

WORRY TIME

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

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



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.



Record your worry time on this grid with a tick.

10 minutes

10 deep breaths

10-second hug

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

- It's OK to be afraid
- I can support you to BE BRAVE!
- I will help you work it out
- I'm here for you
- It's really hard for you right now
- I'm listening
- Tell me more about it
- I hear you
- It doesn't feel fair
- I want to be here for you
- This feeling will pass
- You've got what it takes
- I can see why that is scary for you
- I'll stay close so we can sort that together when you're ready

