L.O. I can say when I need help with my worries and how to find it.

Watch

The huge bag of worries by Virgina Ironside

https://www.youtube.com/watch?v=CDrnuPj7xfs

What was Jenny worrying about?

How did Jenny try and get help?

Did it work ? Why?

What happened?

When would be an good time to talk to an adult?

When wouldn't it be a good time to talk to an adult?

What would you do if an adult told you to go away or they were too busy?

or

that there was nothing to worry about?

What Can I Do When I'm Feeling Worried?

We all feel worried at times. It's not a nice feeling and usually happens when we're thinking about something that might happen in the future. One of the best ways to overcome worries is to share them with someone you love and trust.

Imagine floating on a calm, blue sea with the sun shining on my face.



Spend time with somebody I love.





Take lots of slow, deep breaths.

Find someone that I trust and share my worries with them.





Do some colouring.

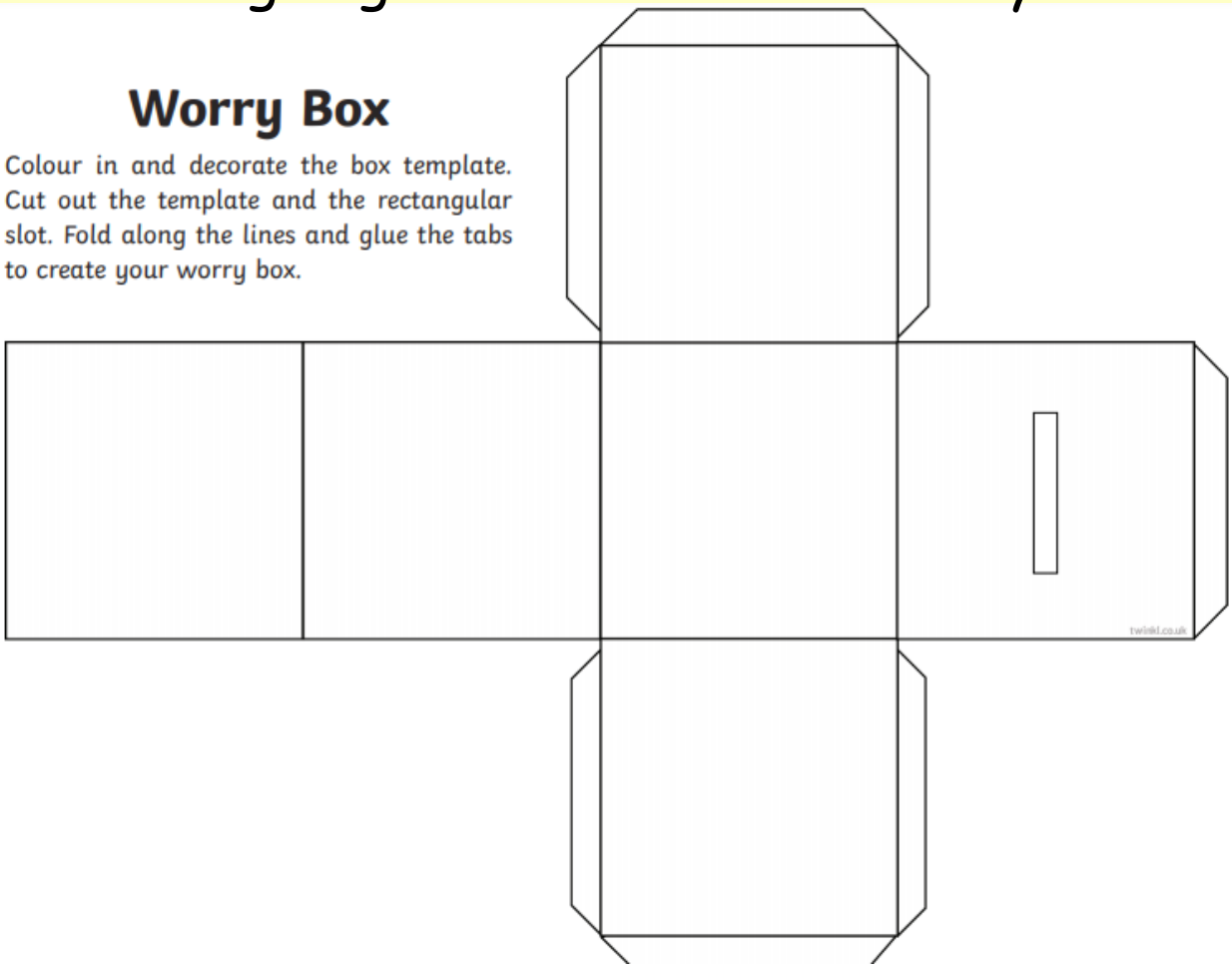


Every time I'm worried, write down my worries and place them in my worry jar.

Watch a film or TV show that I really like and don't think about anything else.



We are going to make our own worry boxes




I am worried about...
I am worried about...
I am worried about...
I am worried about...