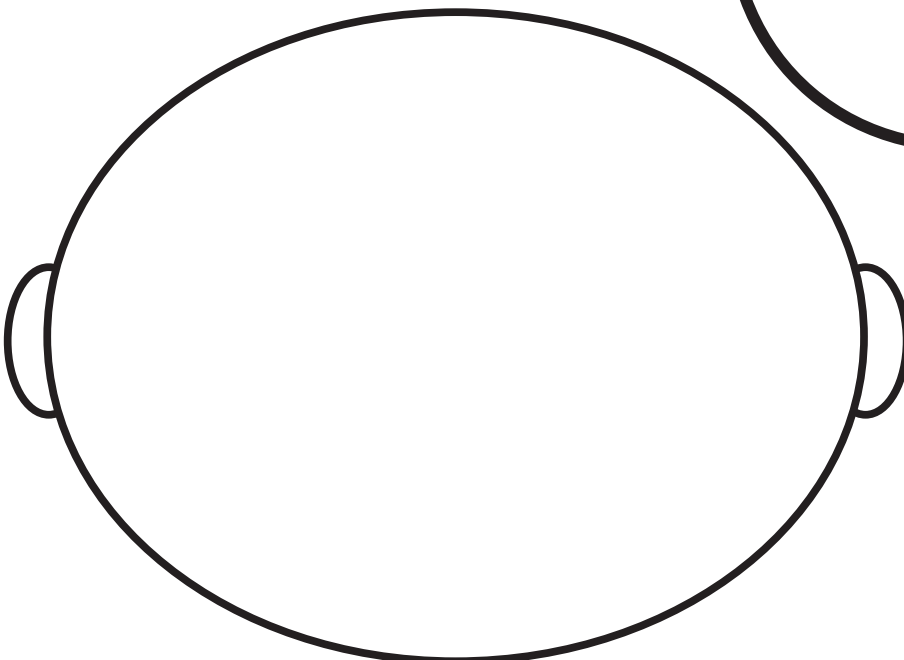
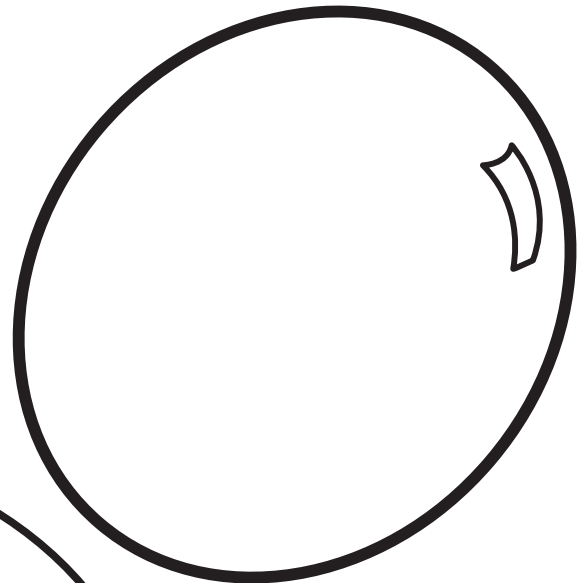
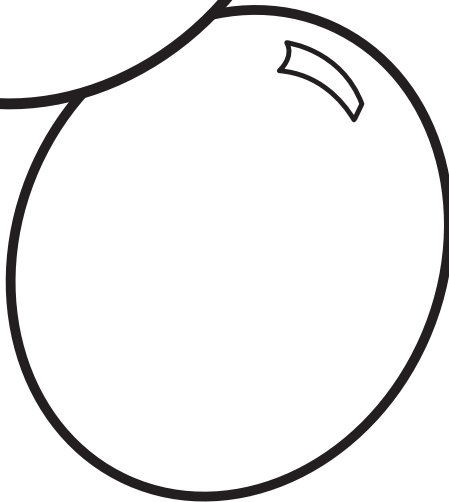
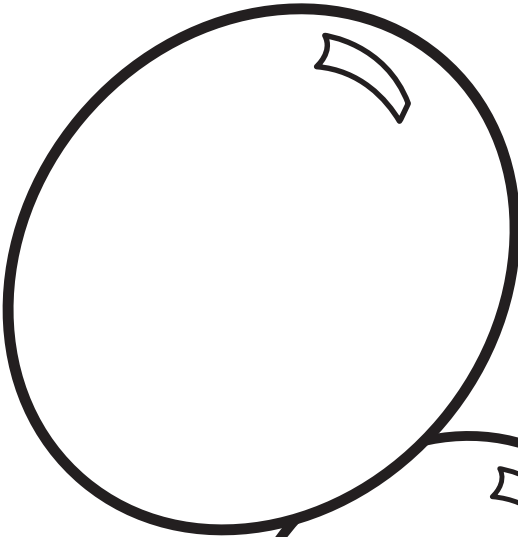


Lesson 7: It's OK to feel worried

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?

