

Important Messages about Anxiety and Worries



- *Having worries and feeling worried is normal. Everyone feels worried at different times, including adults, pets, and superheroes. You are not alone.*
- *Worry can come in different shapes and sizes, and can last for different amounts of time. There are also lots of different ways we can describe and talk about worry (Activities 7–18 will help you with this).*
- *Worrying and feelings of anxiety can impact on the way that we think (our thoughts), how our body feels (physical sensations), what feelings we have, and what we do (our behaviours and actions) (see Activities 8–14).*
- *It is helpful to remember that although worry can come and visit, it will also go away and get smaller. It is like a wave – although it can travel up and feel strong, it will eventually go down. Our bodies are designed to help us make this happen.*
- *Sometimes, worry is our friend, and it can be useful, as Binnie learned in the story (see Activity 20). For example, it can help us to keep safe, to ask for help, to make us take action.*
- *Sometimes, we think the best way to stop the worries and to make them smaller is to avoid them, hide from them, and not do the thing that makes us feel worried. Although this often*

works in the short term, this unfortunately doesn't give us the opportunity to learn that we actually can do the thing that we are worried about, or to practise doing it. This also doesn't give us the chance to learn and discover that sometimes the fear of the fear is worse than the actual fear itself! (See Activities 21 and 41–45.)

- The more we understand how anxiety and worries work, the less scary they will feel, and then the more we can use this understanding to make the worries smaller or go away. This workbook will help you understand them much more.
- Sometimes, our bodies will make us feel that we are in danger when we are not actually in danger, like when a fire alarm goes off over burnt toast – this is still important, but it is not a fire, it is a false alarm. So, this workbook will work with you to learn lots of different ways to calm your body down and to tell it when things are OK, and when it is giving you a false alarm. It will also help you to learn when to listen to your body, like when those worries are your friends and are important.
- It is also important to remember that you are much bigger, stronger, braver, cooler, and smarter than the pesky worries! This workbook is going to teach you how to recognise, celebrate, and remember that, and all of your strengths and inner superpowers – and lots of new tricks and tools – so that you can be your very own Worry Wizard.

Activity 7

Different Choice of Words to Describe Worry and Anxiety

There are lots of different words which people use to describe and name the worries. There is no right or wrong name. Below is a list of some words, and you can circle or colour in which words you use to describe how you feel, or which ones you feel fit best for you.

You might also have your own special name which you can write down in the 'What else?' box. The more we name and describe the feeling, the less scary and overwhelming it becomes.





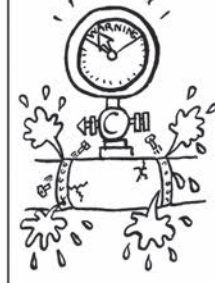




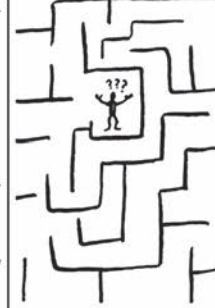
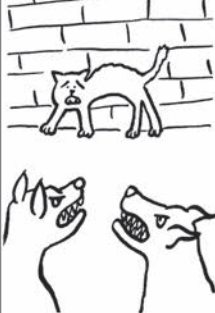


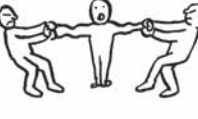

Worry/ worried	Wobbly/ wibbly	Unsure/ uneasy	Fear/fearful	Stressed
Anxiety/ anxious	Scared	Jelly	Nervous	Afraid
Jitters/ jittery	On edge	Butterflies in tummy	Jumpy	Full up
Flutters	Panicked/ panic	Shaky	Tense	What else?

You may like to use an item, a type of weather, or a thing to describe these feelings instead. The next activity will support you to do this. After that, we will then go on to think a bit more about what the worries are about and how they might make your body and mind feel.

Activity 8

Worry, Fear, and Anxiety Are...

To make the worries and anxiety more understandable and smaller, it can be very helpful to name and describe them. Also, the more we understand the worry, the more we can learn that it is the problem, not us, and that we are much bigger, stronger, cleverer, and cooler than it. Have a look at the pictures below and see if any of them fit for you (there might be more than one, or it might change at different times). Then, with an adult, try to answer the questions which follow. There is also a 'What else?' box where you can make up your own one!

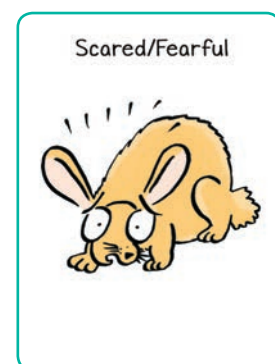
<p>Butterflies in stomach</p> 	<p>Wobbly jelly</p> 	<p>Tornado</p> 	<p>Thoughts whirling like a washing machine</p> 	<p>Bursting pipe (under pressure)</p> 
<p>Being strangled</p> 	<p>Ant on somebody's shoe</p> 	<p>Racing heart</p> 	<p>Runaway train</p> 	<p>Lost in a maze</p> 
<p>Trapped</p> 	<p>Feeling tiny</p> 	<p>Heavy load</p> 	<p>Mr Stretchy (pulled in different directions)</p> 	<p>What else?</p> 

Here are some questions about 'worry/fear/anxiety' (you can replace the words 'worry/anxiety/fear' with your own choice of word – be as creative as you wish). There are lots of questions, so take your time, and feel free to choose which ones fit best for you.

