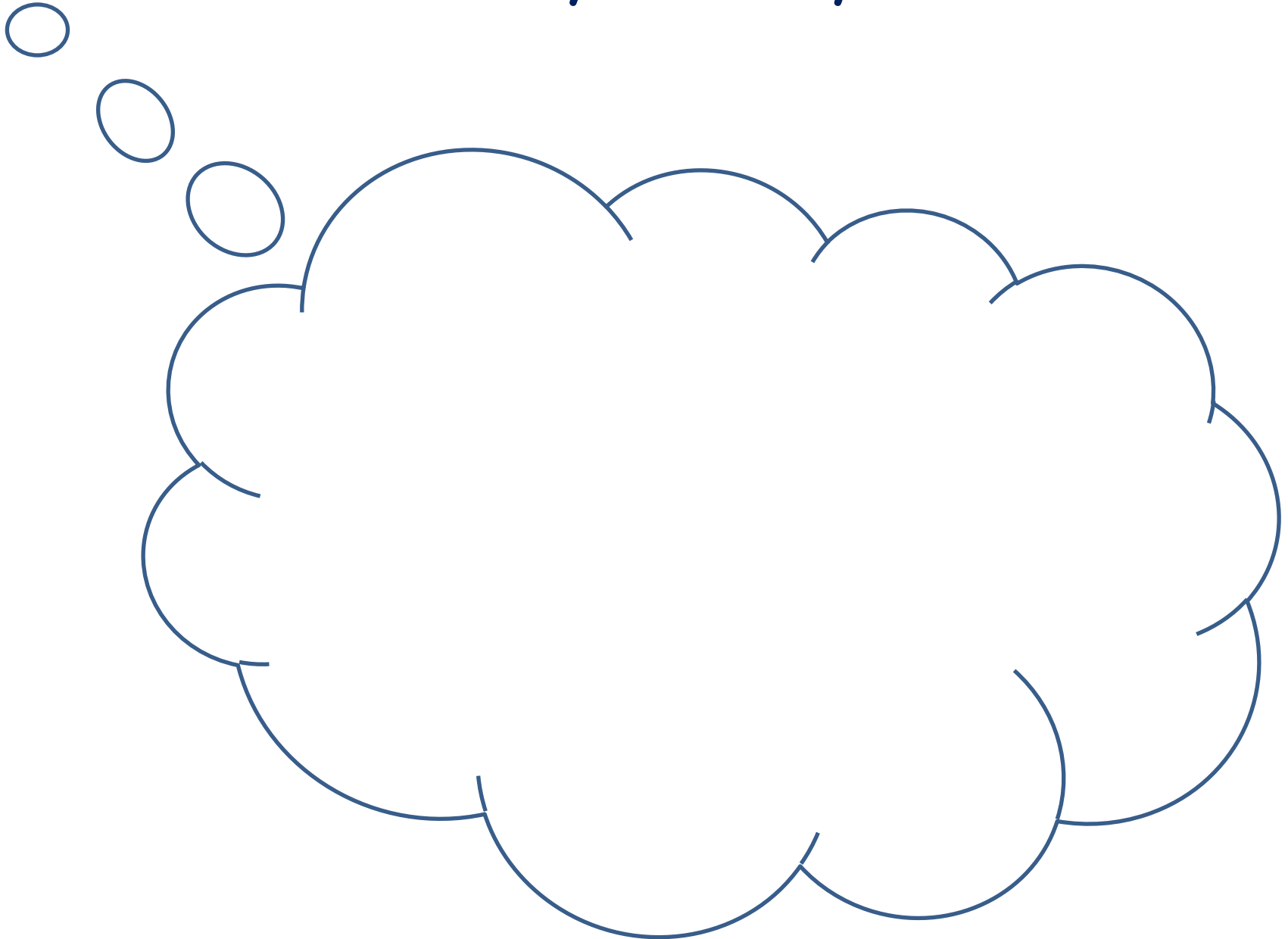


What's your Worry?



Discuss it!

Talk
about the
worry
with
someone.



How is your body feeling?
Can you name the emotion you
are feeling?
What's happened to make you
feel this way?
How can this be changed?

Change it!



