

# Cut these out and have them somewhere close by!

## Draw your worry

Draw a picture of what you are worrying about. Here are some ideas:

- What you look like when you are worried and when you are relaxed
- What you can do to stop worrying



## Favourite Place

Think of a place where you feel calm and happy. It might be the beach, your bedroom or anywhere else! Imagine what this place looks and sounds like. Imagine how good you feel when you are there



## Talk about it

Talking about your feelings is one of the best ways to help you manage how you are feeling. Tell a parent, friend, teacher or anyone you trust.

I feel worried when.....

## Listen to music

Enjoying your favourite music can take your mind off what's worrying you. Try [feelsfm.co.uk](http://feelsfm.co.uk) and listen to music that matches your mood. Focus your attention on the words, voices or instruments in the song.



## Get moving!

Try exercising in any way you like! Dance around your room, run up and down the stairs... the list is endless!



You can join these sessions at 9am Monday- Friday on his YouTube channel 'The Body Coach TV' at:

## Practice a hobby

Remember that guitar you made your parents buy? Why not try playing it again! Or do some painting, practice a new skills, play a game or anything else you really enjoy!

