts? You can even say positive thoughts to yourself whenever you are feeling slightly worried!

## Calm Down with Take 5 Breathing

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- 1 Stretch your hand out like a star
- 2 Get your pointer finger ready to trace your fingers up and down
- 3 Slide up each finger slowly - slide down the other side
- 4 Breathe in through your nose - out through your mouth
- 5 Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



How do you feel now?  
Are you calm or would you like to take another 5 breaths?

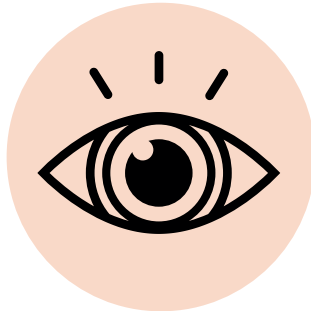
## 5, 4, 3, 2, 1 exercise!

When we are feeling a little worried we can go through our 5 senses. You can get an adult to help you with this!

You can go through these however you like, you can draw them, you can write them down or you can even try to just remember them. If you like, you can try all of the ways, the choice is yours!

5

things you can see



### Ideas

Sun  
Picture on the wall  
People walking

4

things you can feel



Wind blowing  
Feet on the floor  
Pencil in hand

3

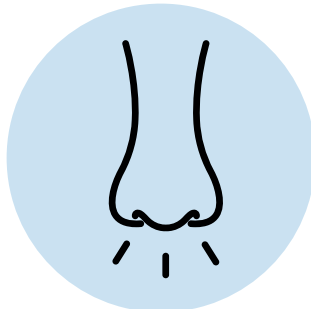
things you can hear



Birds chirping  
Clock ticking  
Car Horns

2

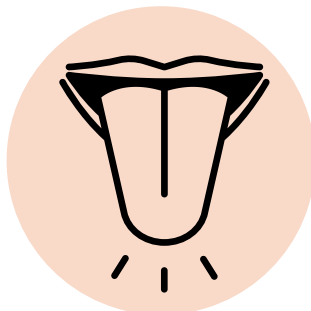
things you can smell



Food from the cafeteria  
Laundry detergent on clothes  
Fresh cut grass

1

thing you can taste



Mint  
Breakfast  
Toothpaste