



Parent Info:

This week focuses on managing our worries.

Why is this important?

Anxiety can have a lot of names - worry, apprehension, dread, fear. Essentially, you are expecting that something bad is going to happen. Anxiety is a normal emotion and it is not always bad. It can help to keep us to stay safe and motivates us to be prepared and do our best. However, too much anxiety too often can interfere with our day to day life. Sometimes our worries can interfere with our ability to learn and keep going. This is why it is important that children can learn and practice ways of managing these feelings.

How can we grow this area?

We can develop children's ability to manage their worries by first helping them to notice their worried thoughts. Through recognising and naming these worries children can begin to notice that they are thoughts, not the truth or reality. Following this, it enables parents to support children to learn to challenge some of their worries, balance them with more helpful or realistic thoughts, and problem solve. The worksheets included offer a range of ways of doing this. See which approach works best for your child.

Worksheets included:

- 1) **What if...? Then I can!**: Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and instead continue to spin round in our minds and end up making us feel more

worried. This worksheet helps children think about some 'what if?' worries and then come up with a 'then I can...' solution. This can help children to feel more confident that even when we have worries, there is a way they can cope with the challenges they are facing.

- 2) **Worry jar:** Sometimes just getting worries out of our minds and on the page can really help us to get some perspective. This worksheet offers a space for children to do this.
- 3) **Positive thoughts worksheet:** This worksheet invites children to note down a positive or more helpful thought to balance out our tendency to focus on the negatives.
- 4) **Thought challenging (Anxiety vs truth):** This worksheet helps children to learn that often our worried thoughts are based on the worst case scenario and do not reflect the truth about a situation.
- 5) **Traffic light thinking:** This worksheet helps children to recognise that we have lots of thoughts all the time, some are helpful, some are neutral and some are more negative. It offers them a chance to notice red thoughts and balance them with more helpful green thoughts.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- Young minds information on anxiety - <https://youngminds.org.uk/find-help/conditions/anxiety/>
- "The Headspace App" it is a good meditation app for young people <https://www.headspace.com/>

Be a Wise Worrier

(Challenge 'what if?' worries with 'then I can' solutions)