Bin the feeling
or emotion

Rest knowing that you've
shared your worry and
it's no longer an issue.



Worry Tree

Notice the worry

What am I worrying about

Can I do anything about it?



No

Maybe talk to an adult about
how you are feeling



Yes

Make a plan of what
you can do

Follow your plan

Let the worry go



Let the worry go

Think of something else



By making the
problem real, saying
out loud, you can
disregard things
easier



I'm wondering if... or
Maybe think of
something else
rather than saying
don't!

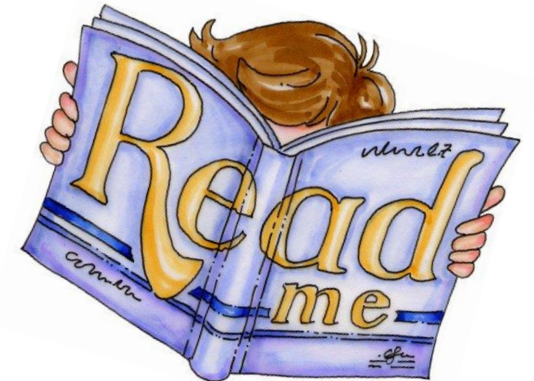
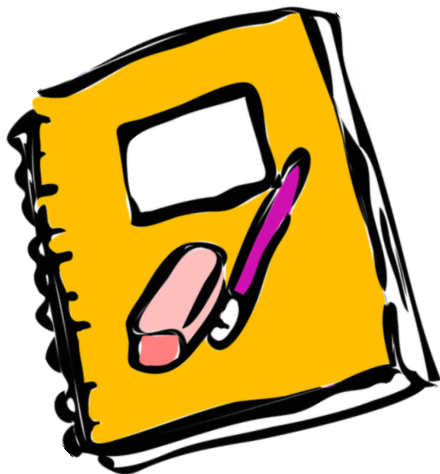
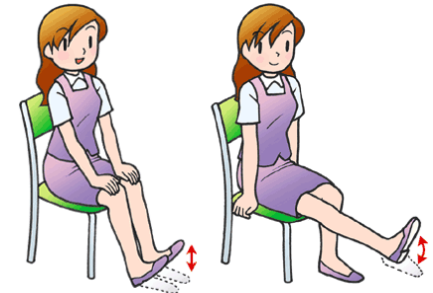
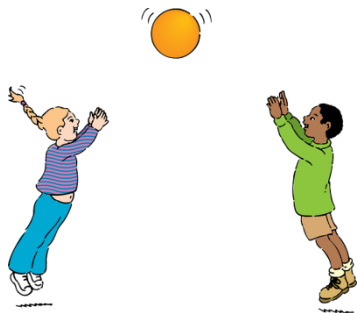
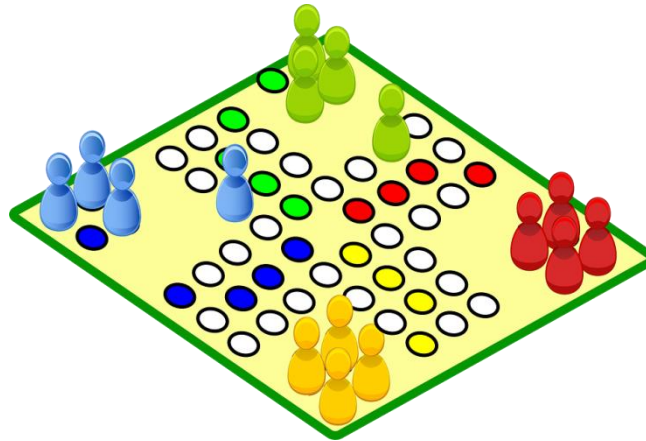
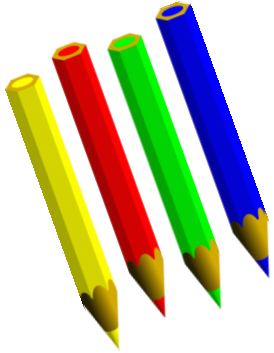
Sometimes we can not take away a worry completely, but talking about a worry helps.

