

# AN ACTIVITY BOOK FOR YOUNG PEOPLE WHO SOMETIMES FEEL ANXIOUS OR STRESSED

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**CHILD & FAMILY PSYCHOTHERAPIST**

# NO WORRIES!

AN ACTIVITY BOOK FOR YOUNG PEOPLE  
WHO SOMETIMES FEEL ANXIOUS OR STRESSED





A STUDIO PRESS BOOK

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FSC DUMMY

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# NO WORRIES!

## THIS BOOK BELONGS TO

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## WELCOME TO NO WORRIES!

We all have worries from time to time and this fun activity book is a great way to get you thinking and talking about the things that make you feel worried, so you can get on with being you and enjoying life. The pages show you how to push those worries away and will give you ideas about how to feel better.

Consultant  
DR. SHARIE COOMBES  
Child and Family Psychotherapist

Lots of children need a bit of extra help every now and then, and here are 2 organisations you can turn to if you don't want to talk to people you know. They have helped thousands of children with every imaginable problem and will know how to help you.

You could use this book in a quiet, relaxed place where you can think and feel comfortable. The activities will help you to understand your feelings, feel calmer, talk to others about your worries (if you want to) and grow in courage and positivity. It's up to you which pages you do and you can start anywhere in the book. You can do a page a day if that's what you want to do, or complete lots of pages in one go. There are no rules!

Sometimes worries can feel really big and we can think nothing will help. That's exactly what the worries want us to think but there is always a solution to every problem. Nothing is so big that it can't be sorted out or talked about even if it feels that way. Remember, you are definitely stronger than your worries so if you find yourself worrying so much that it gets difficult to enjoy yourself, you could show some of these activities to important people in your life to help you explain how you are feeling and to get help with what is upsetting you. You can always talk to an adult you trust at school or ask an adult at home to take you to the doctor to get some help to sort out the problems.

## CHILDLINE

Help and advice about a wide range of issues.

Comforts, advises and protects children  
24 hours a day and offers free confidential  
counselling by helpline, online chat and Ask Sam.

Tel: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

## THE SAMARITANS

The Samaritans - Listening and support for  
anyone who needs it.

Contact 24 hours a day, 365 days a year -  
calls and emails are free and confidential.

If you need a response immediately,  
it's best to call on the phone.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Tel: 116 123 (24 hours) [www.samaritans.org](http://www.samaritans.org)



# WHAT IS WORRY?

In a very simple way a worry is any thought that makes you feel angry or upset or uneasy.



Add in any other words that show how you feel.

Imagine that you're about to go out for the day. Write or draw the things that might make you feel anxious throughout the day on the picture above.

# THE VENUS WORRY-TRAP

Imagine that this Venus  
flytrap has grown from  
one of your worries.

The more you think about  
what's making you feel nervous,  
the quicker and bigger the  
worry-trap plant will grow.

Once the seed of a  
worry is planted it  
can easily grow into  
a big anxiety.

Look at all the words you've been  
feeding the worry plant.  
Are any of them **100%** true?

Write down things you  
can think or do to  
change what you're  
feeding the plant.  
The worry-plant doesn't  
like positive thoughts!

**WEED  
KILLER**  
*100% EFFECTIVE!*

Write the name of your  
worry on the pot, then  
add some worry words  
or sentences around the  
plant that might have  
made it grow bigger.

Next time  
you feel anxious,  
try to replace your  
worry thoughts with  
positive ones.

# ANXIETY ON THE OUTSIDE

Look through the worry word search.  
When anxiety is pushing its way in,  
do you get any of these feelings?

On the picture below make notes or drawings on the parts of  
the body where you feel anxiety.

DIZZY RACING HEART SICK  
TEARFUL COLD  
SWEATY HEADACHE  
TIGHT THROAT FAINT WEAK

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

When people think about being nervous or anxious, they often think about it as an  
emotion that's in your head, but anxiety can often be felt in your body.

