



**I Am Feeling...  
Worried**



# How Are You Feeling?

We have lots of different feelings every day. Sometimes the feelings feel good and sometimes they feel bad.

When you get a feeling, try to name it and then decide what you can do with that feeling.



# Feeling Worried

When you are feeling worried, you are often thinking unhelpful thoughts about something that might happen.

Feeling worried is not a nice feeling, but we all feel worried sometimes.

It's a feeling that might make you feel like you have a knot in your tummy.



# Feeling Worried

You might feel worried when...

you are  
going to do  
something  
new

lots of people  
are watching  
you (e.g.  
Sports Day)

you need to  
do something  
on your own

somebody  
new is  
looking  
after you



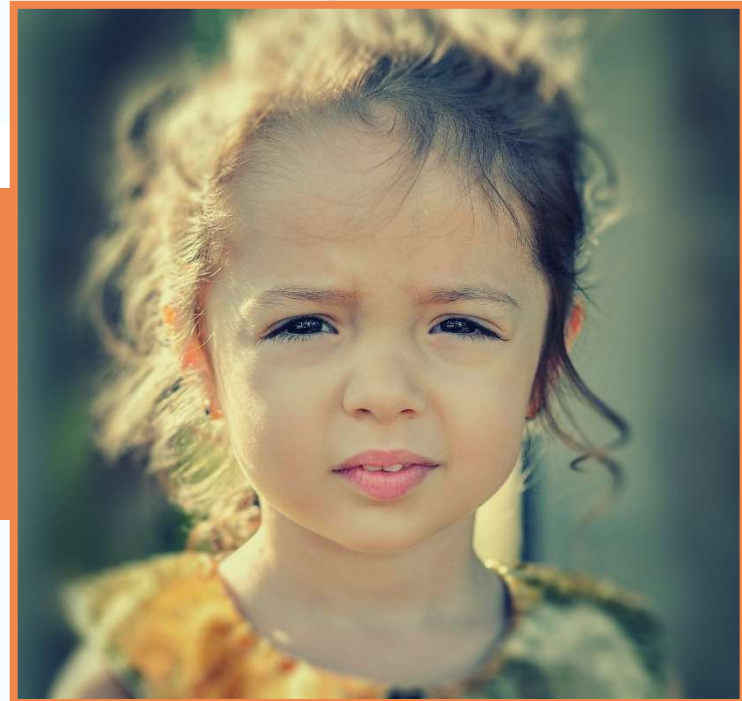
What makes you feel worried?



# Feeling Worried

This child is feeling worried.

What do you notice about her face?



# What Can You Do?

There are lots of things you can do if you are feeling worried.

Use your words and say why you are worried.

Take three deep breaths.

Picture your worry in a bubble and blow it away.

Tell yourself nice things.

Have some quiet time.



# Time to Pair and Share

Turn to someone sitting near you.

Think about what makes you worried, then tell your friend.

Start with 'I feel worried when...'

I feel worried  
when...



# Let's listen to the story 'Ruby's Worry'.

<https://www.youtube.com/watch?v=VCyiiHI2SJU>

- How did Ruby get rid of her worry in the end?
- What do you think she learnt about worry?
- Has there ever been a time where anything like this has ever happened to them or to someone else you know?
- What do you do when you're worried?



