

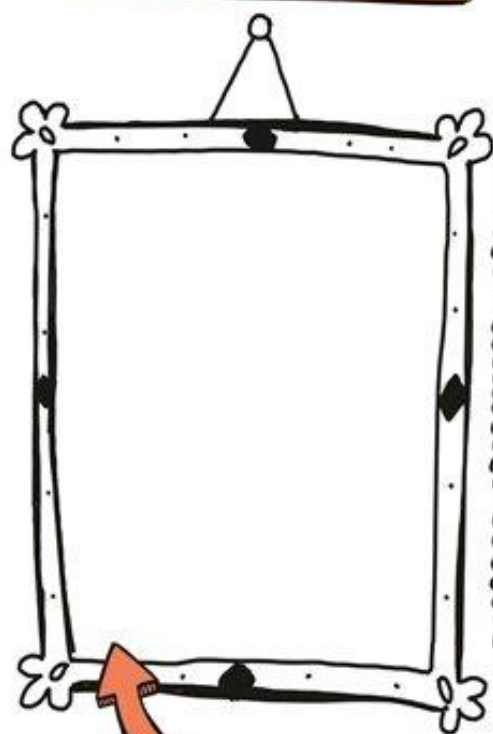
WORRY LISTS

Some worries are about things that are definitely going to happen, like a test or a trip. But other worries can be things that are very unlikely to happen.

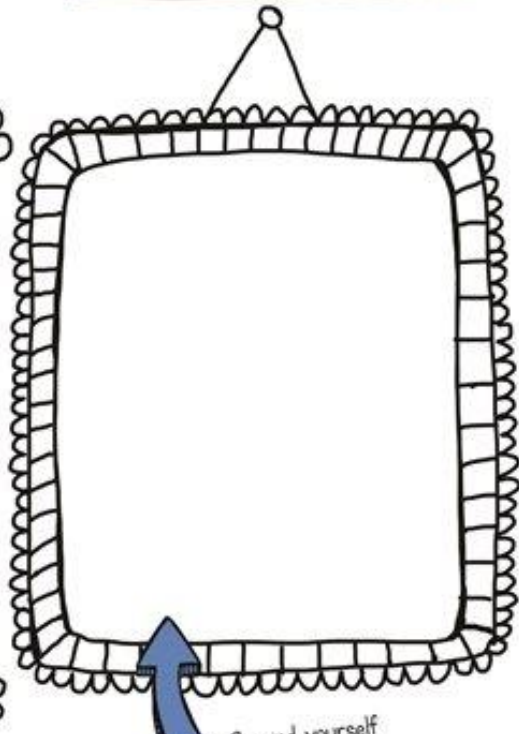
Think about your worries and see if you can put them into these two lists:

WORRIES THAT MIGHT HAPPEN

WORRIES THAT WILL PROBABLY NEVER HAPPEN

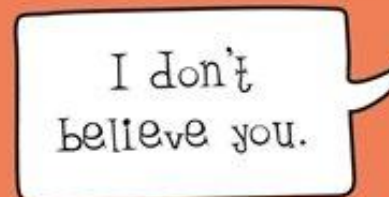


You can make a plan for fighting these worries.



Remind yourself that really bad things often don't happen.

WHAT DO YOU WANT TO SAY TO THE WORRIES THAT ARE PROBABLY NEVER GOING TO HAPPEN?



WORRY MONSTERS

Imagine your worries as little monsters.



Might it be hairy with sharp claws or a slimy blob that keeps sticking to you?



Does it have lots of eyes or a long nose?



What might one of your worry monsters look like?

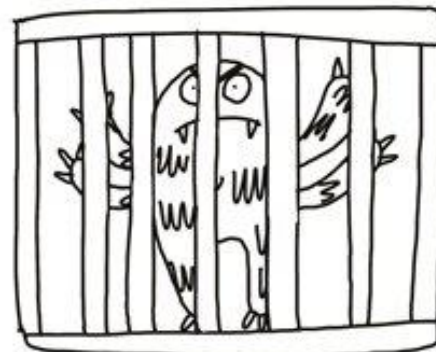
STEP ON THEM

SQUASH THEM

Blow them away

Now think of lots of ways you can get rid of your worry monsters.

Lock Them in a cage



PUT THEM IN A JAR

Trap them



LAUGH!

In this box write down or draw things that you find really funny:

Scientists have found that that when your muscles move and tense as you LAUGH, chemicals called endorphins are released in your brain. Endorphins make you feel happier and relaxed and also reduce the amount of stress chemicals in your body. So chuckle, giggle and chortle and see if it helps your worries go away...

Use this space to write down any jokes you like or you could make up your own:

Think about the last time you laughed so much it hurt. What was it about?





Doodle Your Worries Away

Everybody worries about things. Some people have little worries and some people have big worries. You might be worrying about exams or tests. You might be worrying about feeling poorly or ill. You might be worrying about what you're going to have for tea. No worry is too big or too small and the best thing you can do is tell someone you trust.

This doodle sheet might help you unravel your worries in your head and help you to explain what the worry is.



Have a go at making your own Worry Dolls:

Worry Dolls are traditional little dolls originally made in Guatemala – the idea is simple – if at night, you find yourself worrying about things (and worries have a habit of bothering you when you are trying to sleep), you tell your worries to these little dolls and place them under your pillow and by the next day your worry will be gone! The dolls take charge of your worries and you are able to sleep better.

The traditional worry dolls are very small, made from things like match sticks and scraps of fabric but on the next few pages, you will find three great ways to create your own worry doll. Why don't you try creating your own special 'friend' who can listen to your worries and fears?

- You will need:**
- ☐ Pipe cleaners
 - ☐ Scissors
 - ☐ Wool
 - ☐ Felt tip pen

1. Take two pipe cleaners and bend as shown on the right:



2. Connect them by twisting the legs around the neck, and then wrap the arms around the body to shorten the arms.



3. Bind with wool to dress the worry doll (see the binding tips above).



Use colourful wool to dress the doll. As it's made of pipe cleaners, it can be bent into different positions.

Activity complete!



You will need:

- ☐ Large lolly sticks, or smaller lolly sticks, straight twigs, or even cocktail sticks
- ☐ Scissors
- ☐ Elastic bands
- ☐ Wool
- ☐ Fabric
- ☐ Glue
- ☐ Felt tip pen

Use larger lolly sticks (available from craft and school supplies). This version is particularly good for those children with smaller fingers.

1. Take two lolly sticks or other types of sticks and make a cross shape. Use an elastic band to secure them in place:



2. Bind with wool as described in 'top tips' above. You can also use fabric to create simple clothes.



3. Add simple faces using a felt tip pen.



Activity complete!



Version **3**

MAKING STICK MAN WORRY DOLLS

HARD

This version is perhaps the most fun and results in dolls with real personality. Look for body-like forms in twigs to help create a stick man version of the traditional worry doll.

You will need:

- ☐ Selection of "Y" shaped twigs
- ☐ Scissors
- ☐ Elastic bands
- ☐ Wool
- ☐ Fabric
- ☐ Glue
- ☐ Felt tip pen

1. Collect "Y" shaped twigs to help make the stick men. Use secateurs to help trim twigs to shape – you might like to collect twigs on the children's behalf. Two "Y" shaped twigs are needed for each worry doll. Top tip: try not to use old twigs, because they may snap easily.



2. Lay the two twigs over each other, as shown in the image below, to make a figure shape.



3. Secure with an elastic band.



4. And bind with wool to dress.



Activity complete!

HARD