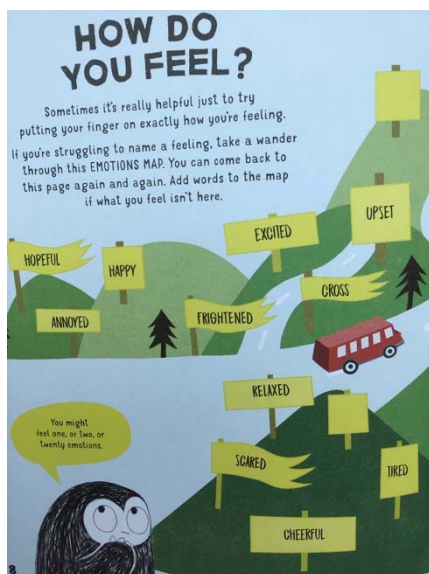
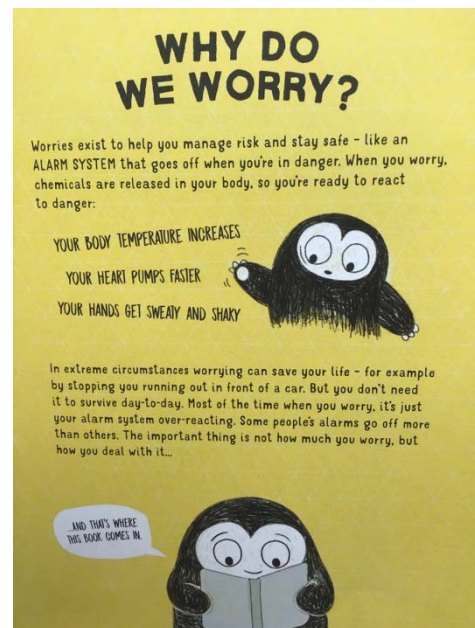
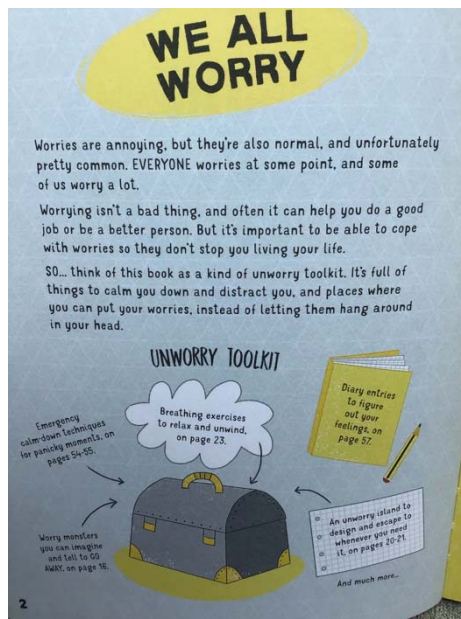
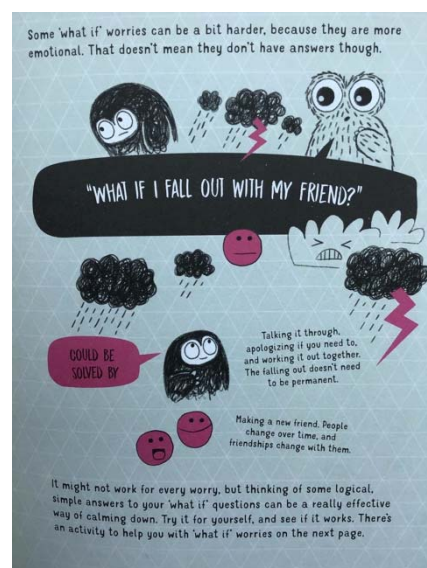
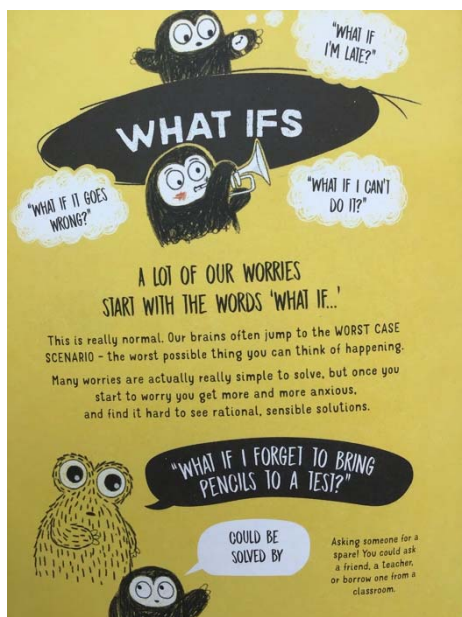
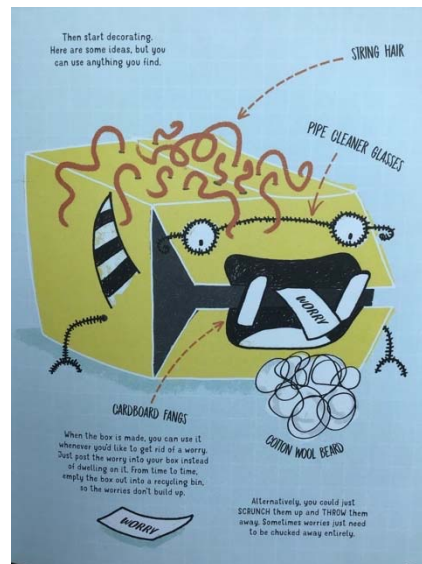
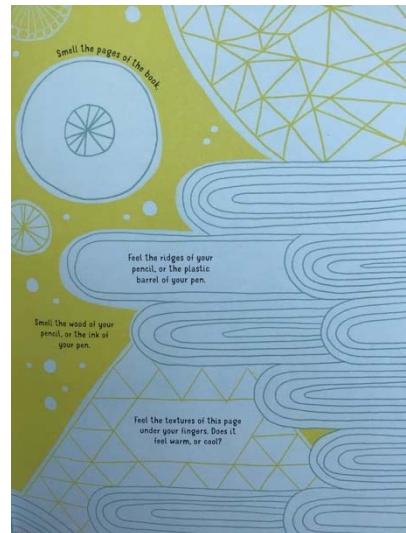
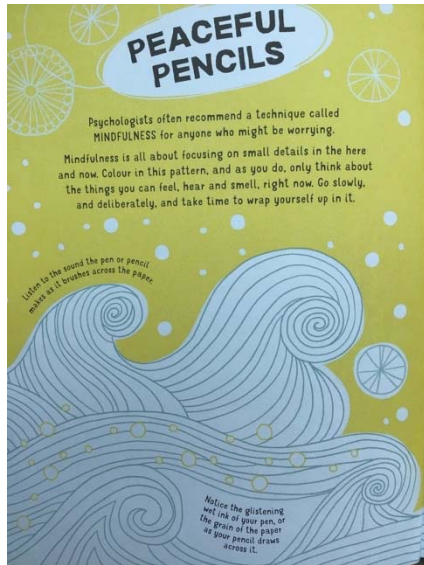


