

WHEN YOU ARE WORRIED, YOU FEEL.....

Sometimes, we all feel worried – and that’s okay! Let’s find ways to understand your big feelings and feel better when you have them.

DRAW OR WRITE IT

Draw or write about what makes you feel worried. You could show your worry as a stormy cloud, a big wave, or anything that shows your feelings.

COLOUR IT

Fill in your picture with colours that show your big feelings, like blue, grey, or black.

WONDER WORDS

Write some wonder words on your picture that make you feel strong and brave. For example:

- “I am brave.”
- “I can do this.”
- “I am calm and at peace.”

WORRY BOX

Draw a box next to your worry and imagine posting your thoughts into it. Putting your worries in one place can help you feel calmer.

MINDFUL TAPPING

Count to five while gently tapping your fingers on the table as if they’re dancing! Then take a deep breath in while you count to five again, and slowly breathe out while your fingers dance once more. Keep going until your feelings feel lighter.

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart’s words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you’re ready to talk. Take your time. When you share, you light up the world!

