

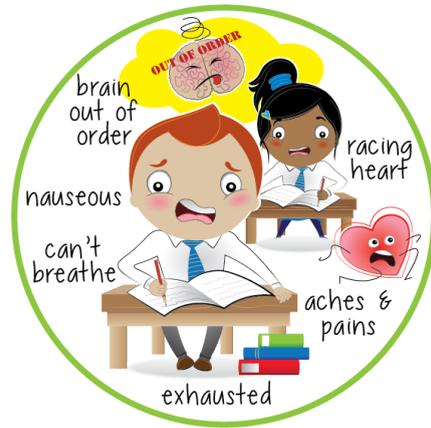


We all worry sometimes.

Worrying is something we feel when what we think makes us feel a bit scared or nervous.



When we feel worried it can make our body feel a bit funny too.



Worries can make people feel different ways - some people feel sad, other times worries might make people feel mad!



Lots of things can make us worry, and worrying is normal BUT at the moment with CORONAVIRUS lots of things are different and it can feel weird or scary.

It's OK to feel worried about what's happening, but we've got some ideas about things that can help. These are tricks or things we can do to help us feel better when we are worrying:

Top Tips!

Talk to someone!

- If you've got a worry going around in your head it can help to tell someone or write it down or draw it!
- If you have lots of worried it can help to plan a time every day to check in and talk about any worries you have



Ask questions

- Sometimes we can worry about things we don't need to or we might not be sure what is happening.
- If you aren't sure about something ask your grown up for help; even if your grown up doesn't know the answer it might help to get it out of your head!

Keep busy - keep active

- Sometimes doing something fun or something that keeps your mind busy can help - some people do colouring or a puzzle, other people get up and dance around or listen to a song that makes them happy!
- Exercise can help too! It keeps our body and our mind healthy!



Practice 'mindfulness'

- This is thinking about what is happening right here and right now and focusing on keeping your body and mind calm. There are lots of ways to practice this look at the links below for ideas!

Links

[Comic explaining anxiety for kids](#)

Mindfulness

[YouTube Channel: Cosmic Kids Yoga and Mindfulness for Kids](#)

[5 Mindful Games for Kids](#)



[Video: 3 minute mindful body scan](#)

[Mindful colouring for kids](#) and there are lots of [free printouts here](#) (you can also search "free colouring pages" of your child's favourite cartoon characters, TV show or animal!)

[List of mindful games, exercises and activities for kids](#)