

Ideas to try if I feel...worried



<p>Make yourself your favourite drink or make yourself your favourite food. Drink or eat it very slowly. Really concentrate on the smell, the taste and how it feels in your mouth.</p>	<p>Take ten big, deep breaths. Count each one out loud.</p>	<p>Write a list of as many things you can think of:</p> <ul style="list-style-type: none"> • colours • animals • Disney characters • fruit and vegetables
<p>Take a warm bath.</p>	<p>Take one deep breath for a count of 3 and stretch out your arms away from your body until they are out wide like a scarecrow. Let out the breath over another count of 3 and lower your arms back to your side. Repeat 3 times.</p>	<p>Close your eyes. Stamp your feet on the ground as hard as you can ten times (without hurting yourself!!). Concentrate on how the bottom of your feet feel on the floor. Next concentrate on your toes, then your ankle, up your lower leg, your knees and upper leg. Have the stamps made a sensation all the way up your leg?!</p>
<p>Create a picture of the things that make you feel happy. It could be a drawing, painting, collage or anything else you can think of. Be creative!</p>	<p>Make a 'Worry Dump'. Find a container – a cereal box, a tissue box, a jar, milk carton – anything you can seal. Decorate any way you like. When you feel worried, write it down on a piece of paper. Then, crumple it up and put in the worry dump. Put the lid on and forget about it!</p>	<p>Play ball with a family member – catch, football, swing-ball, tennis, cricket, rugby. Any game that will get your heart pumping and make you smile!</p>