

THE WORRY TOOLKIT

PUBLIC HEALTH 5-19 SERVICE

All about me

What is worry

How I feel worry

The Calm Down Kit

Relaxation cards

Strength cards

Breathing Star

Useful books

Internet resources



**Public
Health
5-19**

ALL ABOUT ME

Name
Birthday.....
School.....

MY FAVOURITE MOVIE

.....

MY FAVOURITE TV PROGRAMME

.....

MY FAVOURITE SUBJECT

.....

MY FAVOURITE TEACHER

.....

WHAT I WOULD BUY WITH £20

.....

SOMETHING I AM GOOD AT

.....

WHAT WORRIES ME THE MOST

.....

WHAT MAKES ME ANGRY

.....

WHAT I DID LAST WEEKEND

.....

MY IDEAL DAY

.....

WHAT IS WORRY ?

Name

Birthday

School

WORRY IS AN EMOTION IT IS ALSO CALLED ANXIETY

When people describe anxiety, they tend to use words like:



ANXIETY WORD SEARCH

See if you can find the six words above in the word search below.

D	R	E	A	D	X	W	Q	R	Z	S
D	C	J	K	T	W	X	V	S	S	P
W	U	B	G	E	A	Z	A	E	M	J
O	V	H	J	N	P	M	N	W	X	O
V	T	G	U	S	J	S	K	Z	Q	B
W	Z	C	K	I	U	I	M	L	Z	A
O	X	U	S	O	M	Q	F	O	P	L
R	O	A	V	N	L	G	E	Q	D	S
R	E	R	A	Q	M	B	A	H	J	E
Y	E	C	T	Y	P	C	R	F	R	U
N	F	R	Y	P	M	P	A	N	I	C

WORRY IS NORMAL!

Name

Birthday

School

WORRYING IS SOMETHING THAT ALL OF US DO , EVERYDAY - CHILDREN, YOUNG PEOPLE AND ADULTS. ITS A NORMAL PART OF LIFE.

For example, most people will feel **NERVOUS** at some point in their lives, performing in a school play or going on a rollercoaster.



Its also normal for us to **WORRY** about certain things at certain times, such as if a family member is ill.

And it is normal to experience **FEAR** when faced with a dangerous or life threatening situation. In fact **FEAR** is important when we face dangerous situations because **FEAR** triggers a series of temporary physical changes in our bodies to help us deal with the danger ahead.



WORRY IS NORMAL!

Name

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THE FIGHT - FLIGHT - FREEZE RESPONSE

When we experience anxiety it triggers our **'fight-flight-freeze'** response and prepares our bodies to defend themselves.

For instance, our heart beats faster to pump blood to our muscles so we have the energy to run away or fight of danger.

When we freeze, we may not be noticed, allowing the danger to pass.

Without anxiety, humans would not have survived !!



Fight



Freeze

Flight



WORRY IS NORMAL!

Name
Birthday
School

THE FIGHT - FLIGHT - FREEZE RESPONSE

So just imagine you are hiking in the woods and you come across a bear.

What is the first thing you would do ?

You may run away from the bear, or you may simply freeze. Another reaction is to yell and wave your arms to appear big and scary. These are the three ways humans react to danger.

FIGHT , FLIGHT OR FREEZE.

When we are anxious, we react in one of these ways, too. we may take **flight** and run away or avoid situations that make us **anxious**.



Or we may **freeze**, such as when our minds go blank and we can't think clearly.

Or we may **fight**, get angry and lash out at people.



Can you think of some ways you may fight, flight or freeze because of anxious feelings ?

.....
.....
.....
.....
.....

WORRY IS ANXIETY

Name

Birthday

School

ANXIETY CAN BECOME A PROBLEM

when our body reacts as if in danger in the absence of REAL danger.

Imagine your body is a bit like a smoke alarm

A smoke alarm is there to help protect us when there is an actual fire,



but sometimes a smoke alarm is too sensitive and goes off when there isn't really a fire like burning toast in the toaster.

Like a smoke alarm anxiety is helpful when it works right. But when it goes off when there is no real danger, then we may want to fix it .