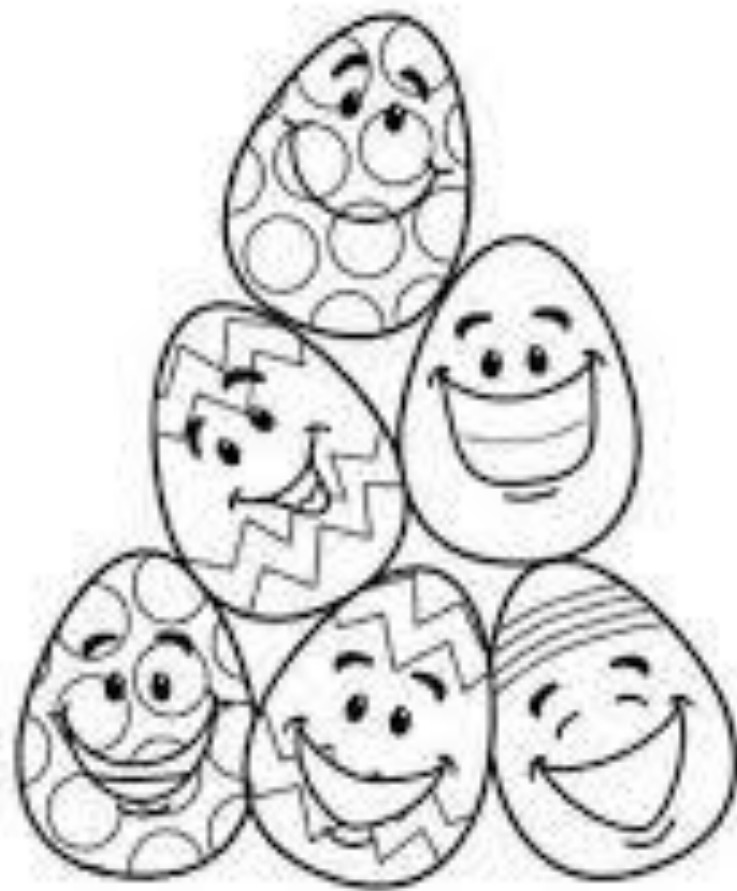


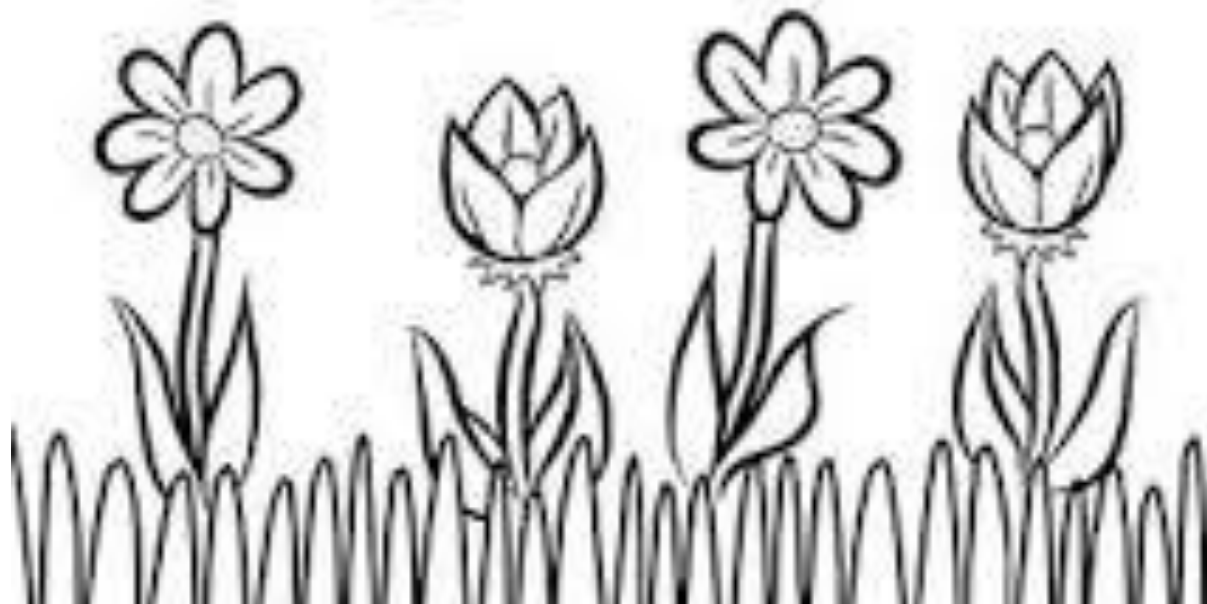
By talking through our worry we can reduce the anxiety and feelings we get from them. Some things that make us anxious give us worries. These can be good to have for example... To worry that we may get Coronavirus - If we are aware of the worry, we can take actions to help prevent getting it - Not going to school, washing our hands, following what adults tell us. If we do these things we can take the worry away because we are doing all we can to stop the spread of the virus.