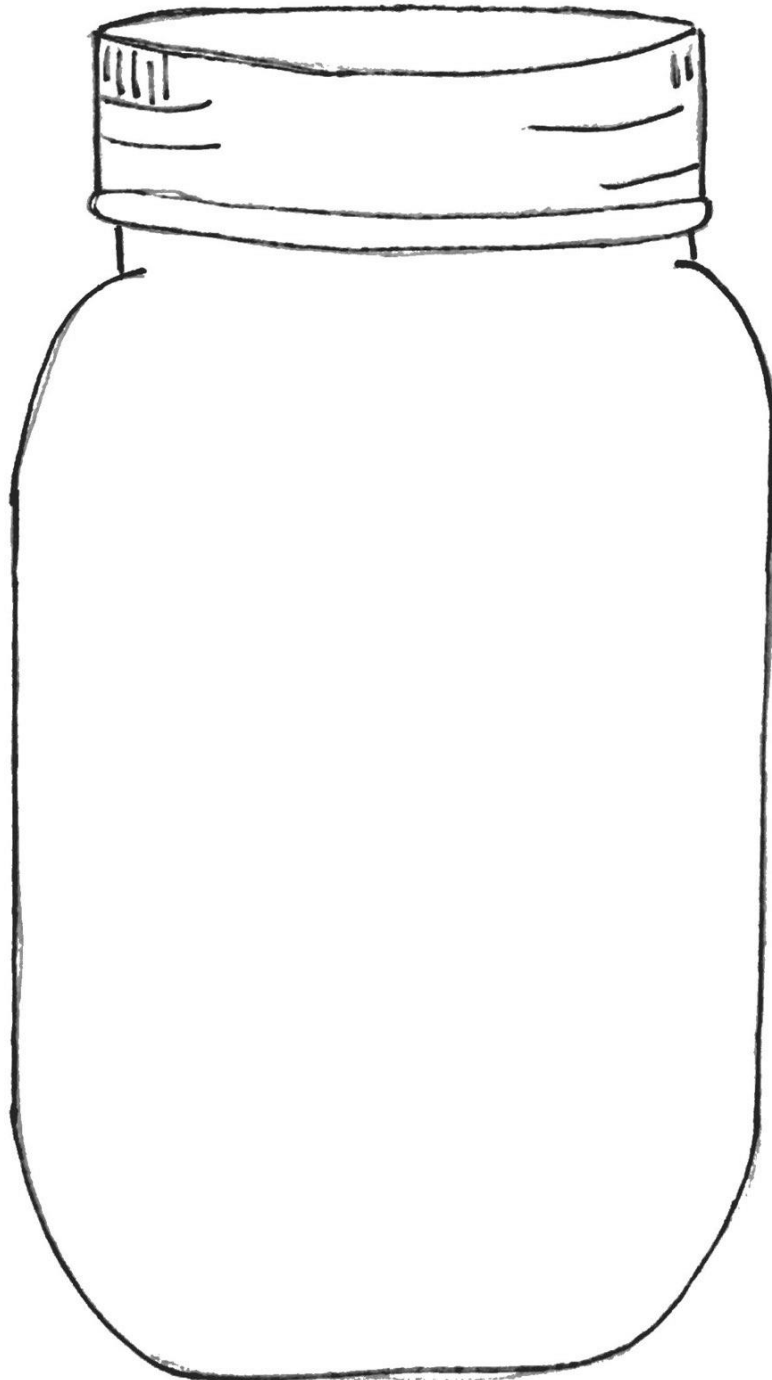
Have a go at coming up with the 'then I can' solutions to the 'what if' worries. Then you can fill in your own 'what if' worries and try to find a 'then I can' solution!

| 'What if' question | 'Then I can do' answer |
|--|---|
| What if I cannot answer the question in my maths lesson? | Then I can ask for help from my friend. Making mistakes is a good way to learn new things |
| What if my friend does not want to play with me? | Then I can... |
| What if I make a mistake in my school work? | Then I can... |
| What if I cry in public? It might be embarrassing? | Then I can... |
| What if... | Then I can... |
| What if... | Then I can... |

Worry Jar

Everyone has worries. Sometimes it can help to get them out of our heads and down on paper. This can help us see which worries we can cope with on our own and when we might need to ask for some help and support.