HOW ANXIETY WORKS

There are three parts of anxiety

Thoughts - what we say to ourselves

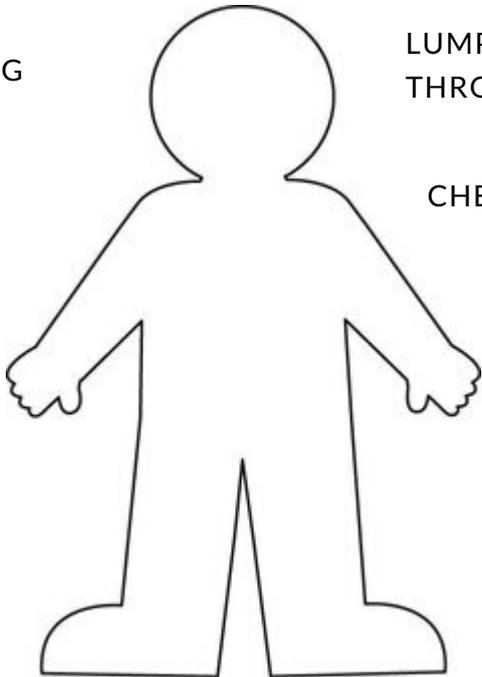
Physical feelings - how our body responds

Behaviour - what we do or our actions

Complete the worksheet 'How I Feel Worry' to help identify how you feel anxiety.

HOW I FEEL WORRY

Name
Birthday.....
School



TINGLING OR NUMB LIPS DIZZINESS LUMP IN THROAT

CHOKING SENSATION DRY MOUTH FAINTING RED FACE

RINGING IN EARS FAST BREATHING LUMP IN THROAT HEART RACING OR PALPITATIONS

SHORTNESS OF BREATH OR CAN'T CATCH BREATH CHEST TIGHTNESS OR PAIN

SHAKING OR TREMORS SICKNESS HOT

UNABLE TO SLEEP JELLY LEGS

TWITCHES OR TICS SWEATING NOT FEELING HUNGRY

MUSCLE PAIN, ACHES OR TENSION TIREDNESS NEEDING THE TOILET

OVERWHELMED OR FEELING LIKE CRYING NUMBNESS OR TINGLING IN LIMBS FEELING COLD

HEADACHES STOMACH ACHE OR BUTTERFLIES

GRINDING TEETH

Think about how you tend to feel physically when you get worried. Highlight or colour in any of the following that apply to you.

THE CALM DOWN KIT

The child can pick items to put in their kit which will help them work on their coping skills while providing them the sensory support they need to help calm them down.

Items that provide proprioceptive support

Small blanket
Stretchy resistant bands

Items to squeeze and keep hands busy

Play dough
Stress ball
Fidget spinner
Bubble wrap
Bag of tissue paper to rip
Rubix cube

Items to support breathing and relaxation

Bottle of bubbles
Pinwheels
Harmonica

Items for olfactory sensory support

Scratch and sniff stickers
Calming essential oils
Smelling bottles

Items to get kids moving

Skipping rope
Bouncy ball

Items for auditory sensory support

Music
Headphones

Items for oral motor sensory support

Snacks with a variety of textures, chewy or crunchy
Chewing gum or lollipop
Whistle, party blower
Rescue remedy spray

Items that give the kids brain a break

Books to read
Puzzles
Blank note books and pens
Colouring books and pencils
Small chalk board
Activity books
Photo album

Items to visually calm

Visual calm down cards
Sensory bottle/glitter jar
Snow globe
Light up toys
Flashlight
Kaleidoscope
Eye mask

**Go to a quiet
place**

**listen to
music**

Pray

**Breath
deeply**

**Go for a
run**

**Wrap yourself
in a blanket**

Drink water

Tapping

**Draw a
picture**

**Relax your
face**

**Hum a
song**

**Read a
book**

**Ask for a
hug**

**Count
slowly**

**Imagine your
safe place**

**Put your
feelings in a
bucket**

**Whisper the
alphabet**

STRENGTH CARDS

Name

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The Strength listed over the next few page can be photocopied and cut out to form individual cards.

Scatter the cards on the floor and get the pupil to think about their own strengths and to put the cards into three lists- **Definitely, Mostly and Sometimes.**

Write the lists down or take a photo of the lists, then type or write up to make a poster that the young person can keep.

Do it again after a few weeks and explore any changes with the pupil.

Asking them questions such as ' can you remember a time recently when you were helpful ?' or why did you put 'Thoughtful' in the sometimes ?

CAUTIOUS

TALENTED

HARDWORKING

RESPONSIBLE

FORGIVING

HONEST

COURTEOUS

KIND

COURAGEOUS

SKILFUL

PROTECTIVE

WARM

ENERGETIC

CARING

SUPPORTIVE

EFFICIENT

POWERFUL

FRIENDLY

RESOURCEFUL

CREATIVE

ADVENTUROUS

HUMOROUS

CALM

DETERMINED

LOVING

CO-OPERATIVE

THOUGHTFUL

OPEN

SPORTY

ENTHUSIASTIC

HUMOROUS

HAPPY

HELPFUL

SENSITIVE

RELIABLE

ORGANISED

RESILIENT

CHEERFUL

COLOURFUL

SENSIBLE

LOYAL

RELAXED

INDEPENDANT

FAIR

CAPABLE

PATIENT

ADAPTABLE

POSITIVE

STRENGTH CARDS

Name

Birthday.....