How do you think  
noticing your anxious  
feelings when they  
begin might help you?

# WORRY FEELINGS

Being worried can produce different kinds of feelings. It can make you angry or shouty or sad, or want to go somewhere quiet on your own.

*All these people are showing different emotions because they are worried. Write down what they might be thinking about.*

I'm worried about

.....  
.....  
.....

I wish I could stop thinking about

.....  
.....

You're not  
my friend  
any more.

I'm feeling sad because

.....  
.....

Go away!

I'm sad about

.....  
.....  
.....

# WORRY MONKEYS

The worry monkeys are frightened about something. Search and find each worry monkey, then help them to have fun by colouring them in so you can see where they all are.

It helps if you think about how people around you are feeling too.  
Everyone has worries of their own that they might not tell you about, even grown ups.



# THE WORRY JAR

Ask a friend or someone in your family what they worry about. Together, fill up this worry jar with your worries. The lid is on to stop the worries being able to get out again.

Write or draw your worries on this jar.

If you're not ready to share your worries, you can do this on your own or help someone else with their worries.

# LAUGHTER IS GOOD FOR THE SOUL

DRAW OR WRITE SOMETHING  
THAT MAKES YOU LAUGH.

# DOODLE FACES

Add faces and expressions to  
the people in this scene to match  
some of these emotions.

HAPPY

SCARED

LAUGHING

CRYING

ANGRY

THOUGHTFUL

LONELY

SAD

# NATURE DAYDREAM

Close your eyes and imagine you are outside  
in a beautiful place. Where are you?  
A meadow, a forest, on the beach?

Who would you like to be with or would you rather be on your own?  
What sounds do you think you can hear?  
Draw or write your nature daydream below.

COMFORTABLE BUSY SHOUTY HAPPY ANGRY

ARGUMENTATIVE  
FUNNY  
SAD  
CURIOUS  
LONELY  
FRIENDLY

## EXPRESS YOURSELF

Every day, use this  
page to write down  
how you feel.

TODAY I AM FEELING...

When this page is full up, start another one  
on a blank sheet of paper.

UNCOMFORTABLE BORED QUIET UNHAPPY CALM

MY WORRIED FACE

DRAW A PICTURE OF HOW  
YOU THINK YOU LOOK  
WHEN YOU'RE WORRIED.



# WORRY LISTS

Some worries are about things that are definitely going to happen, like a test or a trip. But other worries can be things that are very unlikely to happen.

WHAT DO YOU WANT TO SAY TO THE WORRIES  
THAT ARE PROBABLY NEVER GOING TO HAPPEN?

Think about your worries and see if you can put them into these two lists:

WORRIES THAT MIGHT HAPPEN

WORRIES THAT WILL  
PROBABLY NEVER HAPPEN

**GO AWAY!**

I don't  
believe you.

You can make a plan  
for fighting these worries.

Remind yourself  
that really bad things  
often don't happen.

Think of things  
you can say  
that will make  
them go away.

# WORRY MONSTERS

Imagine your  
worries as little  
monsters.

*What might one of your  
worry monsters look like?*

Might it be hairy with sharp  
claws or a slimy blob that  
keeps sticking to you?

*Does it have lots of  
eyes or a long nose?*

Now think of lots of ways you can  
get rid of your worry monsters.

## STEP ON THEM

SQUASH  
THEM

**Lock Them in a cage**

**Blow them away**

Trap them

**PUT THEM IN A JAR**

# THINK POSITIVE

The best thing to do to worries, after  
you've talked about them, is not to  
pay them very much attention.

Draw pictures of all the things you  
could be doing rather than thinking  
about your worries.

# COLOUR THESE IN

Use any  
colours you wish.

Try different colours  
for each pattern or colour  
them all the same.

# WHAT CAN YOU HEAR?

When you're at home and there's lots going on around you, try closing your eyes and listening for a whole minute.