## The unworry book

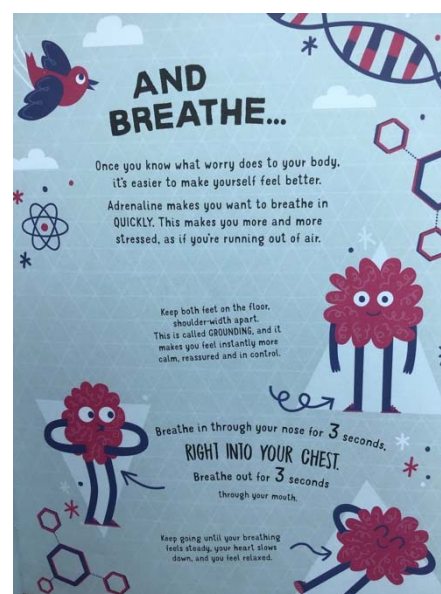
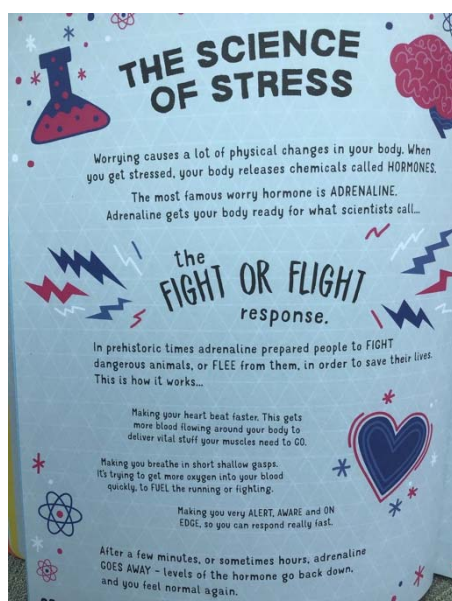
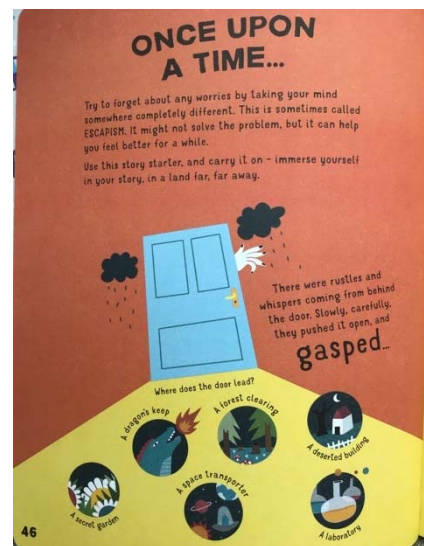
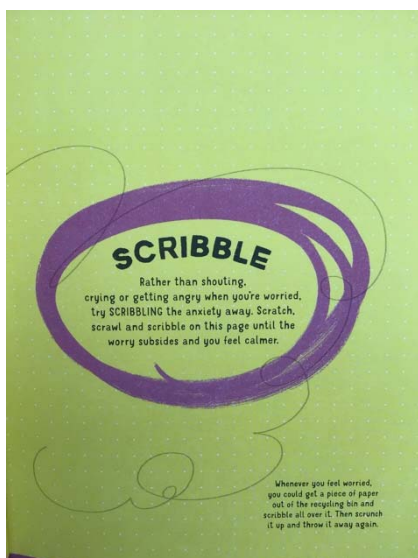
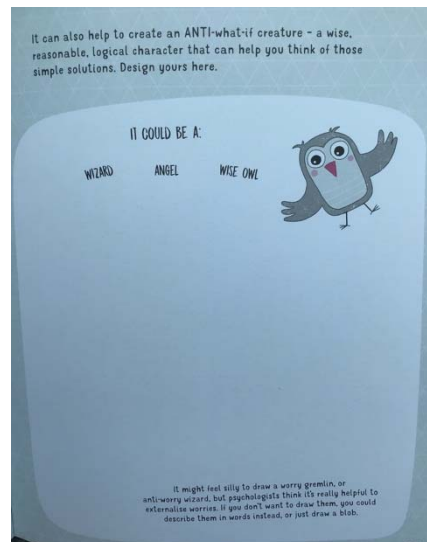
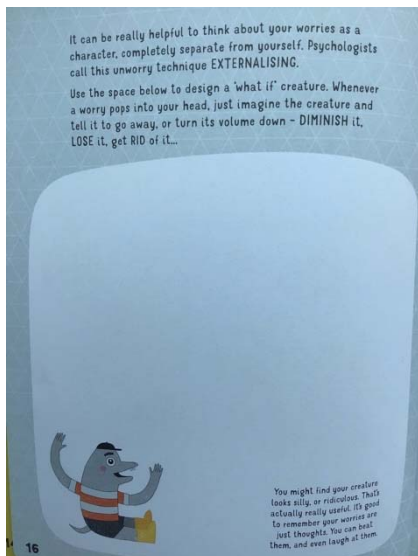
By Alice James

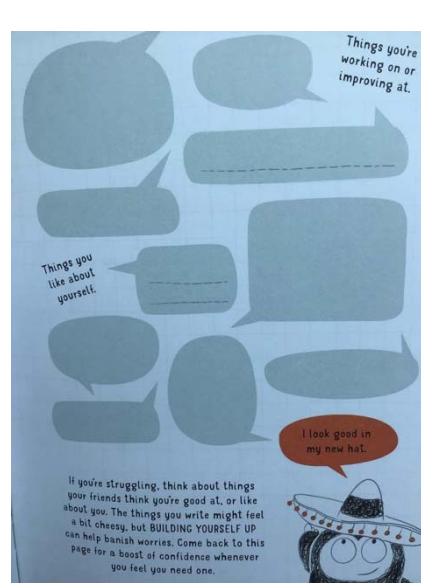