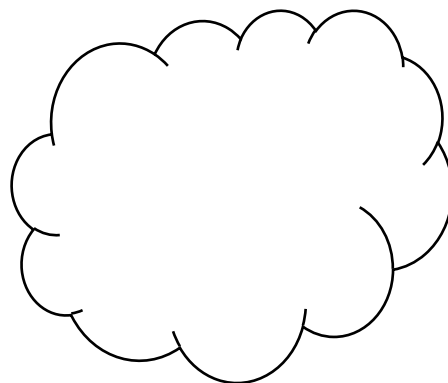
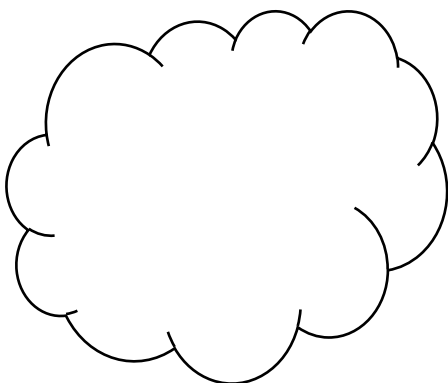
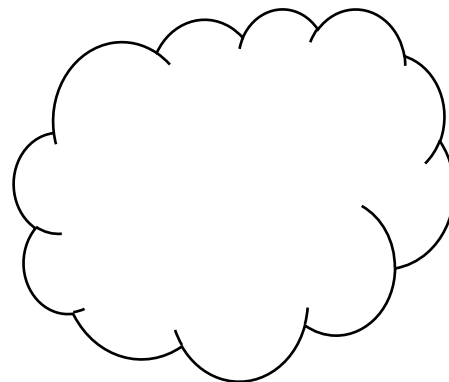
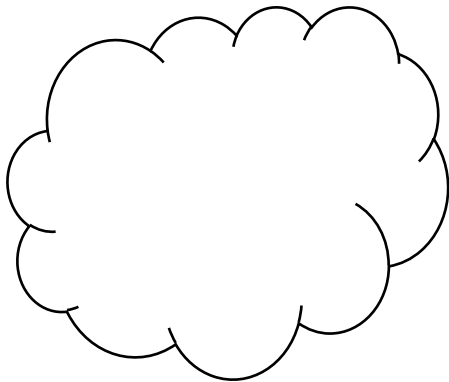
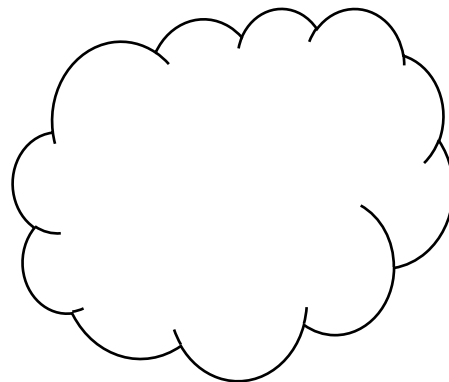
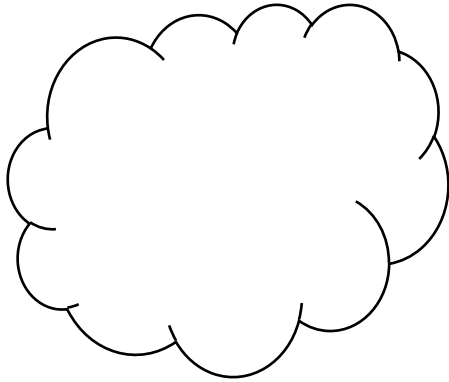
Write or draw your worries in this jar:



Positive thoughts



When we are feeling worried it can be easy to focus on the negatives. On this worksheet have a go at writing down lots of positive thoughts.

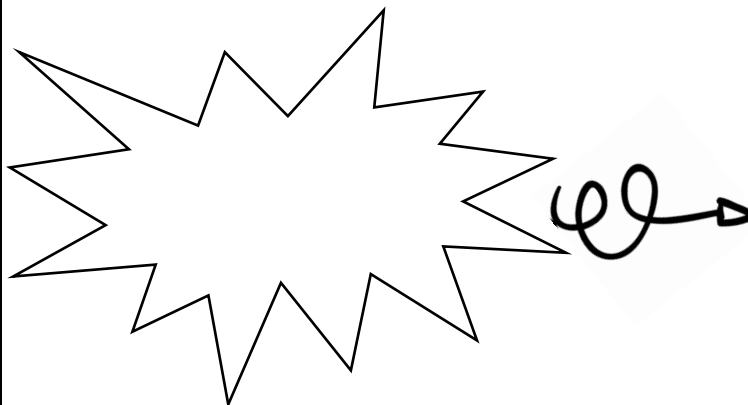
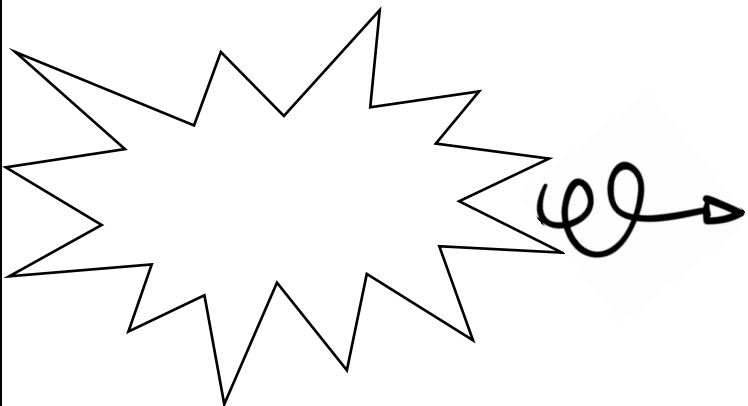
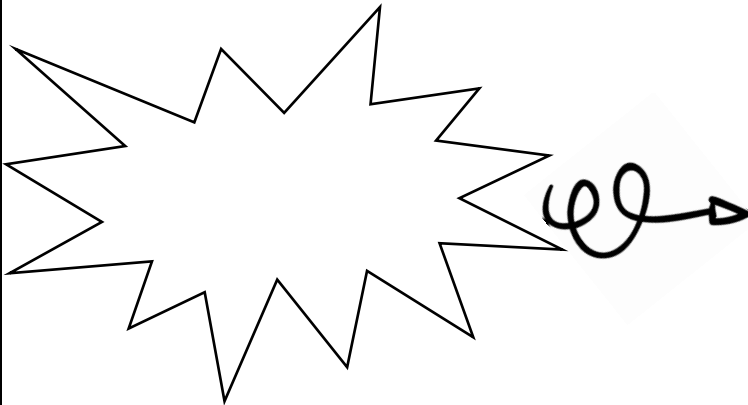