What can  
you hear?  
Music? Talking?  
What are people  
saying?

Draw or write all the things  
you can hear.

Think of one of your happiest memories. It could be a family memory, a day with your friends, a trip, the time your favourite team won a match or just a moment when you're at your happiest, such as reading a book or doing sport.

Find someone  
to show your  
memory to  
and tell them  
all about it.

Next time you're  
feeling worried, try  
thinking about this  
memory instead  
and picture it  
in your mind.

# GREAT MEMORIES!

Write or draw your happy memory  
in the box below.



# WRITE A LETTER TO SOMEONE YOU LOVE, TELLING THEM WHY THEY ARE GREAT.

Here are some description words to help you write the letter:

THOUGHTFUL

chatty

caring

interesting

helpful

KIND

give good hugs

make me laugh

FORGIVING

INTERESTED

funny

good at listening

loving

FUN

inspiring

# FRIENDSHIPS

Write down the names  
of 2 or 3 of your  
favourite people,  
friends or pets.

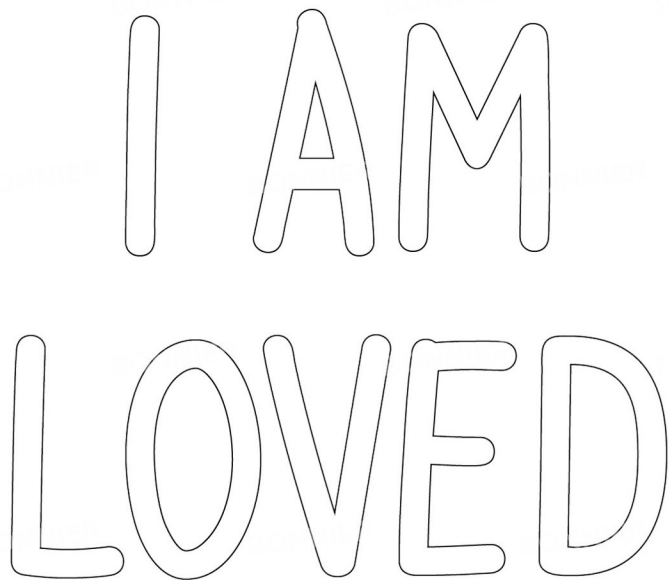
Write what it is you like about them and what makes them good.

Next time  
you see them,  
tell them.

Ask your friends what they  
like about you and write them  
down so you can remember  
the things they say.

# WHAT ABOUT ME?

COLOUR THIS IN



## TAKE A BREATH!

Try this breathing exercise to help you relax:

### STEP 1

Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.

### STEP 2

Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.

### STEP 3

Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.

When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way, your happy memory will take up all the space in your brain, and there won't be any room for the worries.

**DO THIS FOR 2 MINUTES**

## WHAT CAN YOU HEAR OUTSIDE?

Go outside, whatever the weather. If it's rainy, find a sheltered spot; if it's cold, put on your warmest clothes.

Sit in silence for a while and shut your eyes, listening to the sounds around you.

Write down all the noises you can hear.

## COMPLETE THE PICTURE

Imagine a calm lake. Are there boats on the water? Is the sun setting or is the sky filled with stars?



## RELAX

Try this relaxation exercise:

1. Lie down on a rug or carpet and close your eyes.
2. Begin by breathing in through your nose. Hold your breath for a few seconds, then breathe out. Take another deep breath through your nose. Imagine your tummy is a balloon filling with air and then as you breathe out, imagine all the air escaping.
3. Stretch out your legs in front of you, pointing your toes. Stretch out your arms either side of you, stretching all the way through to your fingertips.
4. Now start to tense all the muscles in your body. Begin with your toes. Curl them over so they're clenched. Then think about tensing the muscles all the way up your legs and through your tummy. Imagine something is about to step on your tummy and you want to make it into a hard wall.
5. Tense your arms as well, so your arms are by your sides and even your fists are clenched. Bring your shoulders up around your ears.
6. Last of all, scrunch up your face. Push your lips together and frown down into your face so your forehead is all crinkled.
7. Now, make your body go limp again. Let your legs and arms go limp. Relax your shoulders by bringing them down. Imagine yourself as a floppy rag doll.
8. Take a deep breath in through your nose and breathe out again. Notice how relaxed and calm you feel and then, when you're ready, open your eyes.

