

# TAME YOUR WORRY BRAIN

Dear Adults,

Have you got a child who worries; a child who has tummy aches or headaches when they are due to do something that they find difficult; a child who avoids certain situations because they worry too much about them; or a child who occasionally feels overwhelmed and needs help to cope?

This tool was created to help your child understand what happens to them when they feel worried. It is also meant to empower children with tools to help themselves when they worry and feel overwhelmed.

Most primary aged children struggle to do this by themselves – they need you to help them.

To do that please:

Read each instalment of the programme to them or encourage them to:

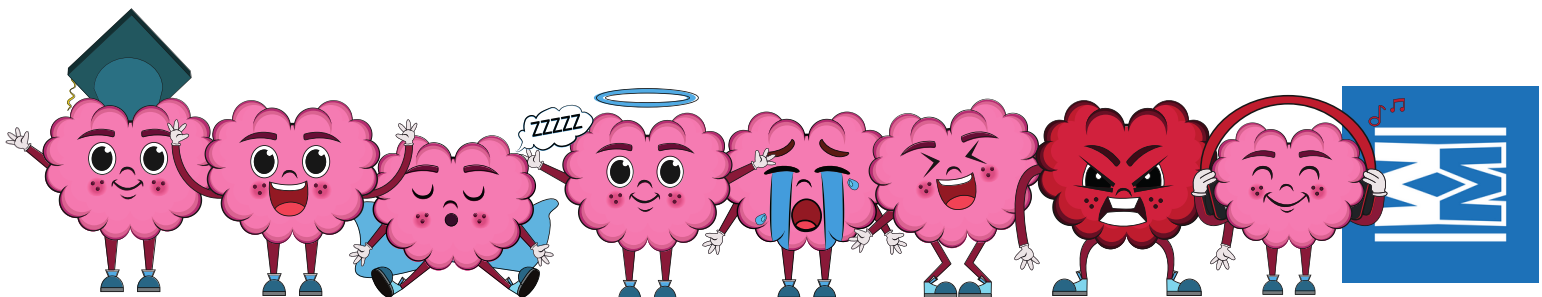
- Read it to you (there will be 6 instalments so brace yourselves)
- Help them with activities;
- Regularly draw attention to new things learned; and,
- Share your thoughts/drawings/progress/feedback with us via email

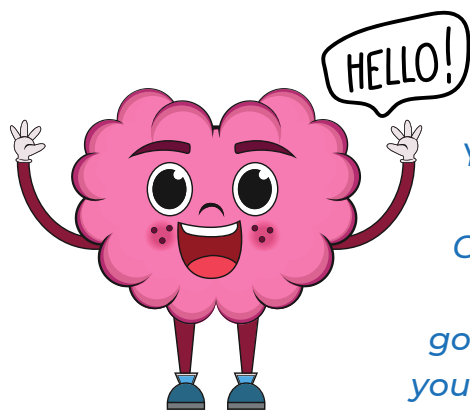
[marijana@move-more.org](mailto:marijana@move-more.org) or via our social media [@movemorecio](https://www.instagram.com/movemorecio)

Your children will need different degrees of help with this – adjust language and level of activities to suit your child.

At the end of the process, all families that take part in the programme and share their activities with us will get another free tool to use with their children. And on top of that, one family will get a chance to speak with Marijana Filipovic-Carter, our Family Engagement and Support Lead, and discuss any issues specific to their child.

Got it? Great! We can't wait to hear how you are getting on! Check out this weeks challenge below.



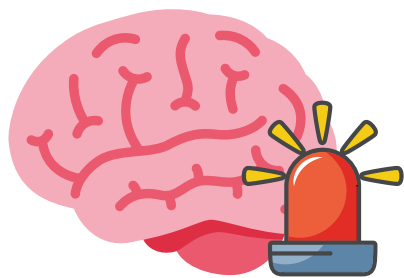


## Worrying is normal!

*You know that feeling you might get in your tummy when you need to do something you are not sure about? Or the headache that you might get when you are about to leave your parents at the school gate or when you say goodnight in the evening? That feeling is called worrying. And you know what – we all have it! Even your parents and teachers!*

We all worry – it is normal! We worry about different things: some of us worry about whether anybody will play with us at lunchtime, whether teachers like us, whether we will be invited to our friend's Birthday party, or whether we'll do well in a test.