School

DEFINITELY

MOSTLY

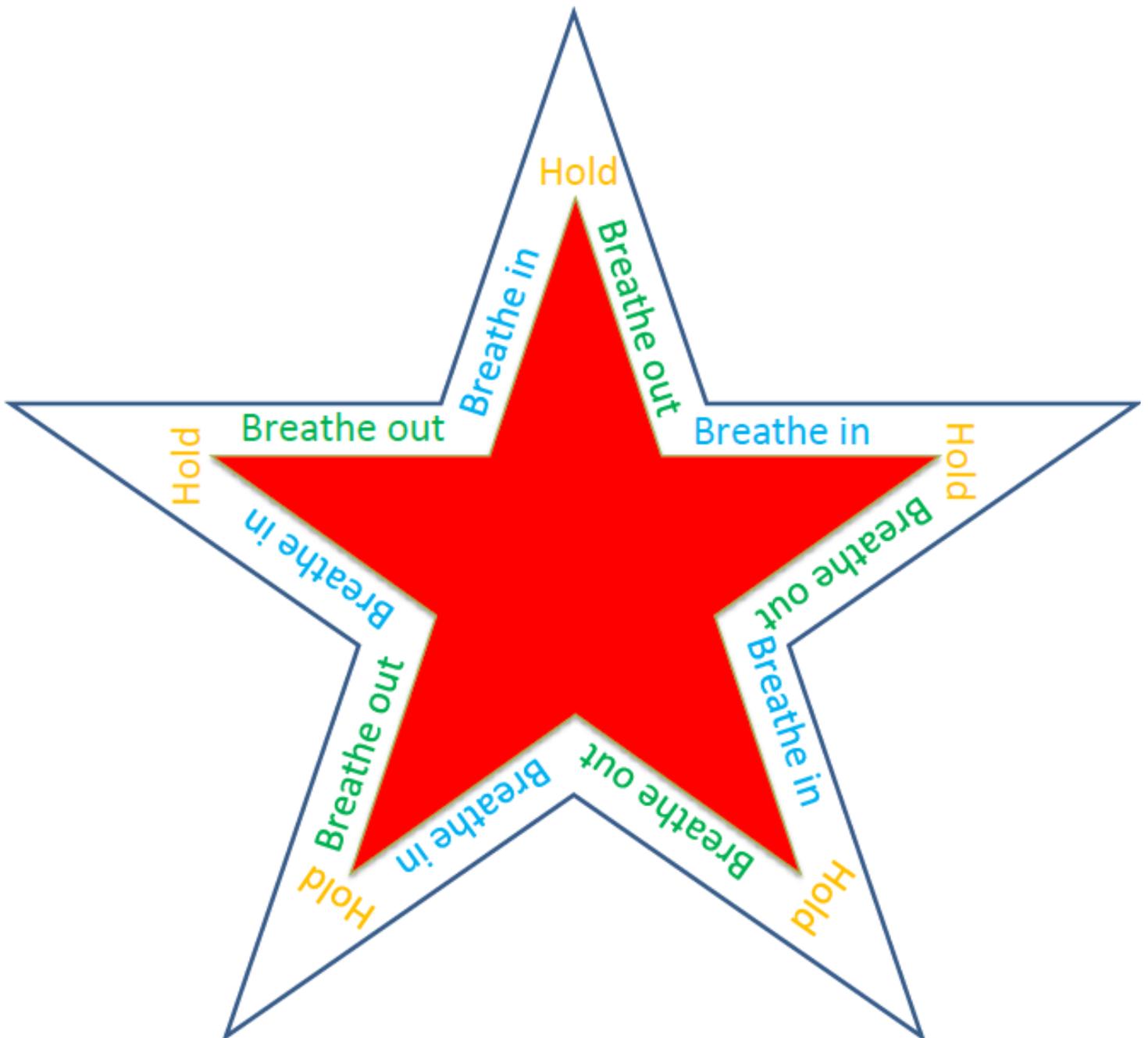
SOMETIMES

THE BREATHING STAR

THE BREATHING STAR

Cut out and laminate the star.

Place your finger on any 'breathe in' side, breathe in through your nose right down into your stomach. 'Hold' your breathe at the point, then 'breathe out' slowly through your mouth. Keep going around the star using your finger as a guide.