## DOODLES

Fill every single space on this page with doodles. Let your mind wander!

# IMAGINE YOUR FEELINGS ARE LIKE THE WEATHER

Feeling sad could be a rainy day, anger could be a thunderstorm  
and happiness could be sunshine. Write a weather report  
or draw a picture of how you're feeling today.

COLOUR THIS IN WITH POSITIVE COLOURS

I  
AM  
IMPORTANT

COLOUR YOUR FEELINGS

Do you think feelings have their own colours? Colour in each of these feeling words with the colour that you think suits them best.

ANGER

Happy

Sad

FEAR

Laughter

WORRY

# EMPTY YOUR MIND

Empty your mind completely by  
focusing on this spot.

# COLOUR THESE IN

When your mind is empty think about  
your five senses - touch, taste, sight,  
hearing and smell.

Fill in the sentences below for each sense:

I smell...

I hear...

I feel...

I see...

I taste...

# THE HAPPY JAR

Fill this jar with happiness by writing or drawing in happy thoughts and pictures.

You can fill the jar with words, sentences, drawings, or a mixture of all three.

# ALL ABOUT ME!

Write a list of things you like about yourself.

Choose anything - your characteristics, your personality or what you are good at.

COLOUR THIS WORD AND DOODLE AROUND IT,  
DRAWING THINGS THAT MAKE YOU HAPPY

HAPPINESS

FLY AWAY YOUR WORRIES

Write down your worries on  
these paper airplanes.

After you've written your  
worries, cut along the dotted  
line at the side of the page,  
then fold your paper airplane  
along the numbered lines.

When you are finished, ask an adult to  
help you cut them out and then send  
them on their way, out of your life.

Cut along  
this line

FOLD 8

Cut along  
this line

Cut along this line

FOLD 2

FOLD 3

FOLD 6

FOLD 4

FOLD 1

FOLD 5

FOLD 7

Cut along  
this line

FOLD 8

Cut along  
this line

Cut along this line

FOLD 2

FOLD 3

FOLD 6

FOLD 4

FOLD 1

FOLD 5

FOLD 7

# HA! CHUCKLE BOX

Fill this box with things that make you laugh.



# FEELING ACTIVE

Exercise can help make you feel better. Try doing one of these exercises every day:

## 20 JUMPING JACKS

Stand tall with your feet together and your hands at your sides. Quickly raise your arms above your head while jumping your feet out to the sides. Then immediately bring your arms back down to your sides and jump so your feet are together again.

## 30 ARM CIRCLES

Stand up straight with your arms stretched out on either side of your body. Slowly move your arms in circles without rotating your wrists or elbows.

## 10 CALF RAISES

With your feet spaced hip-width apart, place your hands on your hips and lift your heels off the ground. Standing on tip-toe count to eight, slowly lower back down, then return your feet to the floor.

## 8 SQUATS

Stand with your feet hip-width apart, hands on your hips, and slowly sink down, bending at your knees and hips. Make sure your back is straight, and sink as low as possible without letting your knees go past the ends of your toes. Then slowly rise back to standing position.

## 10 LUNGES

Take a step forward and bend so that your back knee touches the floor. Make sure your front knee doesn't bend past your toes.

Cut out this chart and put it on your wall.

Tick off when you have completed any of these exercises.

