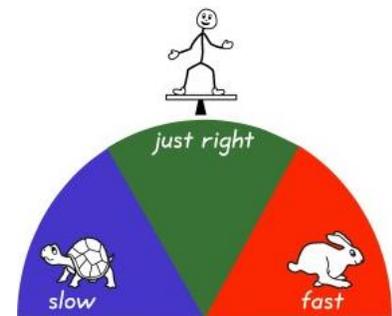
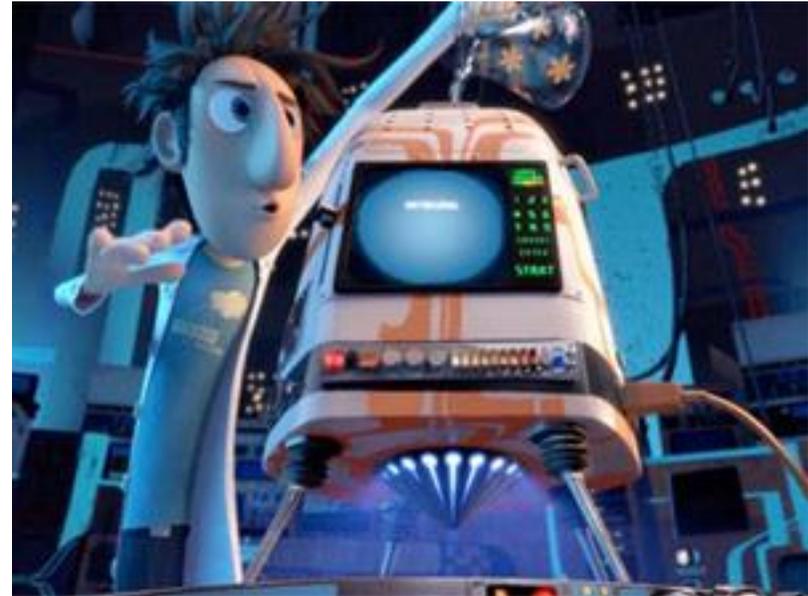


When my worries
get too big!



Sometimes kids have
worries but they also have
things they are really,
really **good at**.

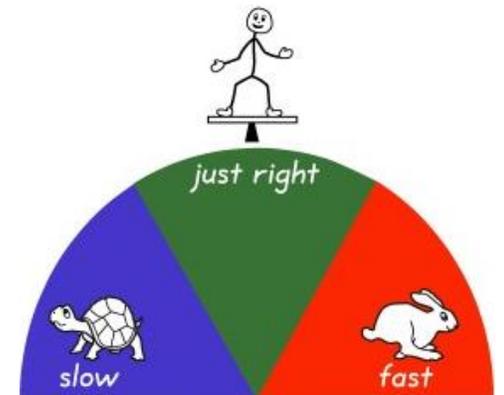


I'm really good at

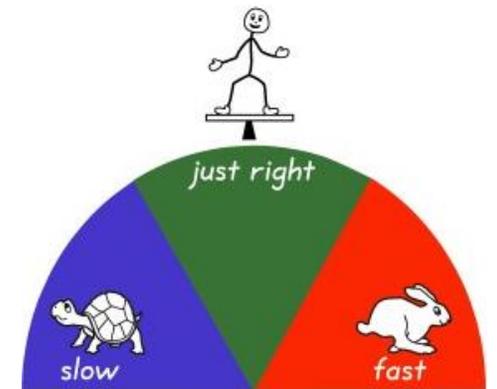
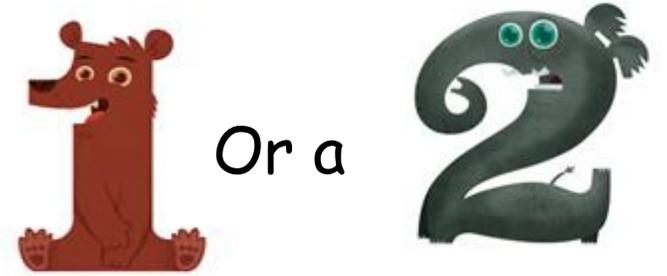
- Making people laugh!!
- Remembering stuff from movies!



Here are some of my favourite things..