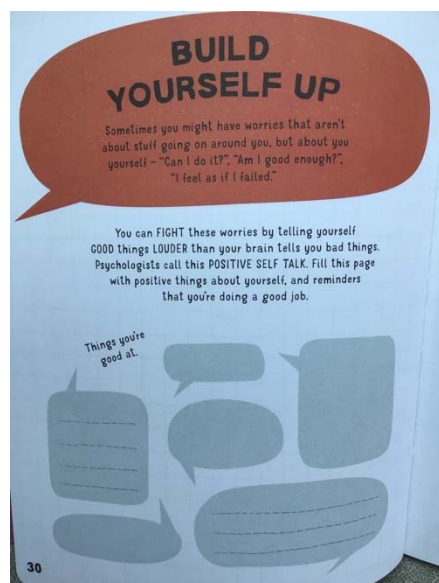
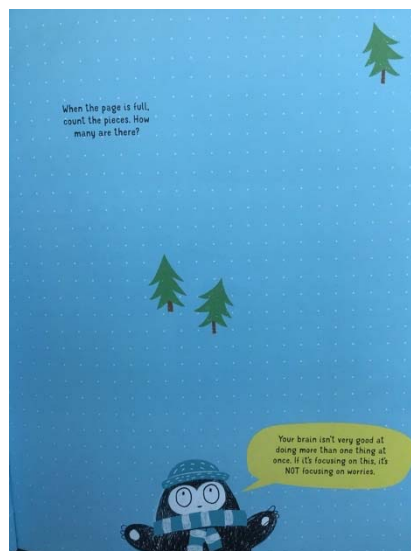
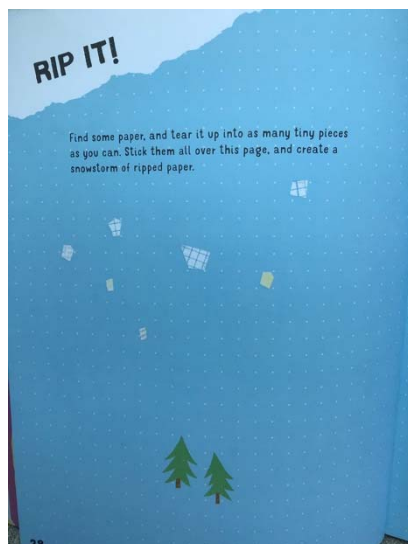
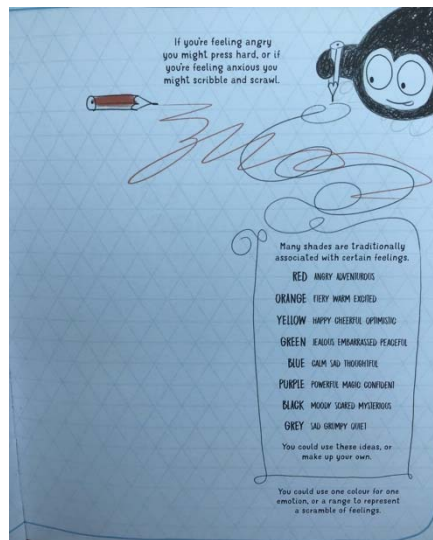
We all worry. This book is full of ways to get worries out of your head and onto paper, with things to doodle, draw, scribble and scrunch.