20 JUMPING JACKS  
30 ARM CIRCLES  
8 SQUATS  
10 CALF RAISES  
10 LUNGES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

COLOUR THIS IN

I

AM

BRAVE

# WORRY FREE

Draw yourself without worries. How do you feel? What feels better? Who will be the first to notice you've let your worries go?

COLOUR THESE IN

# DESERT ISLAND DOODLES

Doodle what you would take  
to a desert island.

Who would you take if you  
could choose 3 people?

What things are most  
important to you?

# WHEN I AM OLDER

Write down all the things you want  
to do when you're older.

MAKE A PICTURE ON THIS PAGE USING  
A PENCIL OR A BALLPOINT PEN.

*Don't lift the  
pencil from the page  
and press as hard as  
you can without  
tearing the paper.*

Now turn the page to see the embossed effect  
your drawing has made on the paper.

THIS IS YOUR EMBOSSED ARTWORK.  
GIVE IT A NAME.

RIP OUT THIS PAGE  
AND TEAR IT INTO  
AS MANY TEENY  
TINY PIECES AS YOU  
CAN, THEN THROW  
THEM INTO THE  
RECYCLING!

I NAME THIS ARTWORK.....

Fill these bubbles with your anxious thoughts.  
Then imagine your worries floating away.

Write a thank you letter to someone who cares for you,  
saying thank you for something they have done for you.

# HUGS!

Hugs are good for the soul.  
Who would you like to hug right now?

Close your eyes and imagine  
that hug right now.

Feel how that hug warms  
your tummy.

See if you can feel how good  
that gentle squeeze is.



## YOGA POSE

Try these poses before bedtime or when you want to feel calm.

### TREE POSE

Rest your foot on your ankle or above your knee and balance. Then change to your other leg.

SAY "I AM BALANCED"

### BUTTERFLY POSE

Sit on the ground, press your feet together, and roll your shoulders back.

SAY "I AM SAFE"

### LADYBIRD POSE

Bend your knees, roll your shoulders back, and press your hands together.

SAY "I AM HAPPY"

## CHILD'S POSE

Bend your legs, fold your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.

SAY "I AM AT REST"

### CAT POSE

Breathe in and look up, letting your back drop down. Breathe out and tuck in your chin, lifting your back in a high arch.

SAY "I AM AT EASE"

### SLEEP POSE

Lie on your back and take slow breaths. Close your eyes if you want. Try to empty yourself of thoughts. If your mind wanders away, notice where it goes, then bring your attention back to your breathing.

SAY "I AM AT HOME"

# CALM COLOURING

Imagine, draw and colour a peaceful  
underwater world filled with cool water,  
swimming fish, bubbling coral,  
small shells and swaying seaweed.

## LISTEN TO THE BELL

Ring a bell or fill a glass half-full of water and run your finger along the rim of the glass until it makes a ringing sound. Listen carefully until you can no longer hear it.

## TAKE A WALK

For one minute of the walk, stay completely silent and look at all the things you can see.

What can you see?

Write down or draw what you saw.  
It can be anything – a red car,  
a lawnmower, a bird.

# THANK YOU MOMENTS

Find a moment every day when  
you can say 'thank you' for all  
the good things in your life.

You could try saying thank you at  
mealtimes, when everyone is  
gathered together.

Or you could ask  
friends or family  
to share one thing  
they're thankful  
for each day.

family

Write down here all the things you  
feel grateful to have in your life.

friends

pets

home

toys

food

clubs

bedroom

school

teachers

football

running

Or you could  
say all the things  
you're thankful  
for at bedtime.

# RHYME TIME!

Think of as many rhyming word pairs as  
you can and write them below.

Then write a poem on the opposite  
page using the word pairs to show  
how you are feeling today.

Create your  
poem here.

WHALE      TAIL

COLOUR THIS IN

EVERY  
PROBLEM  
HAS AN  
ANSWER

## YOUR SAFE PLACE

Draw or stick a picture  
of somewhere you feel  
completely safe and happy.