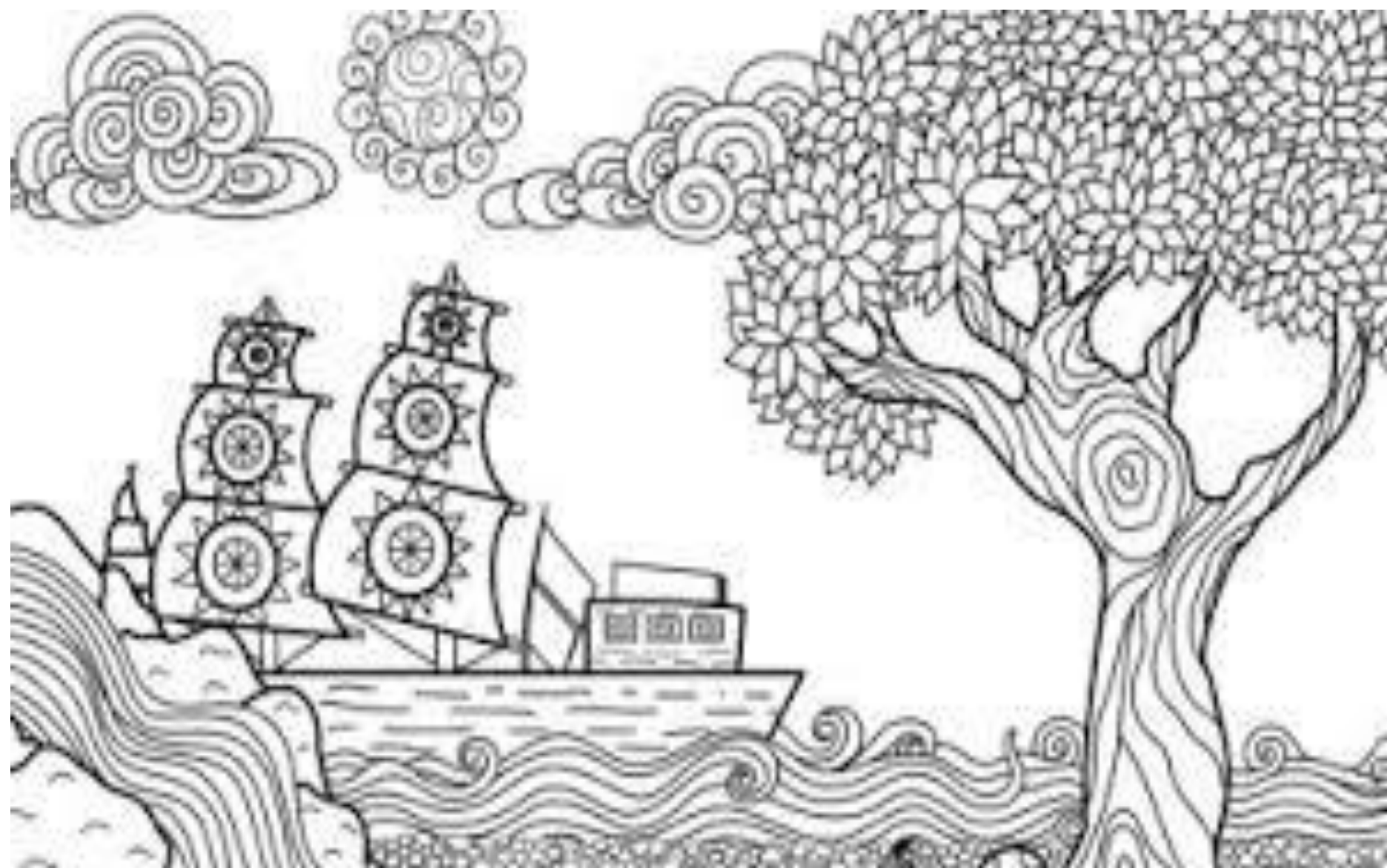


Mix it up!
Do other things to change your thoughts and mind.