These feelings become much less scary, confusing, and powerful when we understand them a bit more; and when we separate them from ourselves.

- If the worry/fear/anxiety was a colour, it would be...
- If the worry/fear/anxiety was a shape, it would be...
- If the worry/fear/anxiety was an animal, it would be...
- If the worry/fear/anxiety was a flower, a tree, or something from nature, it would be...
- If the worry/fear/anxiety was an object/item/metaphor, it would be...
- If the worry/fear/anxiety could talk, it would say... (What would its voice sound like?)
- I feel the worry/fear/anxiety in my body in my... (see Activities 13–14).
- The worry/fear/anxiety first started visiting me when...
- The worry/fear/anxiety stops me from... (see Activity 21).
- The worry/fear/anxiety helps me and is my friend when... (see Activity 20).
- Without the worry/fear/anxiety, I would...
- If the worry/fear/anxiety disappeared, I would miss...
- ...makes the worry/fear/anxiety much bigger (see Activity 18).
- ...makes the worry/fear/anxiety smaller (see Activity 18).
- A time I felt the worry/fear/anxiety really strongly was when...
- I am stronger and bigger than the worry/fear/anxiety when...
- Any other thoughts/comments...

You can then draw, sculpt, mould, paint, collage, write a poem/story/song/comic about your answers! Some examples follow which other children have done to illustrate their worries.





Worries are like butterflies in my tummy.



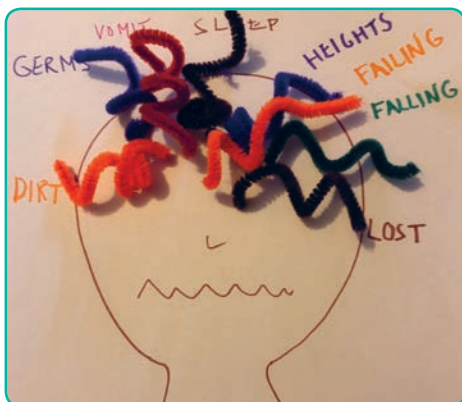
Surfing the worry wave.



Feeling weighed down by a worry weight and a worry trap.



Being weighed down by worry stones.



Worries feeling mushy and messy, like having a spaghetti head.



My head full up with too much thought traffic.



The worries piling up on worry tower.

Activity 9

I Worry about

There are lots of different things we can worry about. The pictures below show some common ones (these are just a few ideas so feel free to add some others into the 'What else?' box). Can you please colour in or draw a circle around the thing/s that you worry about, and which make the worry visit you? The more we understand what the worries are, the more we can recognise them and find ways to make them smaller.

<p>Health or sickness (including doctors, hospitals and dentists)</p> 	<p>Something I did (like upsetting people)</p> 	<p>Other people (e.g. family, friends, pets)</p> 	<p>My school (e.g. being bullied, speaking in class, struggling with schoolwork or homework)</p> 
<p>What other people think of me (e.g. being liked, not being good enough)</p> 	<p>Being hurt, lost, sad, or embarrassed</p> 	<p>Something being broken or lost</p> 	<p>Getting in trouble or being told off</p> 
<p>Change or something new (e.g. starting school, taking a test, being in a play/sports game, going on a sleepover, moving to a new house, etc)</p> 	<p>Being away from people I love</p> 	<p>Something bad happening (to me, my family, or in the world)</p> 	<p>Something I have seen or heard (e.g. in the news or on TV)</p> 
<p>Night time, sleeping, or the dark</p> 	<p>Germs, dirt, or mess</p> 	<p>Things that scare me (like spiders, heights, small spaces, monsters, scary creatures, etc)</p> 	<p>What else?</p> 

Can you share or write some more detail about the one/s which you chose in Activity 9? For example, what is the actual worry? How often do you think about...? Can you think about when it started or why? (Adults, see pages 149–150 for more questions which can be asked here.)