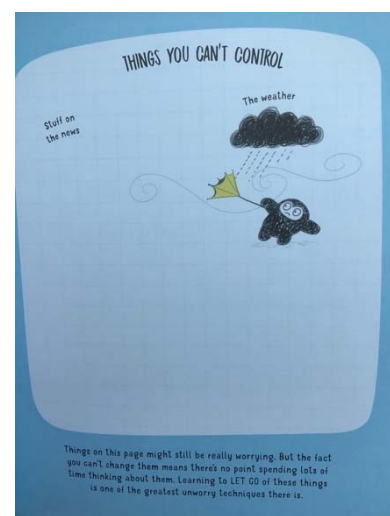
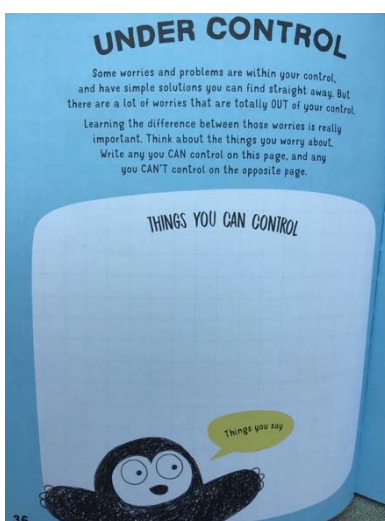
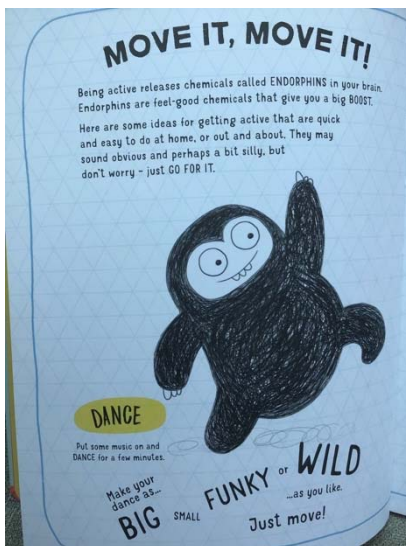
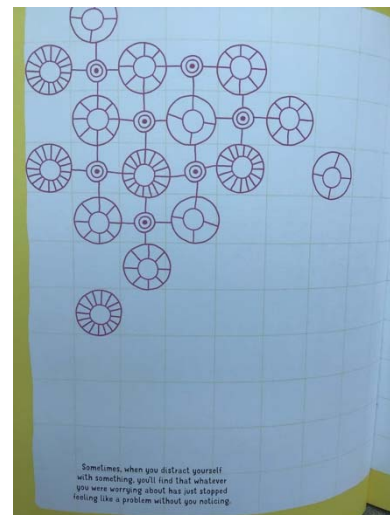
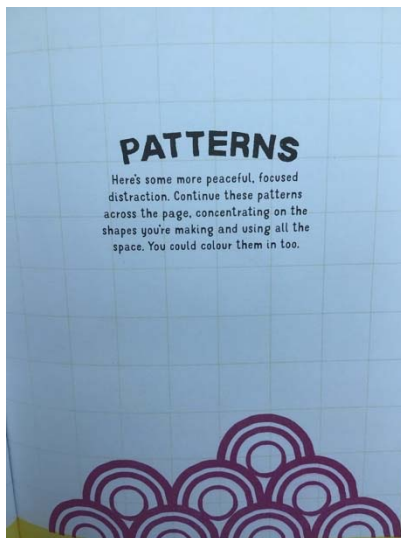














