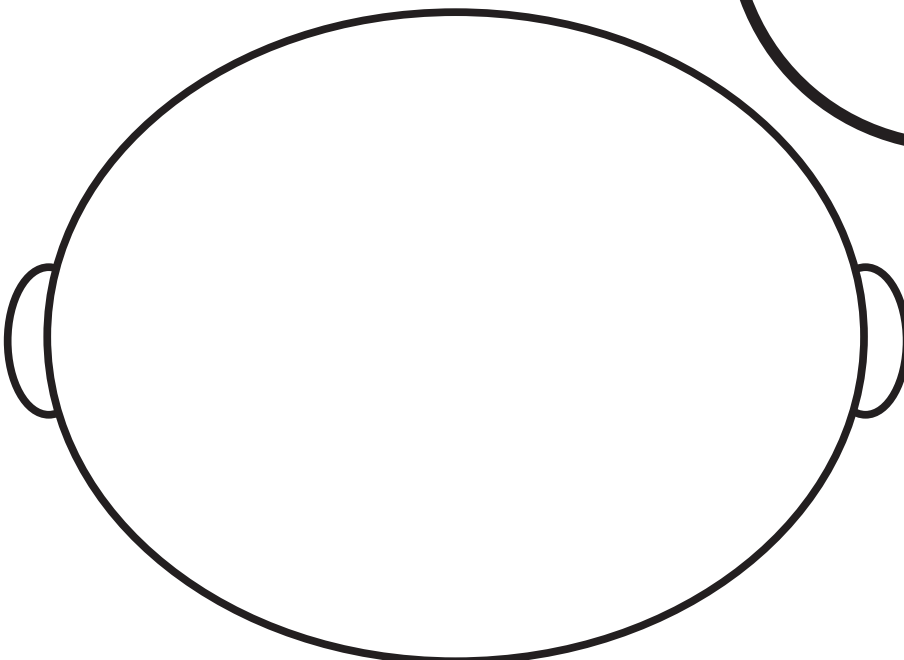
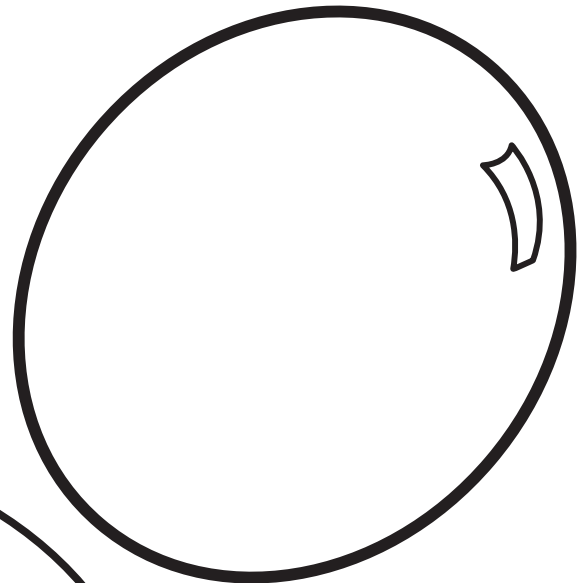
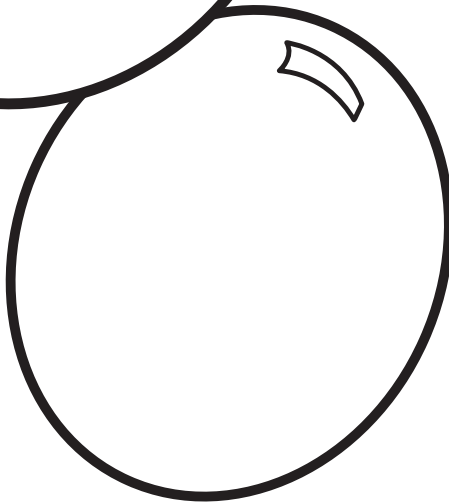
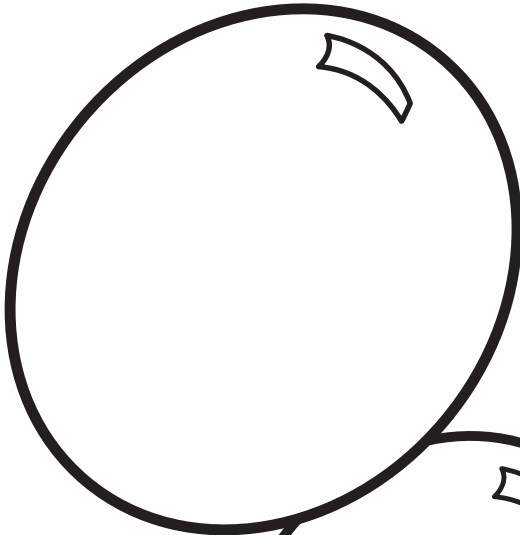


