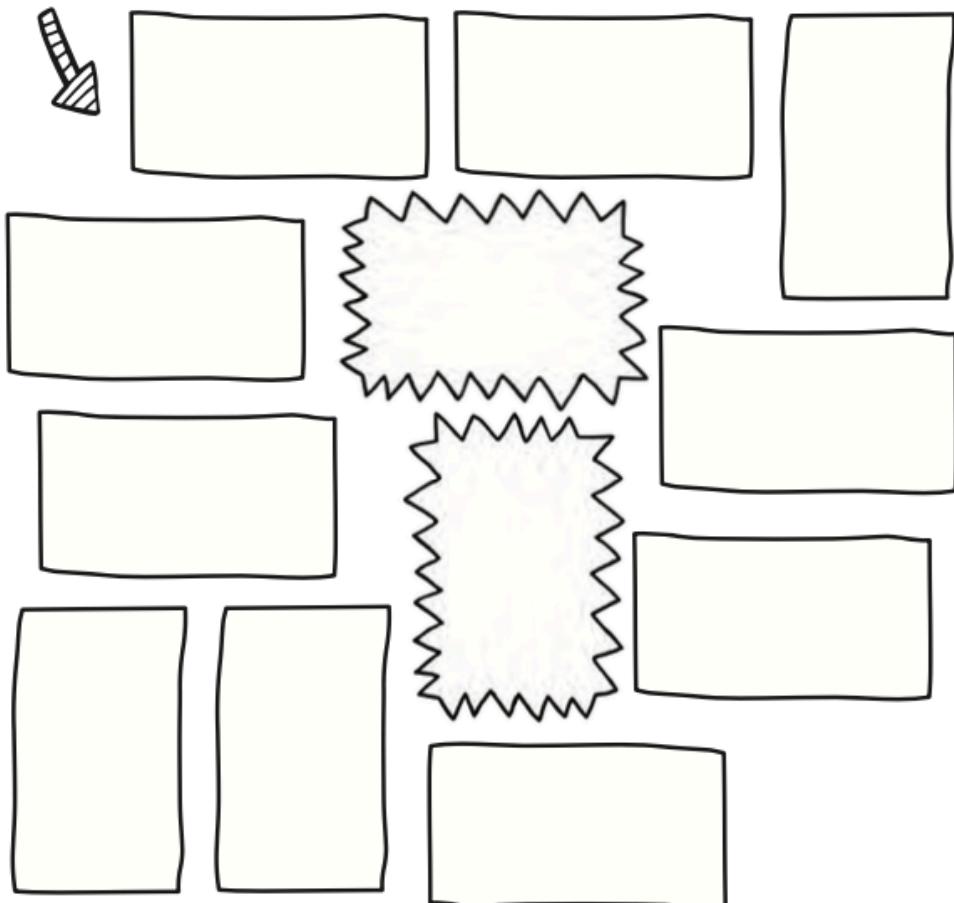


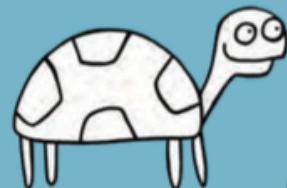
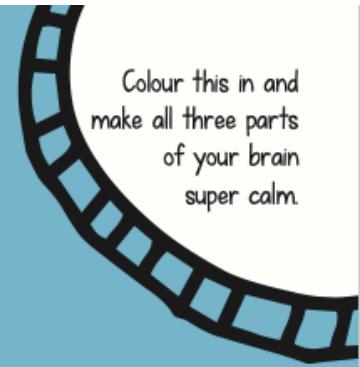
## ALL OF ME

Even if it doesn't always feel like it,  
your fears are just a small part of you.  
You are SO much bigger than your fears.

Put one or two of your biggest fears in the middle, then fill the rest of the shapes with all the things you enjoy doing, the people you love and who love you, the things you're good at, great memories you have, things you've achieved, nice things people have said about you and anything else you can think of.



