



## Let all your worries disappear.

We all have worries at one time or another. Sometimes it's hard to talk about what is worrying us, especially if you are a child.

However, thinking and talking about the things that make you feel worried can help, even if the worries feel really big.

This simple activity is a good way to show children how by talking about what is worrying them, it can help those worries disappear.

Ideally, you will need to print the flower template.

You could also create a calm ambience by playing some relaxing music.

Begin by asking if you have ever felt worried about something.

How do you feel when you are worried?

Explain that worry is a normal emotion that everyone feels sometimes.

It's ok to worry. One person's worry can be different to another person's.

There are lots of things you can do to try and alleviate the worries.

Talk to someone and share how you're feeling. Write it down.

Using the flower template, write down any worries on the petals.

(Using a felt tip pen may help to see the worries begin to disappear)

Cut around the flower and turn the flower over.

Fold the petals into the centre.

Fill a bowl with warm water. You could add some fragrant flower petals.

Explain how by sharing your worries with someone can make you not feel so worried. Getting your worries out of your head can begin to help them disappear. It's brave as well as important to talk about things.

Now you've talked about your worries and written them down, you need to let them float away.

Place the flower or flowers carefully onto the water and watch!

Hopefully, the worries will begin to disappear.

A variation on this could be to write the worries onto a piece of paper and make it into a paper aeroplane. You could send the aeroplane (and the worries) away into the sky.

There is also a very short video clip to help with this activity.

I have also included some different sheets that may help when children are feeling worried.

One idea may work better than another.

