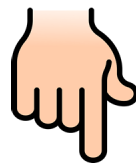


When you're feeling worried...



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When you're feeling worried...



Try breathing slowly and steadily



Try and think happy thoughts



Read a story



Share your worries with a friend



Go for a walk



Spend time with a friend



Try jumping up and down on the spot



Listen to some relaxing music



Relax on a beanbag or cushion



Try some mindfulness or yoga



Write down your feelings



Talk to an adult about how you feel



Make a Plan

If you are feeling worried what could you do? Choose three things you could do.
Draw them below and write a sentence.



Make a Plan

If you are feeling worried what could you do? Choose three things you could do.
Draw them below and write a sentence.

A large rounded rectangular box for drawing and writing. It contains two horizontal lines near the bottom for writing a sentence.A large rounded rectangular box for drawing and writing. It contains two horizontal lines near the bottom for writing a sentence.A large rounded rectangular box for drawing and writing. It contains two horizontal lines near the bottom for writing a sentence.