Have you ever wondered where worrying comes from? It feels different to all of us – some feel worrying in their tummies, some in their head, some in their legs – but where does worrying come from? Would you be surprised if I told you that it comes from your brain? It is true! And here is how...



Our brains are very complicated and have many different parts. The amygdala "worry brain" sounds like it's unnecessary but is super important because it keeps you safe. For example, when you want to cross the road and you see a car coming down fast, your worry brain tells you that you need to go back to protect yourself. How clever is that?

### prefrontal cortex

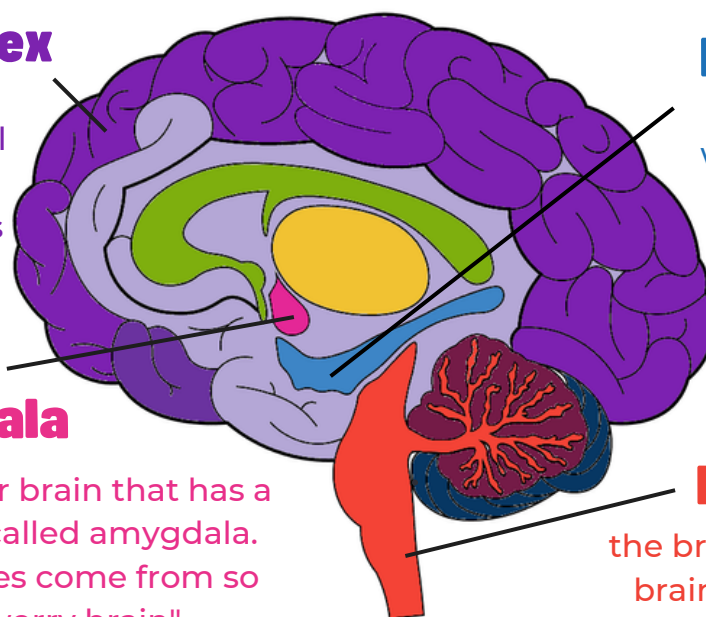
the front part of your brain is called prefrontal cortex – that is your "smart brain" that helps you make the right decisions.

### hippocampus

the hippocampus is where we store all of our memories.

### amygdala

almond shape bit in your brain that has a very fancy name – it is called amygdala. That is where our worries come from so we can call it our "worry brain".



### brain stem

the brain stem is part of the brain that keeps us alive.

So, as you can see, we all worry sometimes as we all have a worry brain. But sometimes, this worrying can cause us problems. The trick is not to try and shut down the worry brain, but to learn how to manage it. And the first step is to get to know your worry brain. To help you with this for now complete the activities on the next page and let us know how you get on.



# Activity Sheet



If your worry brain was a character in a cartoon, what would it look like? Draw it below.  
Give your worry brain a name – what is it going to be? (My daughter calls her Violet!)

A large, empty rectangular area with a thick blue border, intended for drawing a cartoon character of a worry brain.

Your Brain Name:



# OH NO! ZAYNE HAS LOST HIS BRAIN!

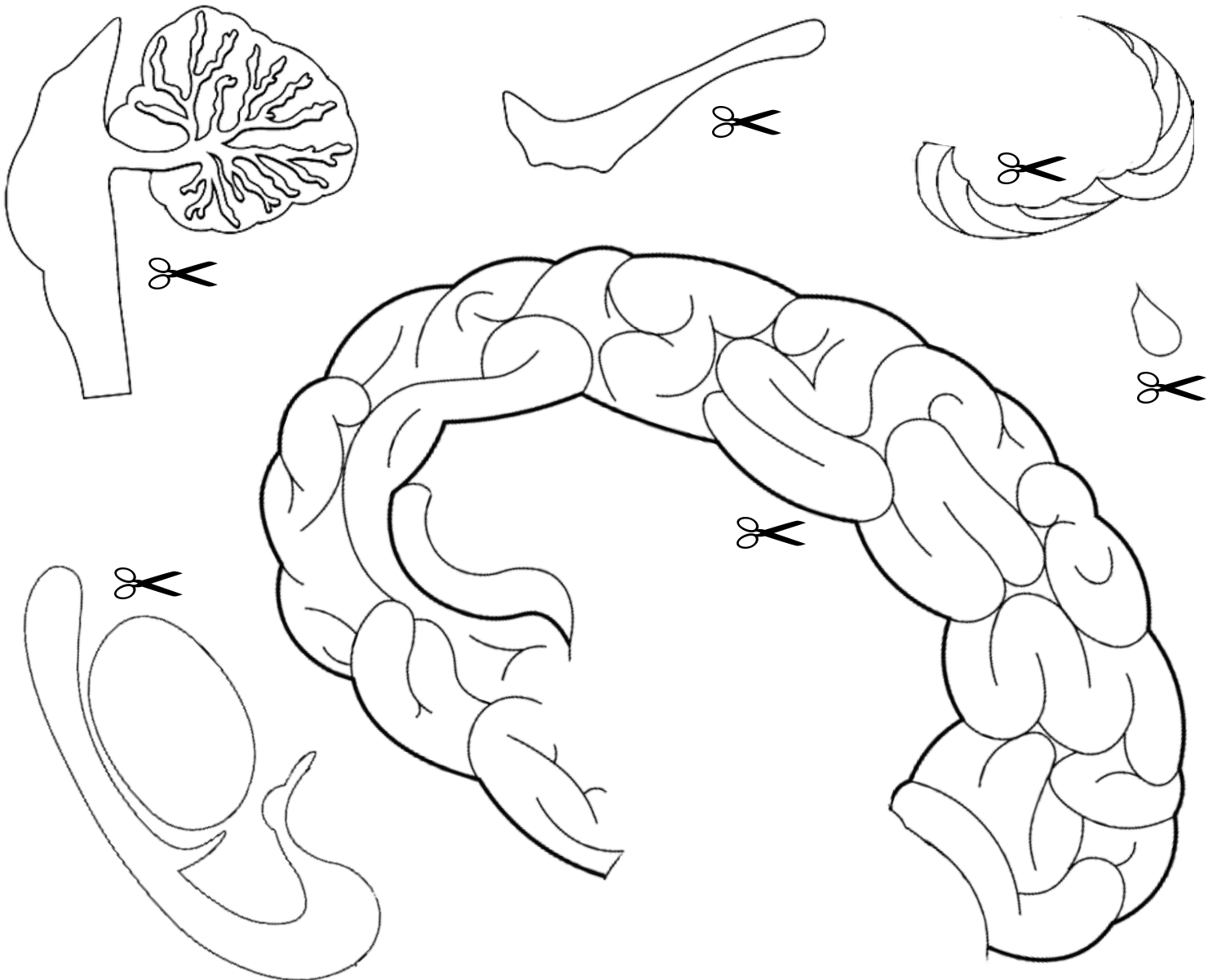


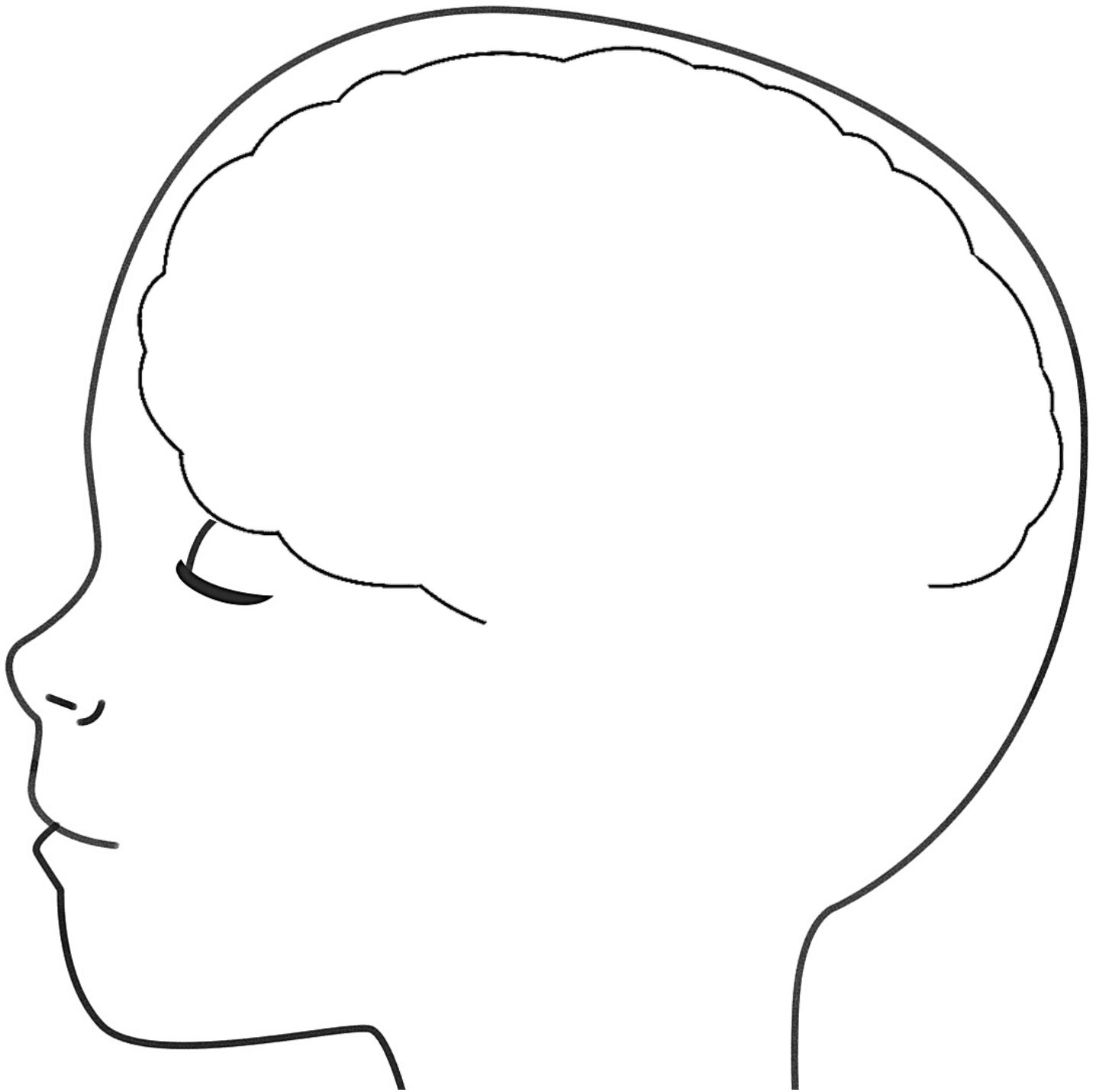
Using the brain pieces below, can you colour them in, cut them out and help stick Zayne's brain back together on the following sheet?

To do this you will need:

- Colouring pencils
- Scissors
- Glue or blue tack

Alternatively, you can try and draw and colour in the areas yourself!





● **prefrontal cortex**      ● **amygdala**      ● **brain stem**      ● **hippocampus**

Great job! You should think about a career in brain surgery! Now can you draw a line to connect the words above to the right area of the brain?

Share your work with us by emailing it to [marijana@move-more.org](mailto:marijana@move-more.org) or share it on social media by tagging [@movemoreCIO](https://twitter.com/movemoreCIO)

## before you go!

How do I know that my worry brain is talking to me? That is a very good question. Keep your eyes peeled for next week's activities to learn "worry brain language"!