ANIMALS

G E S U O M H N W R B W C W L
X D A Q H J X O O M L T H W J
B W S H N L H T P I C R A W M
Y W M E F F A R I G L K D O G
R C K R R R S Y K T H I P P O
J T O W I E F B X X L Q R J E
D R O T A G I L L A E B Z H X
T H N X P I C L F C R V Z S Z
V N H R S T H E T D R I B I Q
N Z A C S T Y X L W I N H F L
W U Q H K L J A E A U F A H F
V Q Q D P O Y K N V Q Z A T V
X M T L Q E T J Y E S Y R C H
T A C K Q C L K M O N K E Y R
P T S H W L Y E T D R A H T L

CAT	HIPPO	MOUSE	TIGER
DOG	SQUIRREL	MONKEY	
BIRD	GIRAFFE	ALLIGATOR	
ELEPHANT	FISH	LION	

Name: _____ Date: _____

Spring Word Search



B I B I R D S V U Z E P T O G C C F O Q
E O D Z Z Z E O M Z I A B Q O T H S T Q
B H W E W F A N L A B C Q L Y E F I I B
J E K A Y I S S S P R I N G O N B Q C U
R C E I E U T E F E W C W T P S X A O K
L W E S T J E E S U N S H I N E S R L B
T B R M T E R D Y Q T U L I P G Y O B U
E G G S J Z S S H X N N P G W O O I M T
U Q Z E E G A R D E N X C I N S J R F T
S M P E B J K M Z X X V P L K L V U Q E
P I C N I C Z Q M M C S E A S O N R D R
F N E S T U M A H U M A F L O W E R S F
D W A R M R A I N B O W Q U W Z I D T L
O A C Z S L Y O S K A I K W B U N N Y Y
G W F E J G R E E N Q V V F D M R J Q E
G Q Y H F M O A P R I L D W E X G I R Z

NEST
MAY
BEES
MARCH
CHICK
FLOWERS

SEASON
SUNSHINE
GREEN
PICNIC
WARM
TULIP

BUNNY
BLOSSOM
RAINBOW
SEEDS
GARDEN
APRIL

KITES
BUTTERFLY
EGGS
EASTER
BIRDS
SPRING

3			2
	4	1	
	3	2	
4			1

	4	1	2	5	6
	6		4		
			3		4
			5	6	2
4		3	6	2	
2		6		4	

5		3		6	1
	6				
6	1	2		3	4
3	5		6		
4		5		2	
	2		4	5	

	3	1			
4				3	5
		3		2	4
2		6	5	1	3
	2		3	5	
3		5			6

6			3		
	3	5		6	4
5					2
4	6	2			3
3		1	4		
2	4		1	3	

2		1	6		3
			2	1	
5			3		4
3		4		5	2
1		5	4		
	3			2	1

4		3		6	
6	1		4		
5	6				3
2		4		5	
	4		6		5
1	5	6		2	

I hope you find this pack useful? I'm creating things I would be doing with the children if I was in school.

When talking to your children about their worries or anxieties Please try not to say don't... If we are told don't our mind generally thinks of what we are told not to think about.

Maybe try...

I'm wondering if... How can I help? Lets make a plan...

I've noticed that... Have you thought about? Is it likely to happen?

Redirect to things you know they are good at.

Validate a worry, some are useful, some can't be changed offer some tips how to overcome the problem. Remember don't tell them what to do, offer solutions.

If you are having issues at home and you're unsure how to address it please email the school secretary who can forward it to Mrs Brazell or myself.

Anita Duncan

ELSA