

# Worry

Common things kids get worried about: not having friends, having to face something new and scary, being made fun of, not being able to get to sleep...



Here is a recipe for worry:

- . Take a small dose of concern about saying a speech in front of the class.
- . Add the fear of being laughed at.
- . Toss in a sprinkle of worst case scenario... "They're all going to mock me!"
- . Mix it around in a big bowl of irrational thoughts "Maybe they don't like me, they think I'm a loser, it won't be interesting to them..."
- . Don't talk to anyone about it and simmer away for hours!

Now, let's write a recipe for calm:

- . Take a small dose of concern about saying a speech in front of the class.
- . Add the reassurance that you've worked on this speech and practiced it.
- . Toss in the fact that people might just find it interesting.
- . Mix it around in a bowl of rational thoughts like "Oh well, even though I don't want to say it, there's probably other kids who feel like me - it will be over soon and then I won't have to think about it for another year!"
- . Then have a chat to an adult or friend that you trust and ask them if you can practice reading your speech to them, with them giving you feedback.

**Fun Fact:** To date, no one has ever died from having to say a speech!

How about you have a go at writing your own recipe for either worry or calm?

Did you know that Pooh Bear's friend Piglet is a bit of a worrier?

*"Supposing a tree fell down, Pooh, when we were underneath it?"*

*"Supposing it didn't," said Pooh after careful thought. Piglet was comforted by this.*

Check out more of Piglet's story in AA Milne's, Winnie the Pooh.

Try playing the 'Might, Might Not' game!

You can find it here on my website: [www.rosestanley.com/activities](http://www.rosestanley.com/activities)