Training resources

Worries

Use art, creativity, craft and visualisation inspired by what is online

Dreamstime

Worries Relaxation Visualisation

FROM: Worthy Beyond Purpose,

For ages 6-8

By Jasmine Carey 7 mins 26 secs

https://youtu.be/AVdv0ho0zHE

In this calming visualisation a rabbit appears with a bag. The child is invited to throw or squeeze their worries into the bag and then throw the bag into a volcano the rabbit leads them to. With relaxation breathing and a soothing voice, this peaceful visualisation may help some young children.

Make a 'worry box' activity

Age 6-8

Using any empty box (shoe box, packaging box or wooden box) decorate it, paint it or stick images on it – these can be drawn or cut from magazines. A child makes their own choices. It can be beautiful or scary.

Use it to put worries into and close the lid firmly – feeling free of the worry for the moment. It can also be used to alert a trusted adult if they check the box regularly.

Read more about ways to use a worry box from Norfolk NHS

More ideas: Search Pinterest for other worry boxes. Find emotions charts online, to name feelings. Always select and bookmark a range of choices yourself, before showing anything online to children.

Illustration Clara Muriel *https://veryspecialtales.com/worry-box/*

A wonderful worry monster from Street Lane Primary School

Offer cardboard from egg crates, bubble wrap, loo rolls, wire scourers, cotton wool and other materials such as paint, glitter, stickers or used gift wrap the child can use.

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