



MANAGING WORRY



Help! Mary's lamb has snuck into school! What on earth is she to do?

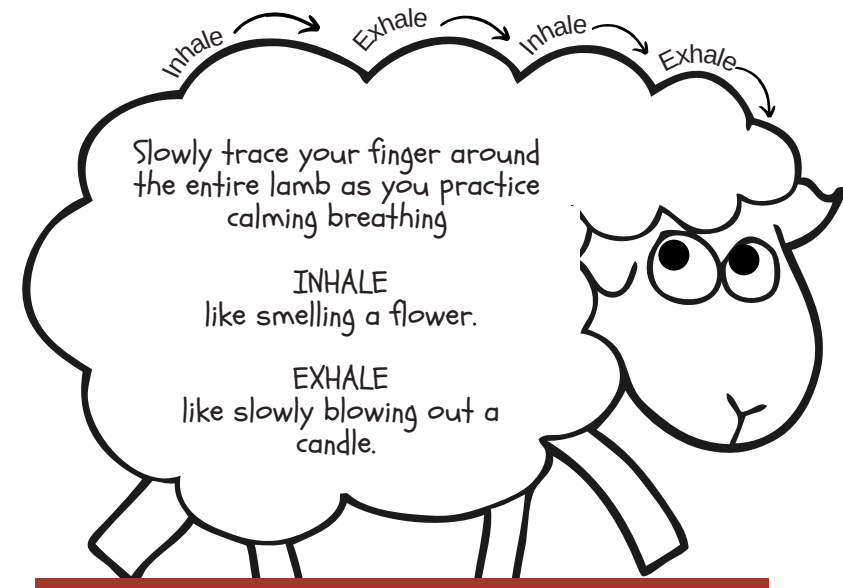
DRAW A PLACE OR TIME YOU FELT AWESOME

Thinking about happy moments can help you feel calmer

QUESTION TIME!

Choose a question!
Ask the person on your left.

- What helps you cope with worry situations?
- What worry situations could you avoid?
- What are early signs that you are getting worried?



GET LAUGHING

Try hugging yourself! Who can wrap their arms around themselves the most?
Which part of your body is easiest to hug?

Find more resources at: www.fairytalesfraud.com

LOOK
See 5 things

- _____
- _____
- _____
- _____
- _____

FEEL
Touch 4 things

- _____
- _____
- _____
- _____

LISTEN
Hear 3 things

- _____
- _____
- _____

SMELL
Smell 2 things

- _____
- _____

TASTE
Taste 1 thing

- _____

CHALLENGE: Use your senses!
Can you notice things other people don't?