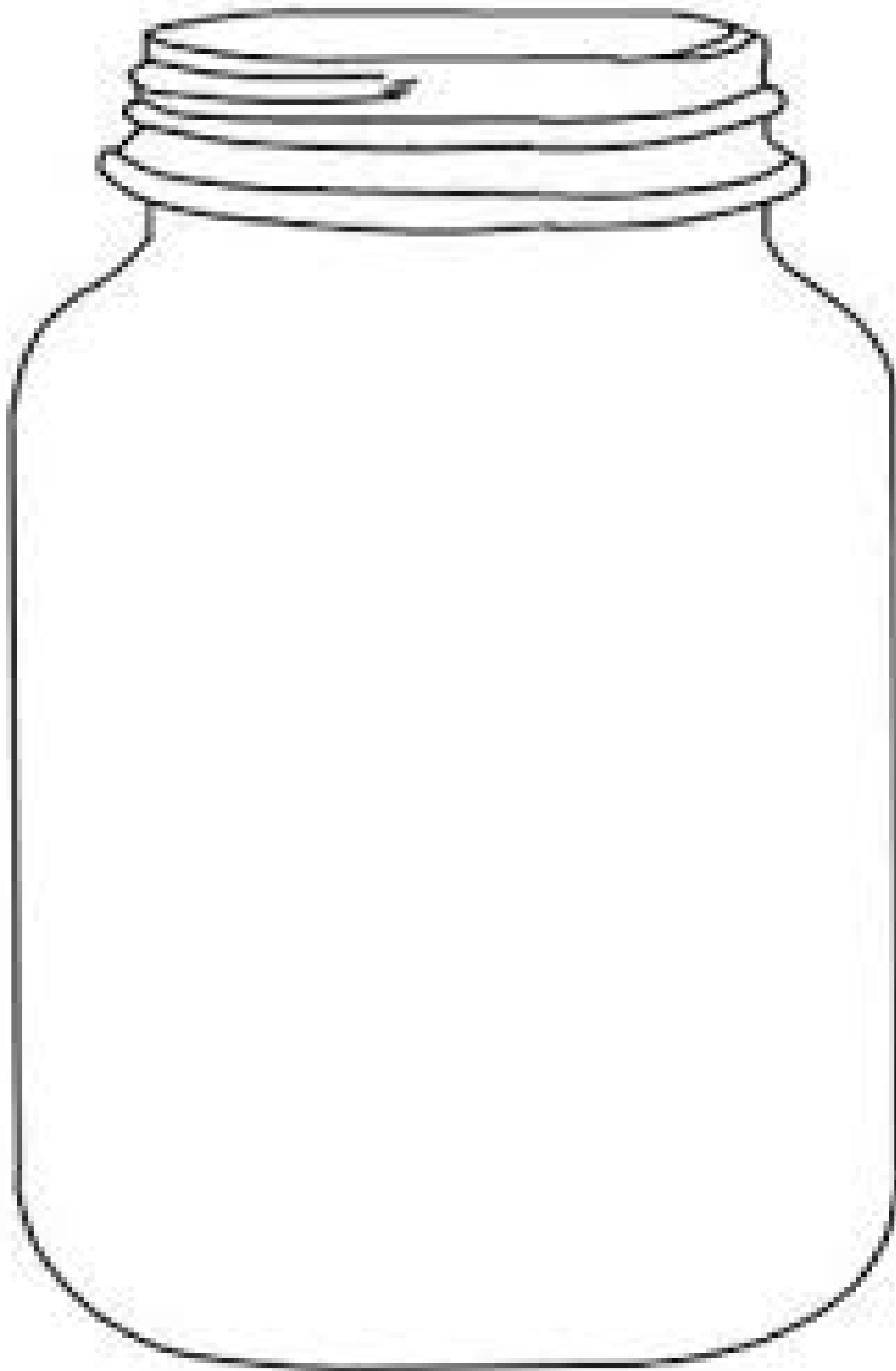
A Worry

Jar

Discuss things you might worry about.

Together, write or draw any worries on small pieces of paper, fold them up even smaller and put them into the jar.

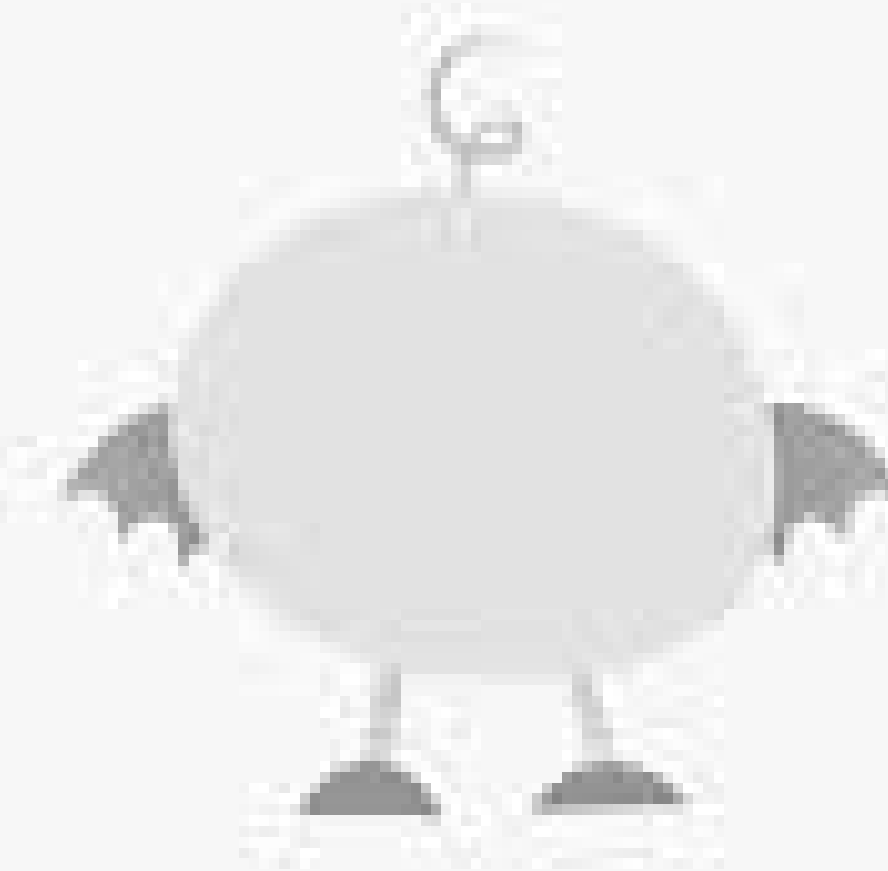
Keep the lid on the jar to stop the worries from getting out.



# Worry Monsters

You could imagine  
your worries as  
little monsters

Draw what one of your worry  
monsters might look like



How many eyes does it  
have?

Is it hairy?

What colour is it?

How many arms does it  
have?

Now think about what you could do to get rid of your worry monsters. They could be as funny as you like.

Put them in a jar and put the lid on.

Send them in a rocket into outerspace.

Turn them into strawberry jelly.

Bury them in a treasure chest at the bottom of the sea