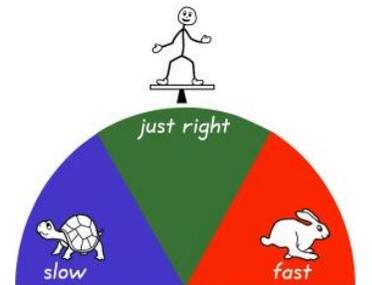
When I am thinking about my favourite things, I am so relaxed and I am in the **green zone**. My **worries** are at a



When I know what is going to happen or I really like what I am doing, I am most definitely at a



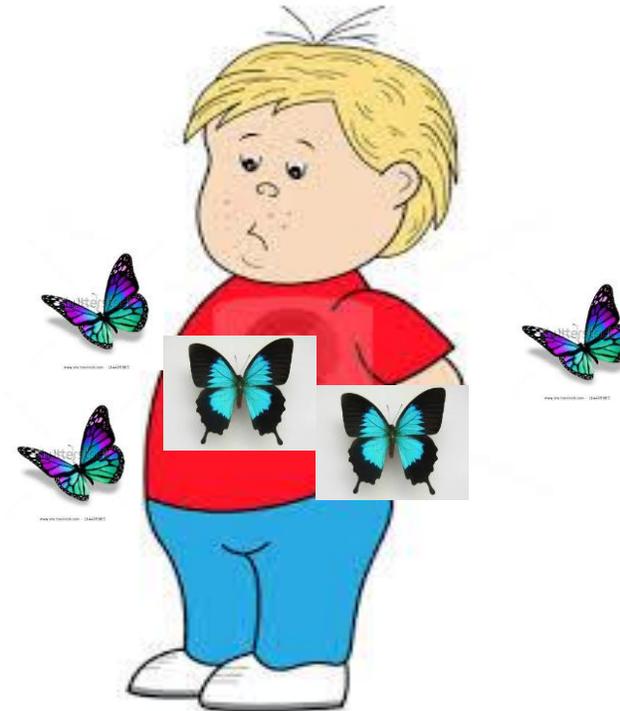
Or a



When I go to school in the morning
sometimes I feel my  ies are at a



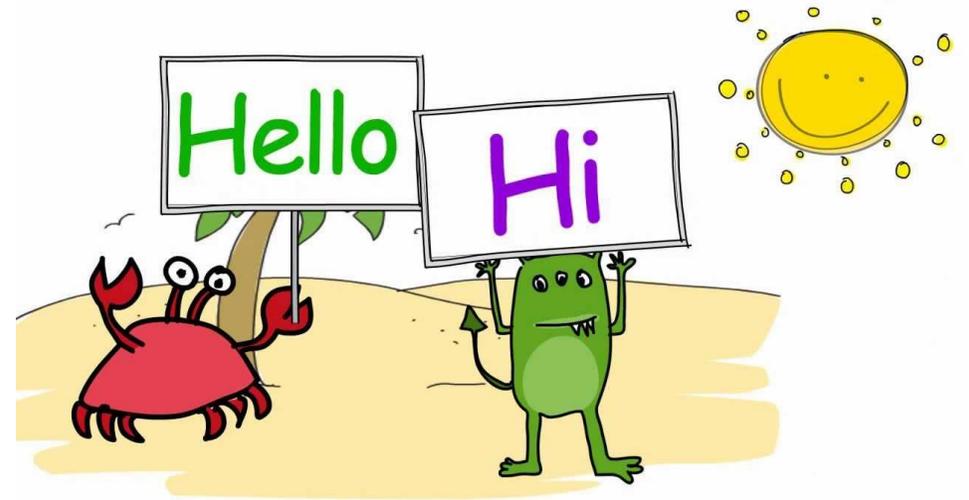
When I **worry too much** my worries are at a Sometimes
makes my stomach **4** it feels like there are butterflies
flapping their wings around!!



