



We all need to understand how to recognise the emotions we are feeling. This resource focuses on how to recognise and handle worry. It has been designed to help children learn ways of coping and build resilience through various tools. The skills these activities focus on are problem solving, being creative and staying positive. The subject link is with PSHE, Literacy, Technology and Careers Education by linking to jobs including Counsellor, Therapist, and Inventor.

Click the link in the image to get started  
OR go to this link here: <https://www.youtube.com/watch?v=U1CkpEFOyNk>

Follow Ruby's journey on how she made her worry go away! Watch this short video about how worries can grow and what to do if this happens.



## What is a worry?

This can be a troublesome thought where you think about sad or scary things that make you feel unhappy.

At first worries can be small. They can grow bigger and bigger if you keep them bottled up.

The best thing to do if you are worried is speak to an adult. This often makes worries disappear and you will feel better after.

### BIG WORRY

Put your worry in the worry machine



Speak to an adult and overcome your worries



Write your name

.....'s

# worry beating toolset



Whenever you have a worry, you can:



Speak to an adult you trust



Write down your worry



Think positive thoughts



Look in a mirror and tell yourself how amazing you are





Exercise



Play a game that will cheer you up



Laugh - read a funny joke, watch a funny video or tell a funny story to someone and get your laughter flowing



Learn something fun



Do some art and get creative



Get in touch with family and friends



Write your name

.....'s

# Worry Box



Whenever you feel worried, write your worry down on a piece of paper, and let an adult know. You can then take steps to make this worry go smaller and overcome this concern.

Worry box instructions:

- 1** Step one: Recycle an old cardboard box and transform it into a worry box. You can use a cereal box, tissue box or even a gift box.
- 2** Step two: Decorate this and make sure you can open it to insert worries.
- 3** Step three: Write down your worry and insert it into your worry box.
- 4** Step four: Solve this worry by using your worry beating toolset ideas.
- 5** Step five: Celebrate your resilience.

Turn your worries into resilience

Worries can make you feel sad  
I am here to tell you it is not all bad  
Insert your worry in me  
This is the key  
Let an adult know if you are  
feeling low  
You can talk it out and make  
this worry go  
Do this each time you feel  
any worry  
The worries will soon  
go in a hurry!



# Design your worry robot



- Design your worry robot with its own super worry-ending powers.
- **Give your robot a name.**
- Type/write your robot's super-powers in the boxes that surrounds the robot below.



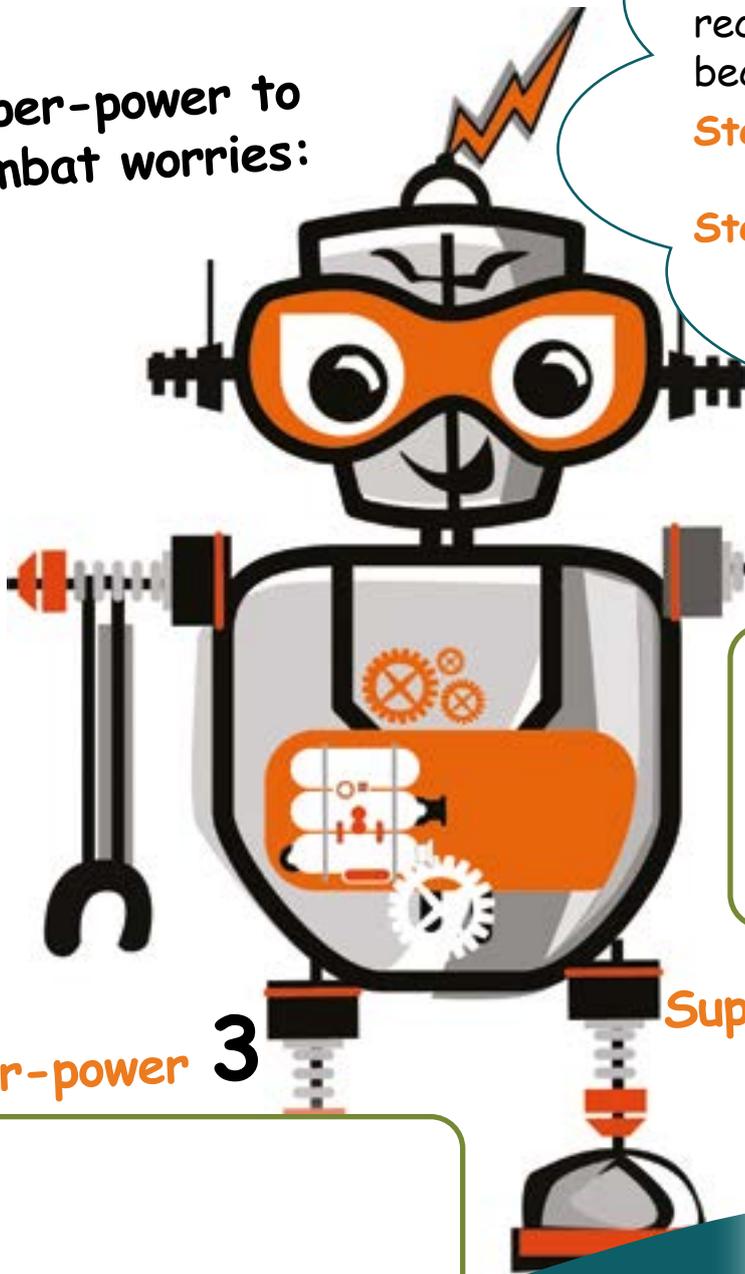
My name is.....

**Super-power to combat worries:**

There are two steps to recognising worries and becoming resilient:

**Step one:** Work out what it is you are worried about.

**Step two:** Use your worry beating toolset to make this worry get smaller.



**Super-power 1**

**Super-power 2**

**Super-power 3**

# JOB PROFILES

## Job



## Profile

### Counsellor / Therapist

#### Summary:

Counsellors and Therapists help people deal with issues that might make them feel sad. They work with their clients to help them heal and become resilient.

#### How to become a therapist:

- Lots of training through completing University courses.
- Work experience.

#### Responsibilities:

Assess people's wellbeing.  
Build a trusting relationship with client.  
Help clients make positive changes.  
Give clients the tools to deal with emotions just like you have been doing!

**Skills:** Staying positive, aiming high, solving problems.

### Inventor

#### Summary:

Inventors create new products that are needed.

#### How to become an inventor:

- Have great ideas.
- Get trained through apprenticeships or college and university courses.
- Research if a product is needed.
- Start creating new inventions.

#### Responsibilities:

Researching the market.  
Get creative.  
Turn good ideas into real inventions that are useful.  
It can be difficult, as sometimes things do not work. Inventors must stay positive.

**Skills:** creativity, aiming high, problem solving, staying positive.