Your safe place could be  
somewhere you've seen or  
been to, heard about, read  
about or dreamt about.

A special, safe place where  
everything feels peaceful,  
restful and wonderful.

FILL THESE HEARTS WITH THE  
PEOPLE OR THE THINGS YOU LOVE

# HOW DO YOU FEEL TODAY?

Express yourself on this page.  
Use pictures or words. They  
don't have to make sense -  
just think of the page as  
a way to show how  
you're feeling at  
the moment.

I AM  
ME



## WRITE ABOUT YOUR DIFFERENT FEELINGS

When I feel **sad** I...

When I feel **ANGRY** I...

COLOUR THESE IN

When I feel **Happy** I...

I am thankful for...

Write down all the things that are important to you.  
You could write the most important things at the  
trunk of the tree and then work your way up.

# CLOUD SHAPES

Lie down on a patch of grass outside or  
gaze out the window on a cloudy day.

Look up at the clouds in the sky.  
What shapes can you see?  
Draw or describe them.

# MORNING MANTRAS

Rather than thinking about your worries, it helps to focus each day on what you want to achieve instead. You can say these as morning mantras. Here are some suggestions, but you can make up your own. Then, at the end of the day, think about which of your mantras you achieved or how you could do better tomorrow.

Today, I will help  
a friend.

Today,  
I will  
be kind

Today, I  
will learn  
something  
new.

# THE WORRY BUS

Put a worry in each window (as many as you want) and send the bus off into the distance, taking all your worries with it on a one-way journey, never to return.

Where is your bus going?  
What will you notice  
when all your worries  
have left?

# THE BIT FOR GROWN UPS

Modern life for our children can be highly stressful, and feel like it's all about being popular and successful. We know that they experience many internal and external pressures, for example comparing themselves with others around them and hearing news stories which they find themselves worrying about.

Children are very resilient and, in a loving and nurturing environment, will often work through problems and difficult times without needing additional help. This book offers the chance for your child to explore, express and explain their worries and open up the conversation with you. The fun activities build resilience, increase inner calm, improve understanding of emotions and encourage positivity.

When children feel stuck with a problem, they may become lonely and isolated and struggle to make sense of what is happening because they don't have the language to explain their distress. You might notice a decline in self esteem and confidence along with complaints of tummy aches, headaches or feeling exhausted and avoidance of previously enjoyed activities.

If your child's anxiety or distress persist beyond 3 months or escalate rather than decrease, you can talk to their school, your GP, a counsellor or one of the organisations listed below.

## YOUNG MINDS PARENT HELPLINE

Call weekdays 9.30am to 4pm – free in England, Scotland, Wales and N. Ireland

Call to talk through your child's problem. Advisers will listen to your concerns and questions in complete confidentiality, help you to understand your child's behaviour and give you practical advice on where to go next. If you need further help, they'll refer you to a specialist, e.g. a psychotherapist, psychiatrist, psychologist or a mental health nurse within 7 days.

Tel: 0808 802 5544 [www.youngminds.org.uk](http://www.youngminds.org.uk)

## MIND - FOR BETTER MENTAL HEALTH

Mind's team provides information on a range of topics including: types of mental health problem, where to get help, medication and alternative treatments and advocacy. They will look for details of help and support in your own area.

Call weekdays 9am to 6pm.  
Phone calls from UK landlines are charged at local rates.  
Charges from mobile telephones vary considerably.

Tel: 0300 123 3393 Text: 86463  
[www.mind.org.uk](http://www.mind.org.uk)

## SANE HELPLINE

SANE's helpline is a national, 7 days a week, out-of-hours (4.30pm to 10.30pm) telephone helpline for anyone coping with mental illness, including concerned relatives or friends.

Tel: 0300 304 7000  
[www.sane.org.uk](http://www.sane.org.uk)

DR. SHARIE  
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