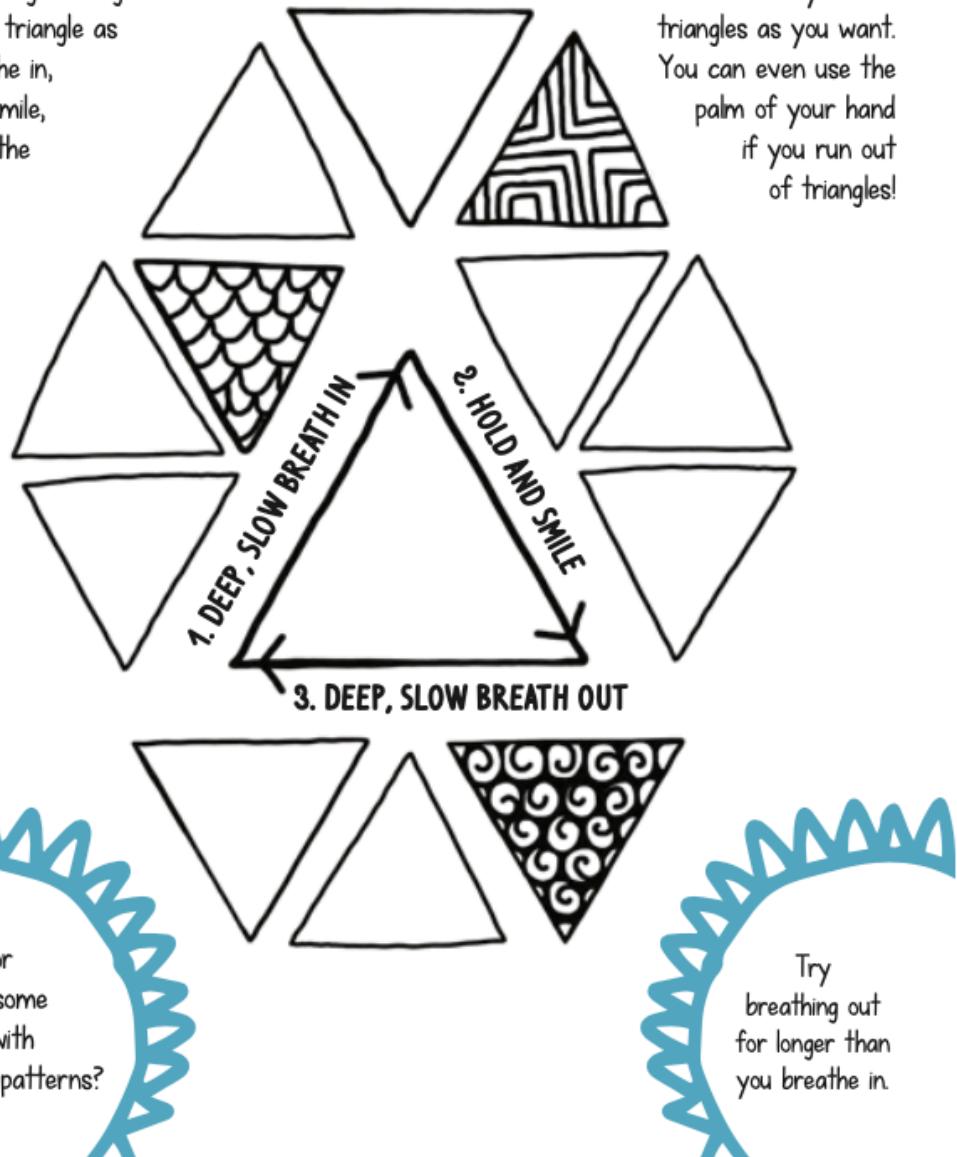
## I AM BIGGER THAN MY FEARS



Whenever you feel afraid, come back to this picture to help yourself feel braver.

# ZEN TRIANGLES

Run your finger along the sides of a triangle as you breathe in, hold and smile, then breathe out.



# AWESOME ME-BRAIN

Your me-brain is awesome! Your skills, interests and talents come from your me-brain.

Add the things your me-brain can do or knows to this page. Ask others for ideas if you get stuck.



Dear me-brain,  
Thank you for everything.  
You're awesome!  
Love,  
the rest of me X

CAN YOUR ME-BRAIN DO ANY OF THESE THINGS?

Read, write, dance, sing, remember, play sport, challenge yourself, knit, perform times tables, speak French, play chess, skip.

# BIG POND, LITTLE FISH

Who belongs in your safe and sunny pond?

Turn your loved ones into underwater creatures and get splashing about together.



Make sure you include everyone who supports you and helps you, even pets and favourite soft toys.

COLOUR THIS IN HOWEVER YOU WANT TO.



