



NO WORRIES!

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

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COLOUR THIS IN

I AM

LOVED

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

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

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"

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.