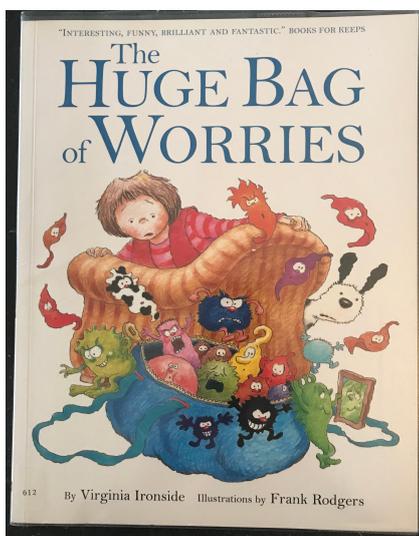
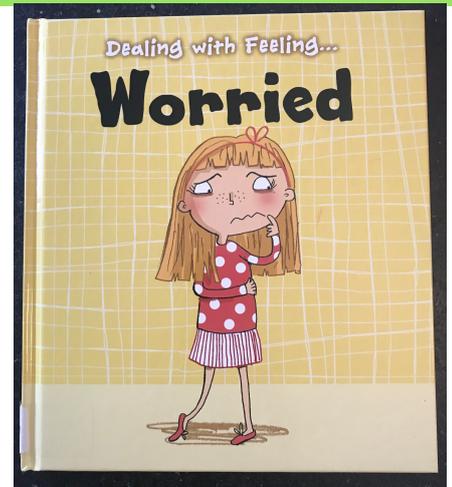


USEFUL BOOKS

'Dealing with Feeling Worried'

By Isabel Thomas

This book looks at being worried, including what it feels like to be worried, how to stop feeling worried and how to help others who might be feeling worried.



'The Huge Bag of Worries'

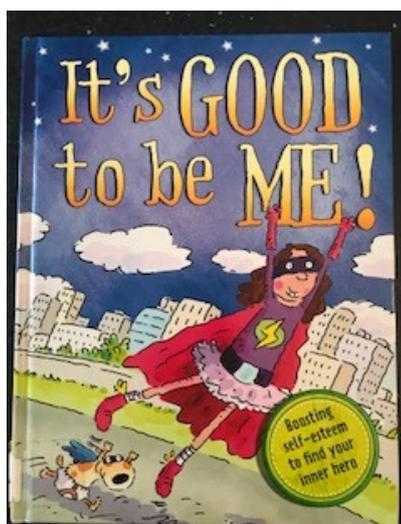
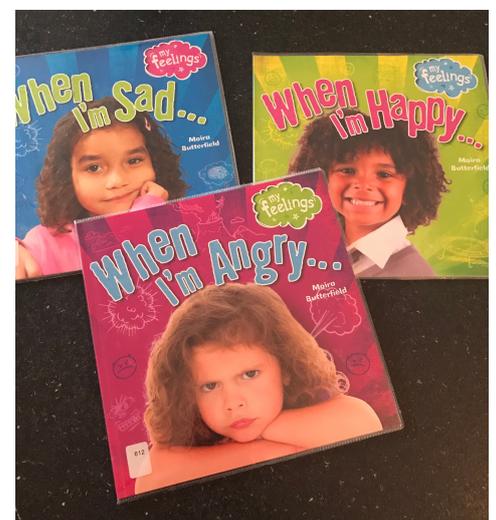
By Virginia Ironside

This book is a very good way to encourage discussion about worries. It encourages children to find someone who will listen.

'My Feelings'

By Moira Butterfield

These books are designed for children to explore feelings in a fun interactive way. There are conversational prompts and activities to try.



'It's Good to be Me'

By Louise Spilsbury

This is about making pupils feel good about who they are. Teaching them how to be confident and boost self esteem.

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INTERNET RESOURCES

Anxiety Uk

www.anxietyuk.co.uk

A range of resources for young people, parents and schools.

Young Minds UK

www.youngminds.org.uk

A range of resources for young people, parents and schools.

Anna Freud

www.annafreud.org/

The Schools in Mind section of their website has a range of power points, printable worksheets and activity ideas for teachers to use in groups or 1 to 1 work.

PSHE Association

www.pshe-association.org.uk

A range of resources and guidance for teachers when teaching emotional wellbeing.

Kooth.com

www.kooth.com

Is an online counselling service for young people aged 11-19 in Cumbria. It is a safe place to go and explore a variety of emotional health issues, with self help tools, leaflets and articles written by young people and professionals

PH 5-19 Service

www.pshe-association.org.uk

A range of resources and guidance for teachers when teaching emotional wellbeing.