# WORRY TIME

SET A TIME TO  
DO THIS FOR  
10 MINUTES  
EVERY DAY  
FOR 10 DAYS.

Ask an adult at home to do this activity with you. If there's more than one adult, they could take turns.



During these 10 minutes, speak about your worries and fears and nothing else.

The adult should listen lovingly and won't try to fix anything during this time (they can help you with it later).

If you run out of worries, just sit together chatting until the time is up.

After 10 minutes do 10 slow, deep breaths together while holding hands and looking directly into each other's eyes (you might giggle!).

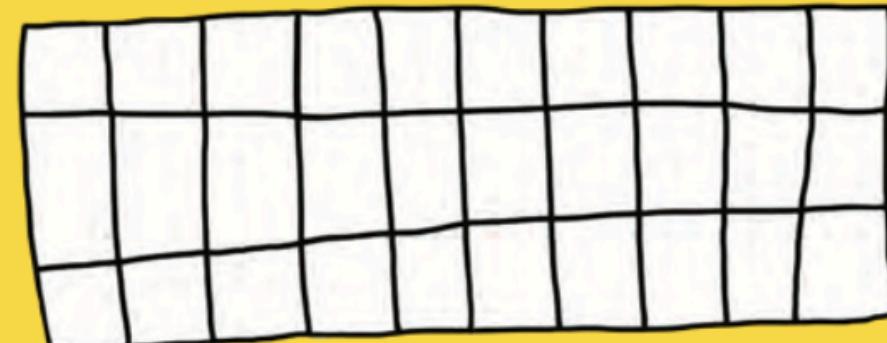
Then have a 10-second hug.

10 minutes

10 deep breaths

10-second hug

Record your worry time on this grid with a tick.



Here are some good ways to listen lovingly. Which ones would you like your adult to use?



It's OK to be afraid

I hear you

I can support you to BE BRAVE!

It doesn't feel fair

I will help you work it out

I want to be here for you

I'm here for you

This feeling will pass

It's really hard for you right now

You've got what it takes

I'm listening

I can see why that is scary for you

Tell me more about it

I'll stay close so we can sort that together when you're ready

# IN THE NEWS

News stories about things that happen in the world often make people feel sad, anxious or confused. It's OK to have these feelings - you won't be the only one. Here's what to remember:

It's called NEWS because it's rare.  
These terrible things are on the news because they do not happen very often.



**YOU ARE SAFE**  
Look around you right now.  
You're safe.  
Ask for a hug or a chat.

**SHARE YOUR WORRIES**  
Talk about it with an adult you trust at home or school and share what's troubling you.

**IT'S OK**  
Being sad, worried or angry about it is OK and normal. Adults get sad and confused about these things, too.

**IT'S NOT THE WHOLE STORY**  
THE WORLD IS A GREAT PLACE AND SO MANY WONDERFUL THINGS HAPPEN EVERY DAY. LOOK FOR THE KIND PEOPLE WHO DO GENEROUS AND THOUGHTFUL ACTS TO HELP OTHERS.



**DO SOMETHING FUN**  
Watch your favourite film, take a dog for a walk, play football with your friends, read some of your favourite books or do some pages of this book!

## LOTTO

Thinking about other people gives you less time to think about your own fears. Cross each act of kindness off this lotto game as you complete them. When you've filled in the whole page, do something nice for yourself.

WRITE A NOTE TO SOMEONE YOU CARE ABOUT	THANK AN ADULT FOR SOMETHING AT HOME	HELP SOMEONE BEFORE THEY ASK	CLEAR UP AFTER YOURSELF
LET SOMEONE GO BEFORE YOU	PUSH SOMEONE'S CHAIR IN IF THEY FORGET	THANK AN ADULT FOR SOMETHING AT SCHOOL	HOLD A DOOR OPEN FOR SOMEONE
INVITE SOMEONE NEW TO PLAY AT BREAK	GIVE A COMPLIMENT	SAY HELLO TO SOMEONE NEW	THANK A FRIEND FOR SOMETHING
MAKE A CARD FOR YOUR FAVOURITE PERSON	GIVE ANOTHER COMPLIMENT	HELP SOMEONE WHO HAS DROPPED SOMETHING	CLEAR UP AFTER SOMEONE ELSE, EVEN THOUGH IT'S NOT YOUR MESS