

Thursday - Dealing with worries

Everyone worries about things.

Worries are normal. Some worries are small, some worries are big.

Sometimes when we worry, small worries can turn into big worries if we don't talk about them with someone else.

What are the things that are worrying you right now?



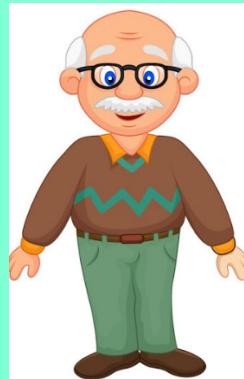
We might be doing something else to distract us from worrying. We might not have any worries until we think about what might be worrying us. Most people have worries all the time, but you might not think about them all the time.

Sharing our worries with someone else and talking about your worries often helps the worries to not seem quite as big, or it can help the worries to go away altogether.

Who do you like to talk to if you are worried about something?



friends?



Grandparents?



mum or dad?

*Sometimes we find it easier
to write our worries down
to help them to get smaller.*



*We might write
a diary.*



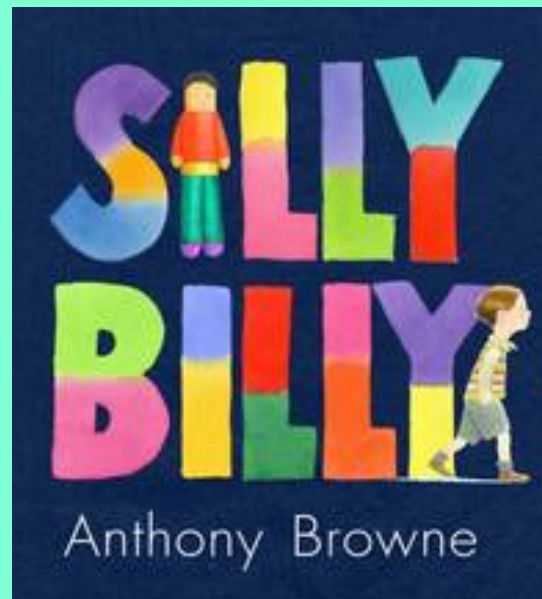
*We might write
a note, or email or
letter to someone.*

Worry Dolls



Worry dolls are handmade dolls, most often made in Guatemala from wire, wool and small pieces of fabric. The dolls are often tiny, though Western versions can be much larger. Traditionally, the dolls are given to children to help them with their worries. Children will share their concerns with the dolls and then place them under their pillows where the worries will go away over night.

Watch the video of the story book
Silly Billy by Anthony Browne.



Now we would like you to make your own worry dolls.

You might make them out of paper, or card, or material, or use your own dolls.

It's up to you how creative you would like to be.

Tonight, before you go to bed, tell your worries to your worry dolls and then put them under your pillow or next to your bed.

See if telling your worry dolls your worries helps to make your worries a bit less worrying!