# Lesson 7: It's OK to feel worried

1

## My worries

Everybody worries sometimes. Draw your face at the bottom and three of your worries floating away on the bubbles as you breathe them out.



# Lesson 7: It's OK to feel worried

2

## When I'm worried I can...

Match the words and pictures of some things that you can do when you're worried to help you feel better!  
What else can you do?

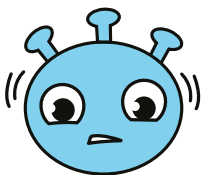
Use Slide Breathing



Use 3-2-1... Listen



Chill and Spill



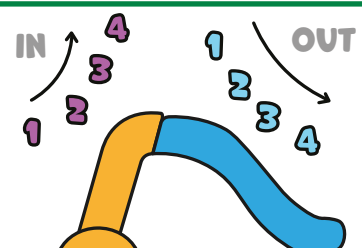
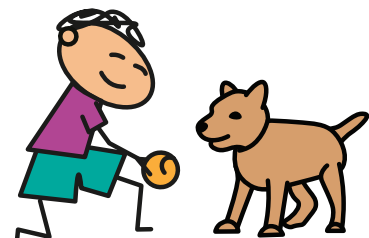
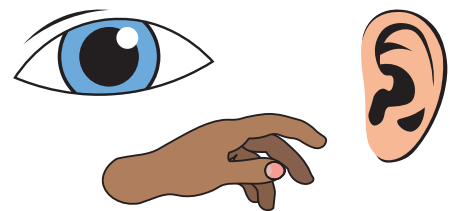
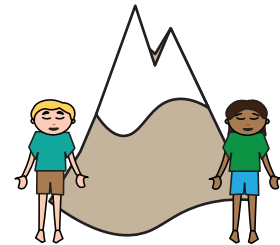
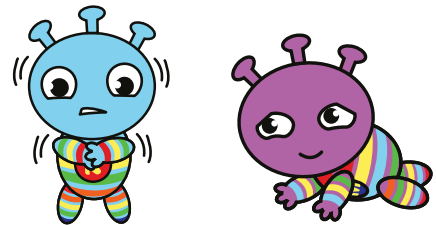
Do something fun