## LIMERICKS

Keep your brain busy and make yourself chuckle by writing some humorous poems called LIMERICKS. Limericks work like this:

The first, second and fifth lines rhyme, and each of these lines has 8 or 9 syllables.

- 1 An elderly fellow called Keith
- 2 Had mislaid his set of false teeth.
- 3 They'd been left on a chair,
- 4 He forgot they were there,
- 5 Sat down - and was bitten beneath.


The third and fourth lines are shorter, and have their own rhyme.

Each of these lines has 5 or 6 syllables.

Limericks are often silly and funny.


Try finishing off these limericks. Use a pencil so you can change it if you want to.

There was a young man made of tin,




40

There once was an alien called Zars.



An old penguin was skating on ice.



Try a whole limerick with your own first line:

41


## CALM

Calm. Four letters, one little word, but a big, brilliant feeling.

Write it out really small

Now really BIG

In your swirliest, fanciest writing



Upside down

Backwards

Press as lightly as you can

Try writing it with the hand you don't normally use

Write it in a Thick chunky outline

Fill the letters in soothings strokes



## THE SCIENCE OF BEING NEGATIVE


Annoyingly, humans are built to notice and focus on NEGATIVES more than POSITIVES. Negative things like dangers, illnesses and bad weather could affect the survival of prehistoric people, so it was important to spot them and think about them. But our brains still do this today.

Scientists have a fancy term for this:

### NEGATIVITY BIAS

When something bad happens, your brain BUZZES with more ELECTRICITY than it does for good stuff.

That means you are hard-wired to process negative things. This is one of the reasons people worry so much.




44

## ON THE POSITIVE

The good news is you can do something about your brain's inbuilt negativity bias by thinking really hard about POSITIVE THINGS.

Think about things you're REALLY LOOKING FORWARD TO and write them here.

It could be a trip, lunch, a TV show, seeing a friend - anything you're EXCITED about.




## MOOD GRID

Pick colours for each of the moods below. Then colour in the first box in the grid on the right, depending on how you're feeling. Come back to this page once a day, filling in one more box each time.

This is about looking inside and seeing how you are - recognizing emotions, and LETTING YOURSELF feel them.

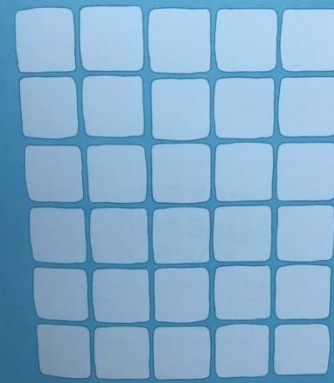
You could use the shades suggested on page 27, or choose the colours these emotions feel like to YOU.



If some of these aren't emotions you feel very much, cross them out and write new ones. For example you might change "sad" to "confused", or "grumpy".

50

Most days you'll probably feel more than one thing, but colour in the mood you feel the **MOST** that day.


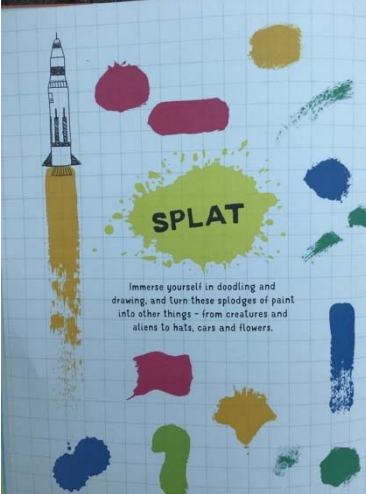


If you use "not sure" a lot, have a look at the emotions map on page 8-9 to see if any of those words help you put your finger on what you feel.

51

## TAKE A LINE FOR A WALK

Take a few minutes to distract your brain from any worried wanders that it might be going on. Follow this line, and continue it **ALL OVER** the page. Try to make sure the pencil doesn't leave the paper.