But sometimes I **worry too much**, like when I meet a new person for the first time or when I don't know what will happen next. Then my worries are at a



Or a





Other times **I worry way too much**, like when someone asks me a question in class and I don't know what to say. I think I would be at a

or an



This might make me do something silly like scream or hit or say silly words! This is a

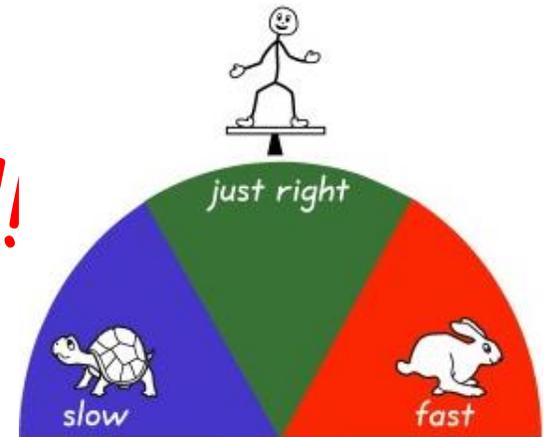
Now my worries are **TOO BIG!** Now I am in the **RED zone**



10



Red Alert!!!!



One thing that makes my worries too big is...

Scary dreams

Spiders

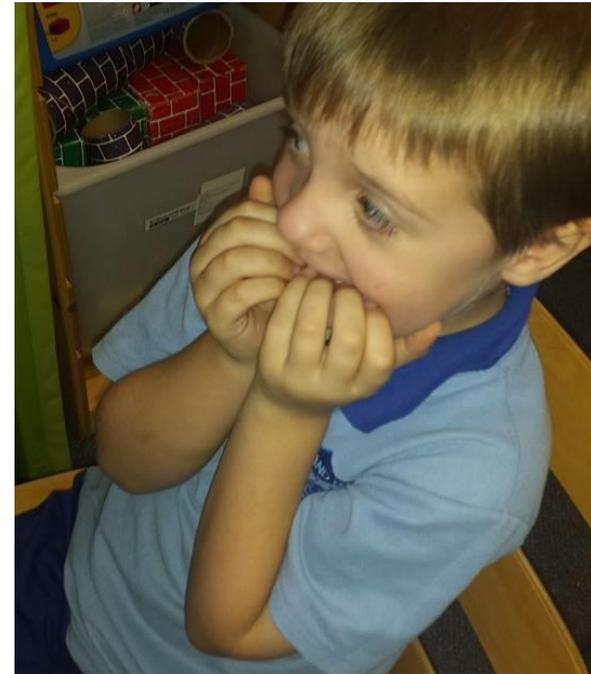
Snakes

Zombies

Extra creepy spiders

Here I am at

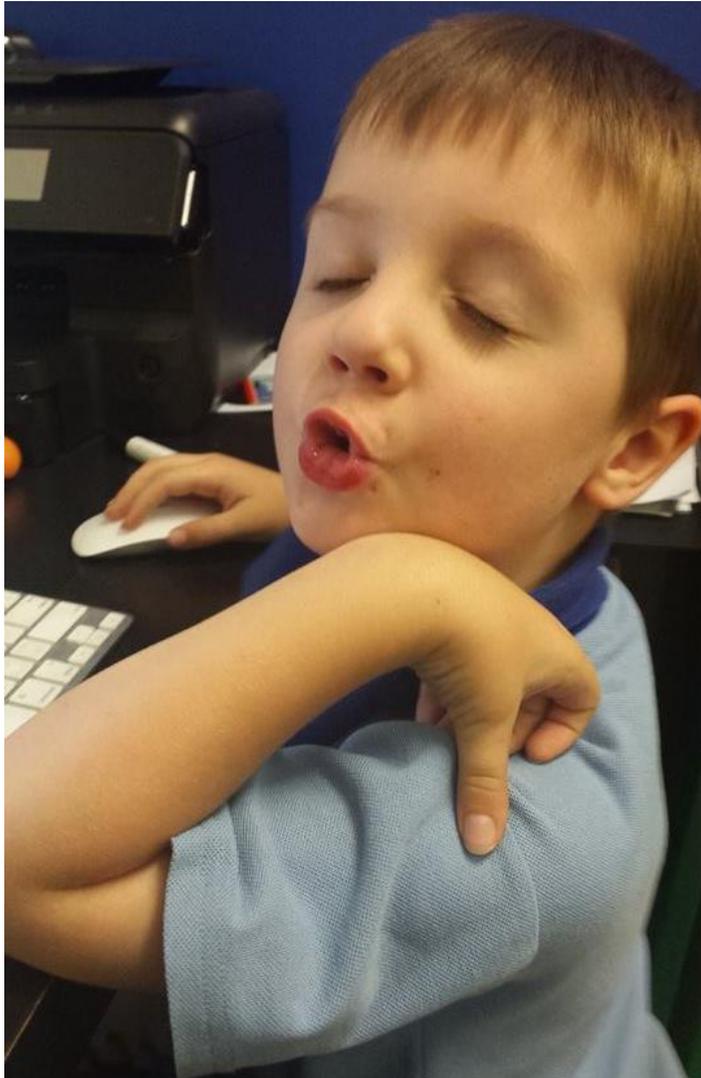
10



This is when I need to
fight back!
First, I can squeeze my
hands together.



Here is me taking deep breaths



∥

Next, I can take three really slow, deep breaths. Slow in - slow out, slow in - slow out, slow in - slow out.

Then I can sit down,
rub my legs and close
my eyes. Now I feel
more like a





I can think about happy things, like my penguins or or inventing things or playing with my mum or dad. Now I am at a