Stand strong like a mountain



Talk to someone



# Lesson 7: It's OK to feel worried

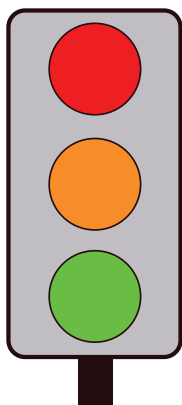
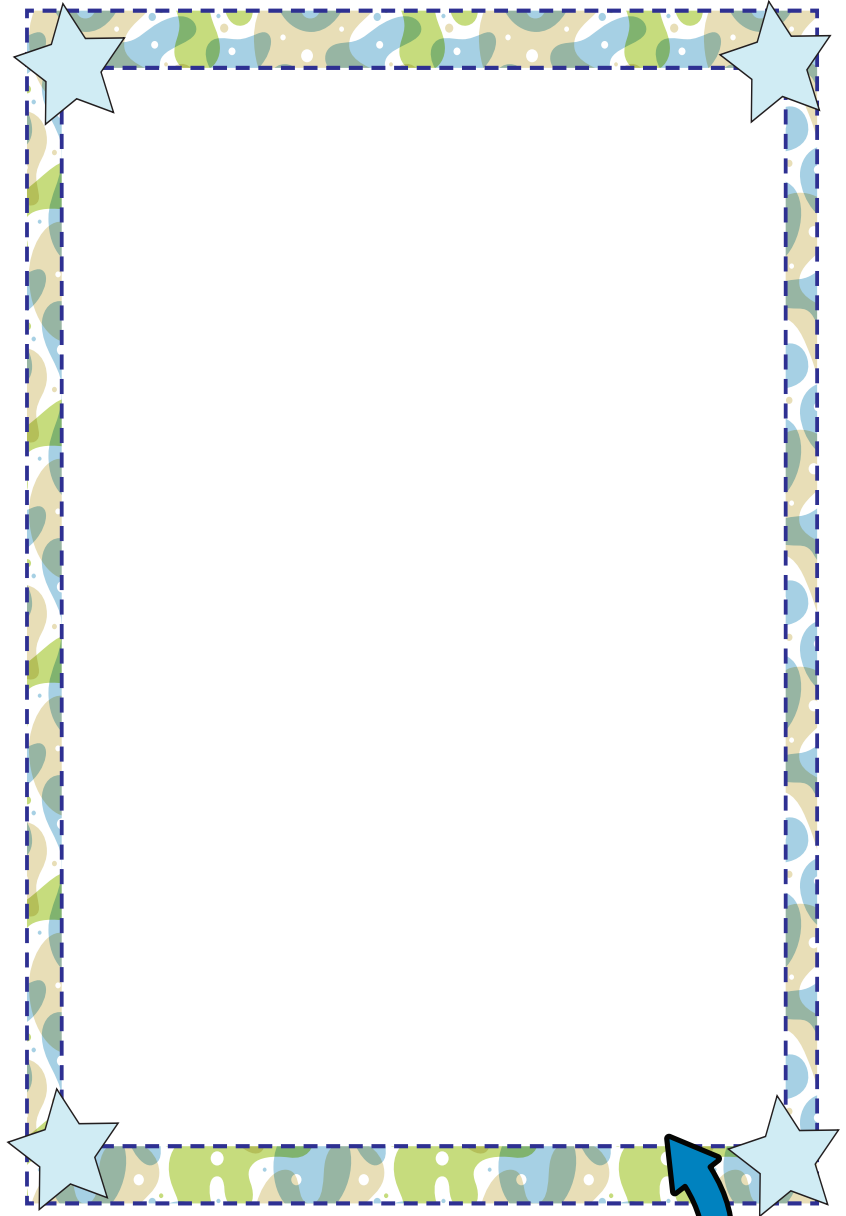
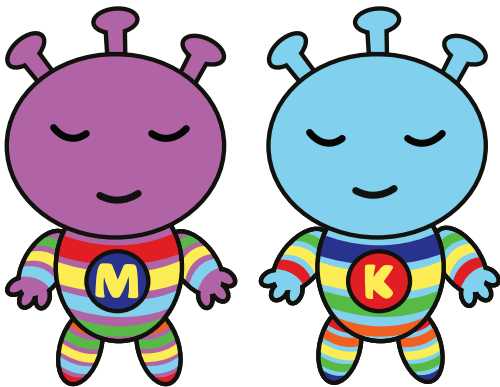
3

## Homework

Practise saying the poem 'Worries wriggle' with your family this week. Remember all the things you can do if you feel worried.

### Worries wriggle

Worries wriggle  
inside me,  
they grow and grow  
and feel heavy.  
They make me feel  
like something's wrong,  
so then I say,  
'I'm brave and strong'.  
I let the worries  
float through me,  
I breathe them out  
and set them free.



Circle the traffic light colour that shows how you did this week.



Show how you did Mo and Ko's challenge this week. You can look at the pictures at the back of this book to remind you of what it is.



Signature/Comment of Parent/Guardian/Carer