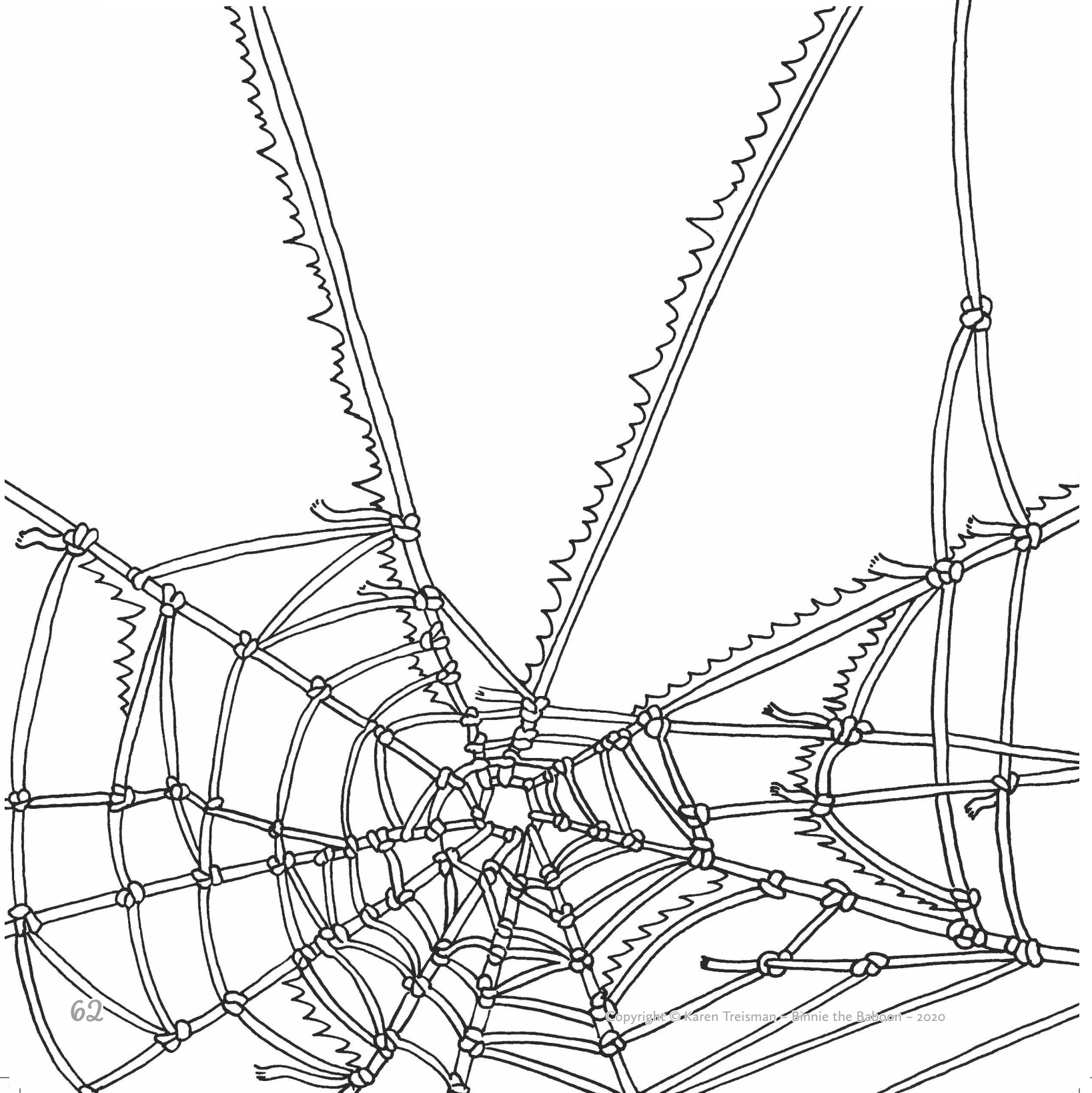
If you chose more than one, which one would you say is your biggest worry, the one which you feel causes you the most problems, the one which if you had a magic wand you would vanish away or try to shrink first?

Now that we have learned a bit more about the worry, the activities on the next few pages help you to think a bit more about them, and creatively show them. There is a worry wall, a worry web, and a worry head. You might like to just pick and fill out one, or you might like to do them all, or instead, you might like to make up your own – whatever you prefer! After the Activity worksheets, there are some photos of how you can take these ideas and make them even more creative and fun!

Activity 10

Worry Web

Many of us, like Binnie the Baboon, can get caught in a web of worries! They can get us in a spin, knot around us, and make us feel stuck or trapped. Using Activity 9, write down or draw on the worry web the different worries and feelings you have. If you want to, you can choose different colours, sizes, and shapes to express the different worries.



Activity 11

Worry Wall

Using Activity 10, can you please write down or draw, in the different bricks on the worry wall, the different worries and feelings which you have. If you want to, you can choose different colours, sizes, and shapes to express them. As in the photo, you might also like to build your own worry wall using blocks and use labels to write down the different worries and feelings.

The image shows a template for a 'Worry Wall' activity. It consists of 10 rows of rectangular boxes arranged in a brick-like pattern. Each row contains four boxes, with the second and third boxes in each row shifted to the right relative to the first and fourth boxes. The boxes are empty, intended for writing or drawing.