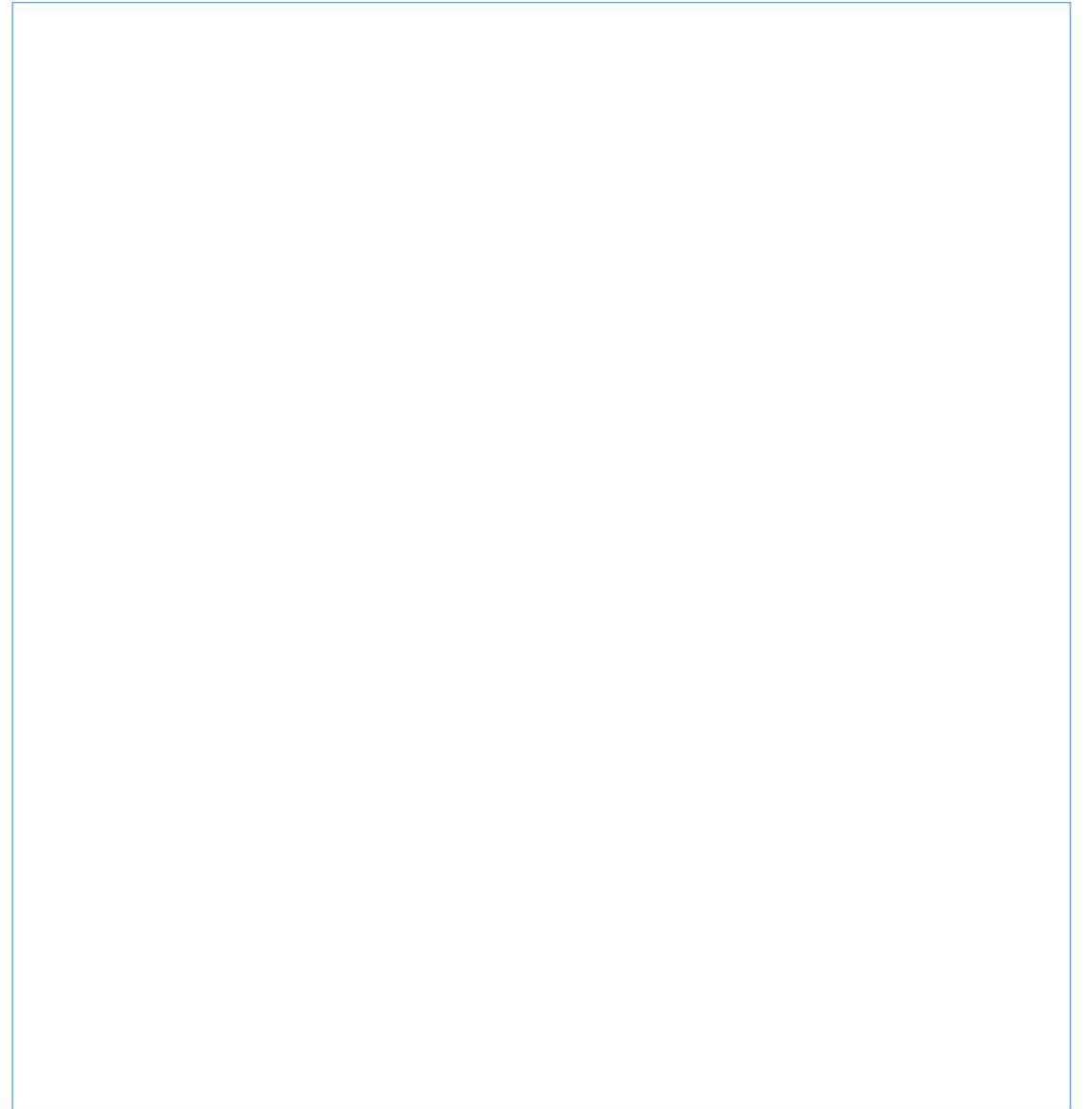
Here are some things that I

can think about to help me

bring

a   ing down to a

feelin 



You can do other things to help you relax. You can go for a walk, go to your bedroom or go to a safe place at school.

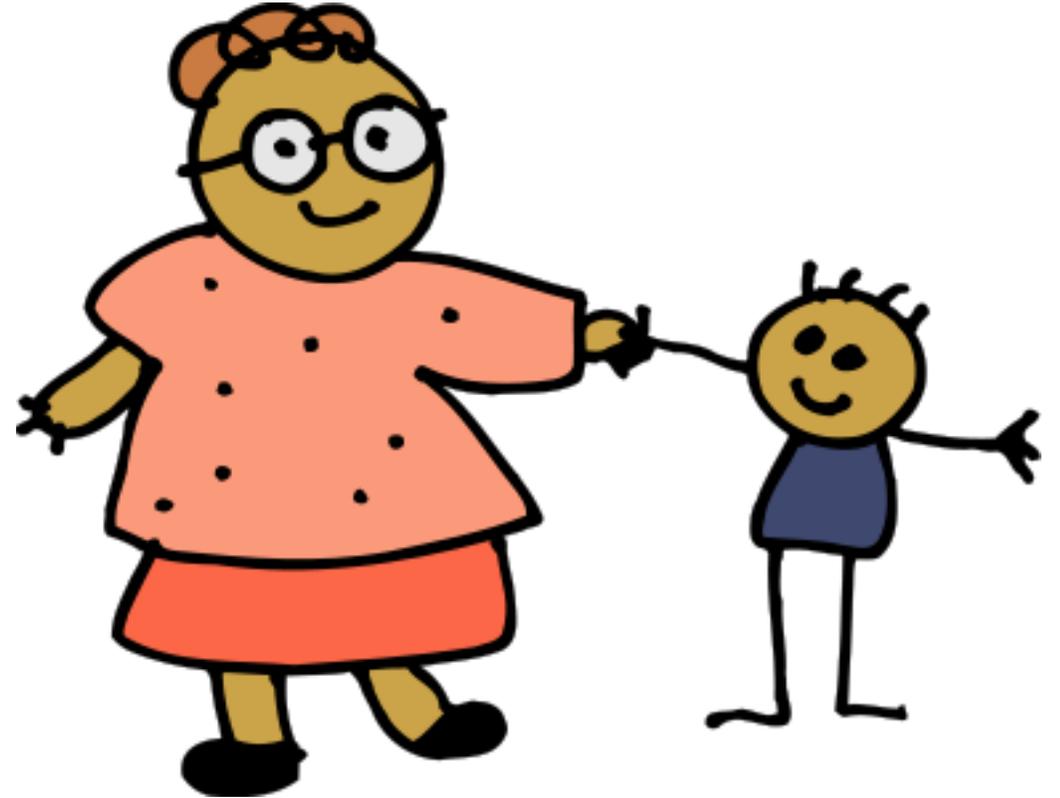
I like to draw



These are some other things I can do...

- Take a drink of water
- Watch TV!!

Sometimes I need my mum or
dad or teacher to help me to
bring me back down '
This is helpful beca 
sometimes I forget!!



These are the things that mum and dad
can say

Here I am relaxed and
ready to work.

I am at a 
feeling good and feeling
proud

Here I am at a

