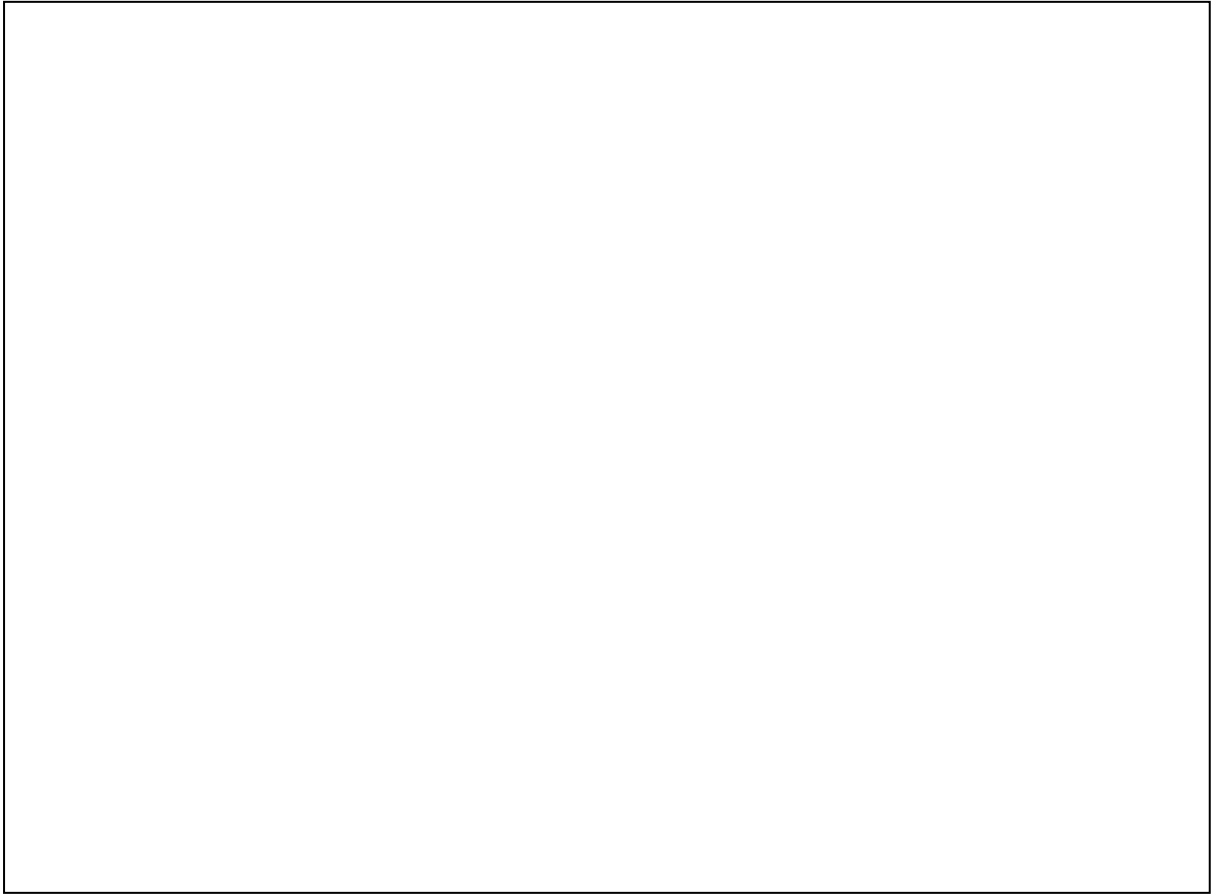


# When My Worry Gets Too Big



This is me when my worry is too big.



I have different talents. This means I am good at some things.

It is good to know what you are good at. Some people are really good at their favourite things.

Some of my favourite things are:

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My most favourite thing is:

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Here is a picture of me with my favourite thing.

When I am thinking about my favourite things I feel so relaxed.

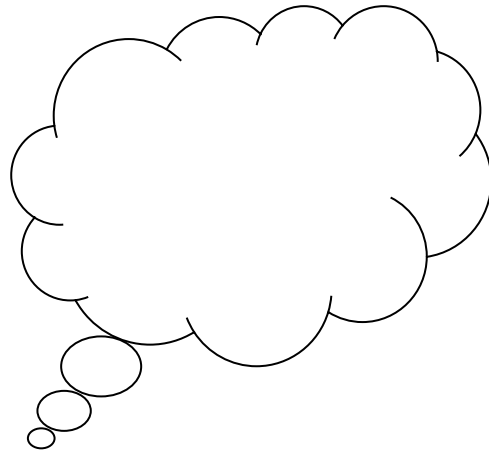
My feeling is Level 1 or Level 2.

# How stressed do I feel ?

I can look at the chart and point or tell someone how I feel. This will help me and other people to know how I am feeling.



When I know what is going to happen or I really like what I am doing, my feeling is a Level 1 or a Level 2,



Sometimes people worry too much, like when they get on the bus and don't know where to sit.

I worry too much when:

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When I worry too much my feeling is at a Level 3 or Level 4.

Some people can get stomach ache when they are at Level 3 or Level 4.

When I am Level 3 or Level 4 I can:

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Sometimes people worry way too much, like when their favourite lesson gets cancelled.

I worry way too much when:

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When I worry way too much my feeling can be at Level **5**.

Some people can shout or hit out when they are at Level **5**.

When I am at Level **5** I can:

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**NOW MY WORRY IS TOO BIG!**

This is when I need to gain control of myself.

This is when I need to get back to Level **1** or Level **2**.



There are many things I could do to help me get back to a Level 1 or Level 2:

I can make sure my feet are flat on the floor.



Then I could squeeze my hands

together and breathe in through my

nose  and out through my mouth



slowly.

Slow in, slow out, slow in, slow out.

Then I could sit down and make sure my feet are still flat on the floor. Now I am feeling a Level 4 or Level 3.

Next I could think about favourite things or other happy things.

When I breathe slowly and think about my happy things for long enough I can get to feeling like a Level 2.

I can congratulate myself for getting to a Level 2.



Now that I am a Level 2 I can tell an adult that I am feeling calmer and relaxed and nearly a Level 1.

I may need a quiet place to calm down. I can use my Break Card to leave a room or situation.

My quiet place is:

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Going for a walk or a run on the playground may calm me down. I can use my Break card to ask for this.

I could play with a ball to help me get back down to a Level 3 then Level 2 then Level 1.

I could squeeze a beanbag or Blu Tac to help me feel calmer.

I DON'T LIKE FEELING LIKE A Level 5!

I NEED TO GET BACK TO A Level 4 OR  
Level 3 OR Level 2 OR Level 1.

Here are my ideas....

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This is how I will try to help myself  
count down from Level 5 then Level 4  
through Level 3, Level 2 and Level 1.

Everyone will be really pleased that I can  
control my feelings.