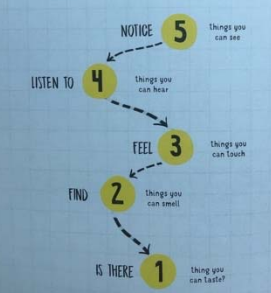



Immerse yourself in doodling and drawing, and turn these splodges of paint into other things - from creatures and aliens to hats, cars and flowers.

66

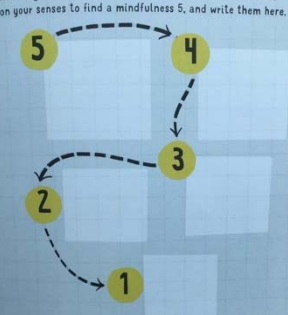
## IF YOU'RE IN A PANIC...

Sometimes, when worries build up a lot, you can start to panic. Your heart beats quickly, you feel breathless and shaky, and you get a heavy feeling in your chest. If this happens, try this, the **MINDFULNESS 5**.



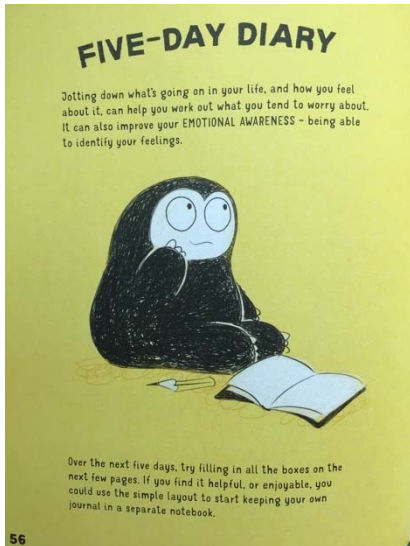
54

Have a go wherever you are now to see how it works. Focus on your senses to find a mindfulness 5, and write them here.



This is a useful tool to remember in really panicky moments. It will help to ground you, and reduce your anxiety. By the time you've found the things, you might even have forgotten what you were worrying about.

55



M

**DAY 1**

In here you could draw a face of how you felt, or add a number from 1-10.

