

# TAME YOUR WORRY BRAIN

Tame your worry brain Week 4  
Dedicated Worry Time

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.

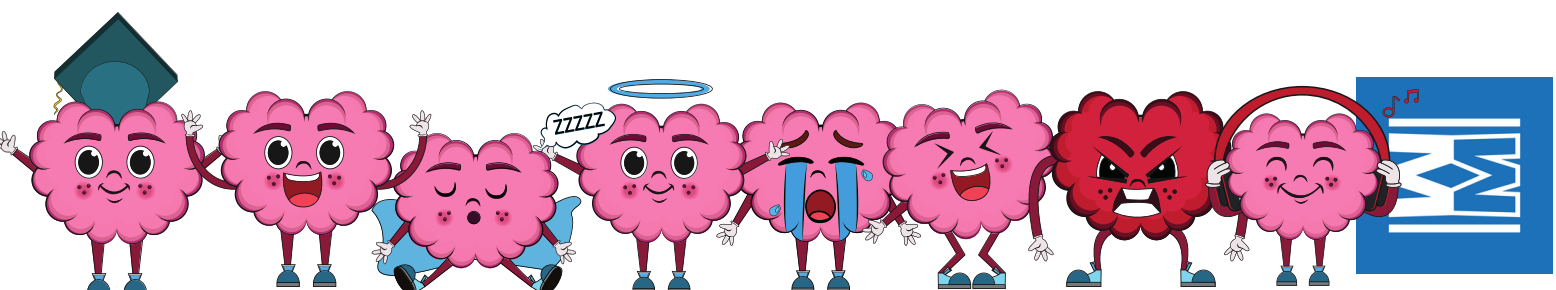
To do that please:

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.facebook.com/movemorecio)

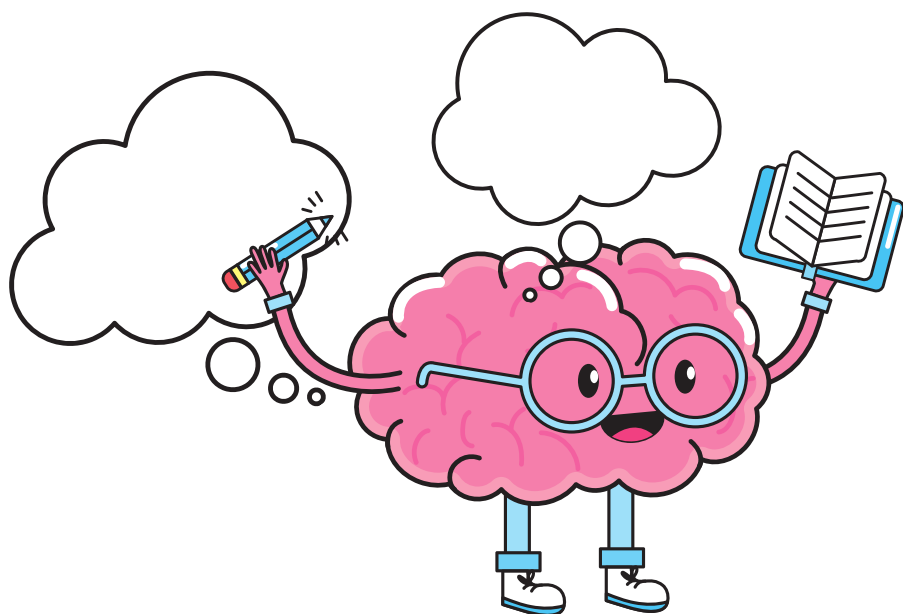
Your children will need different degrees of help with this – adjust language and level of activities to suit your child. At the end of the process, all families that take part in the programme and share their activities with us will get another free tool to use with their children. And on top of that, 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.

Last week I encouraged you to challenge your worry brains. Thank you so much for sharing your worry brain fact-checkers! It looks like you were very resourceful while making them.



# DEDICATED WORRY TIME

Sometimes, worry brain can be so loud that we feel we just must worry there and then. But do we really? Most of the time, the answer is No. You can choose to say “Not now, worry brain” and worry later. This will help you take control of your worry brain and free some time (and energy) to focus on other things. Here is how...



- Set a time that you will use to worry as much as you like! This could be every day or a few times a week or once a week. Choose time of day that works for you (and your adults!) but try to avoid doing it just before bedtime.
- Decide where you will be doing your Dedicated worry time – you can choose to snuggle up in bed, to sit at your desk, on the sofa...Wherever you feel comfortable!
- Note your worries: you can have a pad handy throughout the day and whenever a worry pops into your head you can write it down (or ask your adult to do it) and save it to worry about it later. Or you can do this during the worry time - anything goes!
- Use Worry jars or Worry boxes to store your worries in. Simply pop a piece of paper with your worry on it into a jar or a box, close the lid, have some fun and look at it during your worry time. (Remember to use your calm down tools to help you silence the worry brain enough to allow you to write down your worry)
- Use your dedicated worry time to talk about the worries in your worry jar.
- Let go of your worry: once a worry isn't troubling you anymore, you can scrunch the paper up and put it in a bin! Or shred it. Whatever you do – it feels good to get rid of a worry!



# Worry Brain Activity

Why don't you have a go at making your own Worry jars or Worry boxes?

How will you decorate it? Alternatively, decorate the one below, add your worry brain character from week one or maybe write some of your own worry notes in the jar?

Take a photo and share it with me [marijana@move-more.org](mailto:marijana@move-more.org) and/or on social media by tagging [@movemoreCIO](https://www.instagram.com/movemoreCIO) We look forward to seeing your creations!



## before you go!

Worry brain needs to be challenged or it will think that it is right all the time (and we know that's not true). Wait for next week's activities to learn how to set your own challenges to do something that you are normally worried about.