Challenging our worried thoughts

Often our worried thoughts are based on the worst case scenario and do not reflect the truth about a situation. We can try to challenge these worried thoughts by writing down what is actually true about our situation.

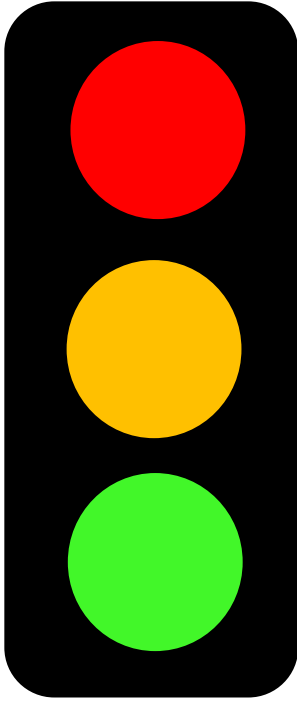
Anxious thought

Truth



Traffic light thinking:

Not all of the thoughts we have are accurate or helpful. Using traffic light thinking can help us catch unhelpful thoughts (Red thoughts) that might keep worries going and replace them with more helpful or neutral thoughts (Green and Amber)

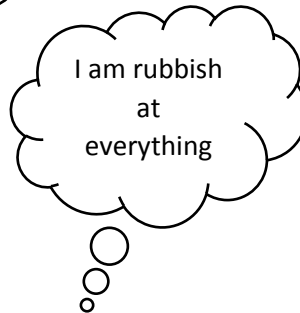
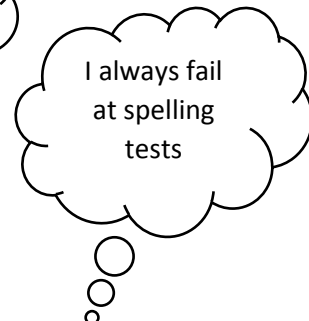


Red light thoughts tend to be unhelpful. They usually make us feel more upset, angry or worried. These thoughts tend to make us focus on the worst thing that can happen.

Amber light thoughts are neutral or noticing thoughts. There is no positive or negative value placed on them. They tend to just pop into our minds and then disappear again.

Green light thoughts are helpful thoughts. They usually help us to feel calm and to feel positive about ourselves or our situation.

Below are some different thoughts, can you colour in which thoughts are unhelpful (Red), neutral (amber) or helpful (green)?



3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.