Date	Weather	Overall mood
Day		

What happened today

Good stuff

Not so good stuff

Any worries on your mind

**DAY 2**

Date	Weather	Overall mood
Day		

What happened today

Good stuff

Not so good stuff

Any worries on your mind

**DAY 3**

Date	Weather	Overall mood
Day		

What happened today

Good stuff

Not so good stuff

Any worries on your mind

**DAY 4**

Date	Weather	Overall mood
Day		

What happened today

Good stuff

Not so good stuff

Any worries on your mind

**DAY 5**

Date	Weather	Overall mood
Day		

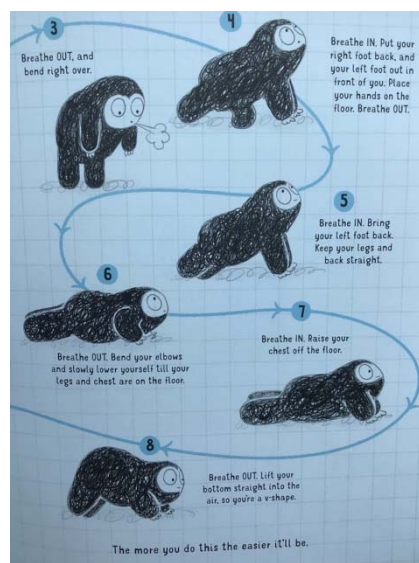
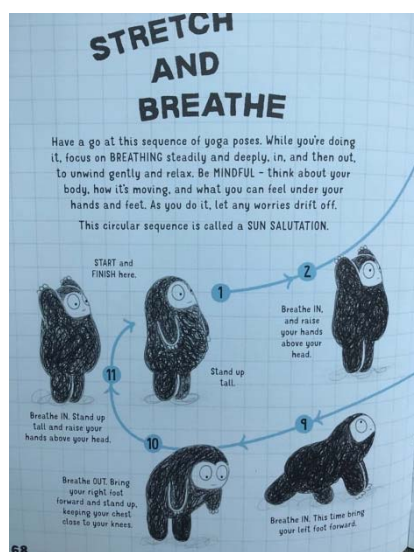
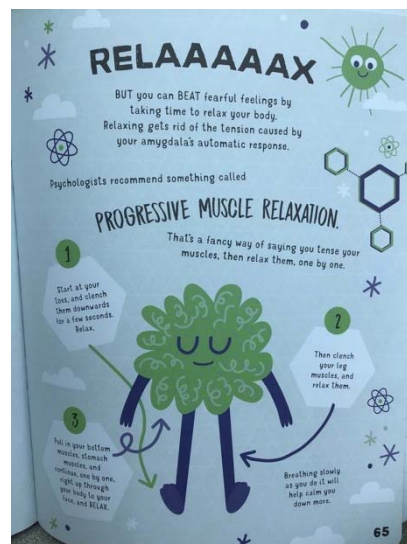
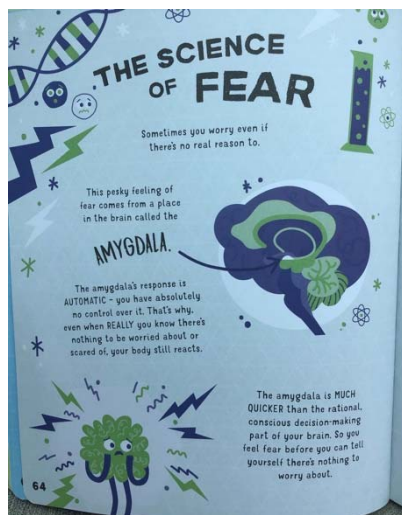
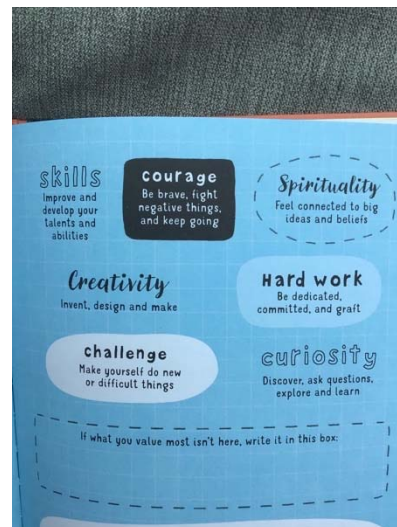
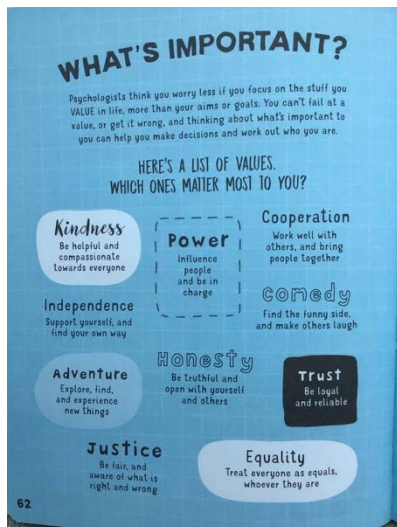
What happened today