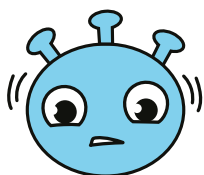
Use Slide
Breathing



Use 3-2-1...
Listen



Chill and
Spill



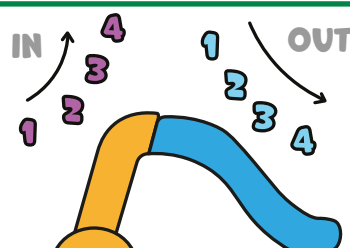
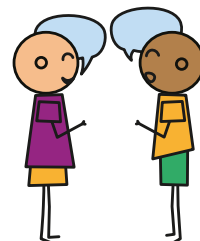
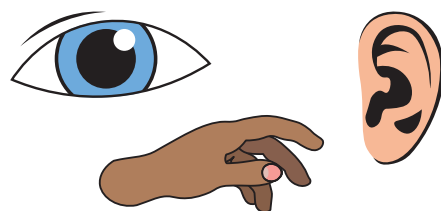
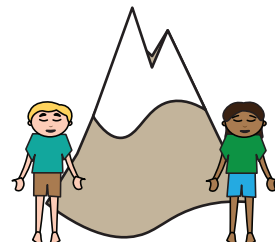
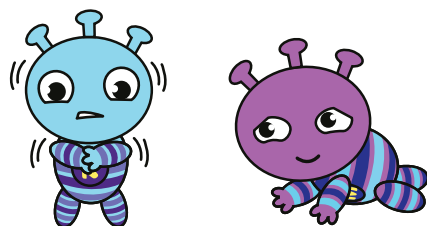
Do
something
fun



Stand
strong like a
mountain



Talk to
someone



Lesson 7: It's OK to feel worried

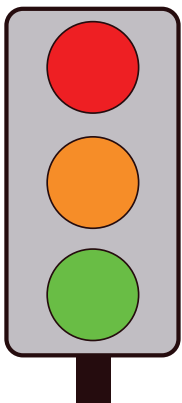
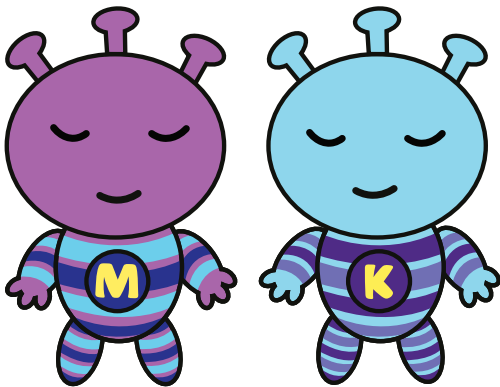
3

Homework

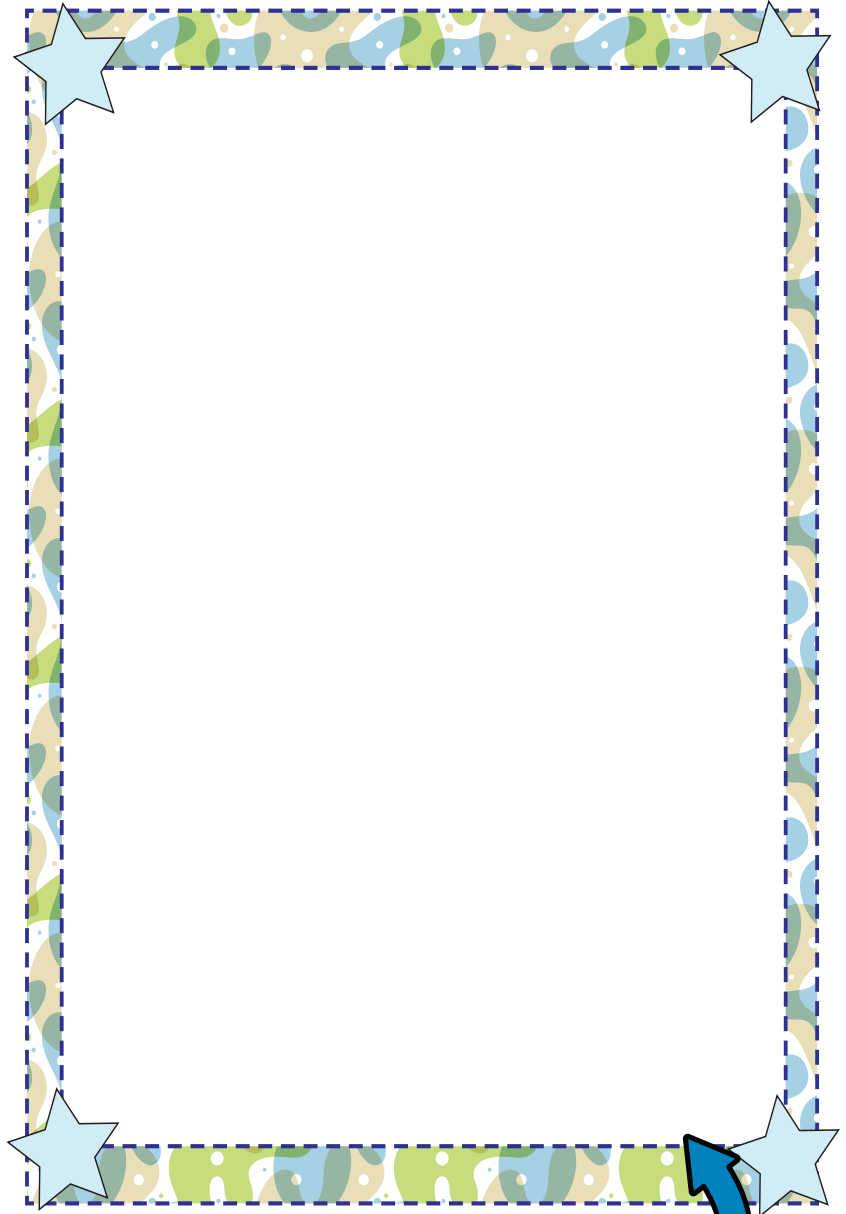
Practise saying the poem 'Worries wriggle' with your family during this lesson. Remember all the things you can do if you feel worried.

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
lesson.



Show how you did Mo and Ko's
challenge in this lesson. 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