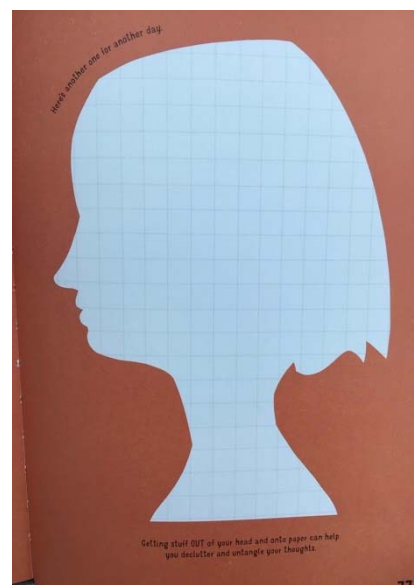
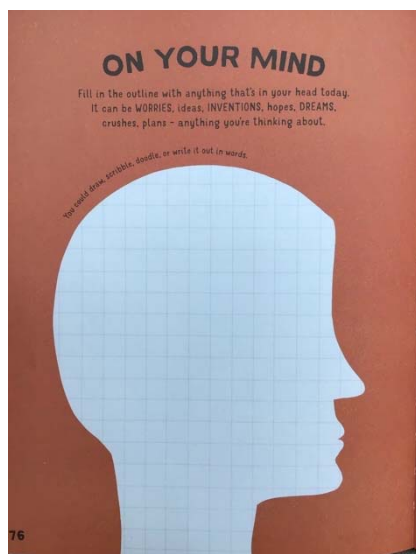
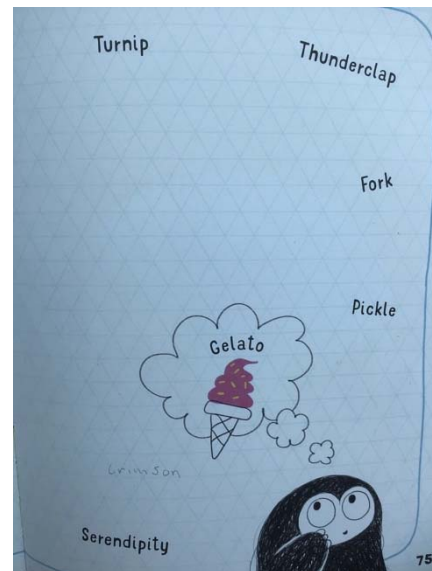
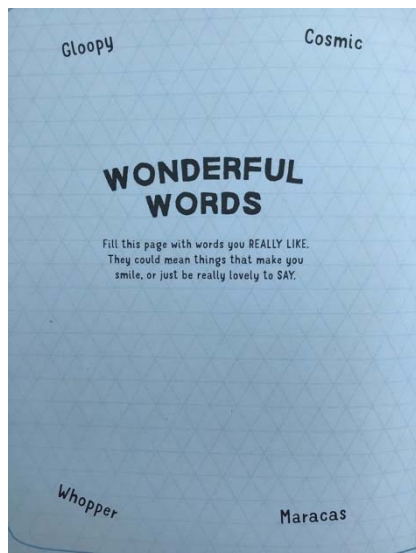
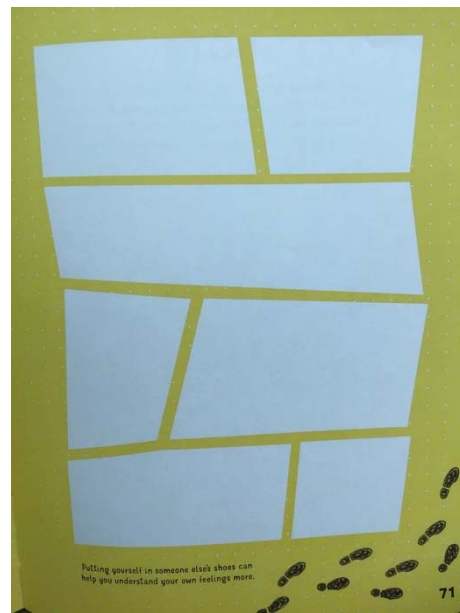
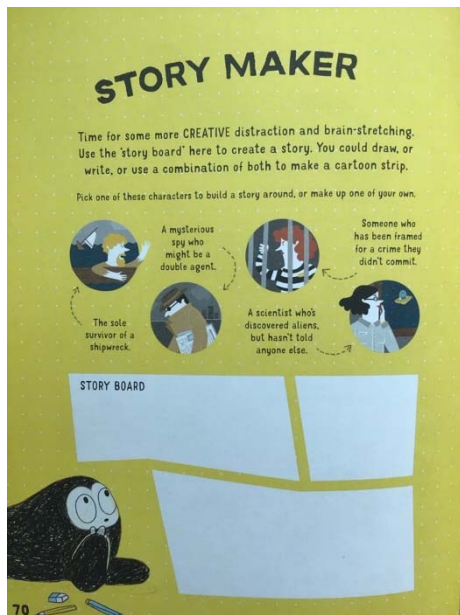
Good stuff

Not so good stuff

Any worries on your mind









## BRAIN PUZZLES

Have a go at all the puzzles on this page.  
Keep your brain focused on these, rather than on worries.  
Crack this code to work out what the message says.

VEVIBGSRMT      RH

TLRMT      GL      YV      LP

78

## WORDSEARCH

Look for all these unworry terms:

calm  
unwind  
Relax  
unworry  
Mindful  
breathe  
Laugh  
Rest

The words might be across, up, down or backwards.

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

How many words can you make using the letters of  
**Relaxation**

Only use each letter as many times as it appears in relaxation. What's the longest word you can make?

80 Alfred no content 442 10112

## BREAK IT DOWN

It's often easier to write a worry down than to find the words to say it to someone out loud. Pop your worries onto these sticky notes in **SHORT CHUNKS** - they'll be easier to **DIGEST** than long, wordy, tangled thoughts.

## DOODLE

Scribble freely with a pencil or pen, then doodle and draw to turn the scribble into something else, like this creature.

## FIDDLE STAR

When you get worried, and adrenaline builds up in your body, you often feel fidgety and nervous. But **LETTING YOURSELF** fidget can help you unwind, as it allows adrenaline to leave your body calmly. Follow these instructions to make an origami star, perfect for spinning, fiddling and fidgeting.

**YOU WILL NEED:**  
A piece of paper  
Scissors  
A pen or pencil

- 1 Cut two strips of paper, each about 27cm (10 inches) long, and 5cm (2 inches) wide.
- 2 Strip 1  
Strip 2  
Fold each strip in half, down the middle, then open it up again.
- 3 Fold the top half of each strip to the side, like this, using the crease halfway down as a guide.

84

- 4 Fold the bottom half to the side, in the opposite direction.
- 5 Flip each strip over, so they look like this.
- 6 On both strips, fold the top corner down, forming a triangle.
- 7 Do the same at the bottom, folding the bottom corners up into triangles.
- 8 Fold the top triangles inward.

Turn the page to finish the star.

85



