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ANXIETY AND WORRIES GROUP PLANNING

1. Notice the worry

2. Ask 'What am I worrying about?'

3. Ask 'Can I do anything about it?'

No → Let the worry go

Yes → Make a plan!

What, When, How?

Now → Do it! → Let the worry go

Later → Decide when? → Let the worry go

Let the worry go → Think about something else

Anxiety action plan

When your smoke alarm goes off what can you do?

breathing (Use your star to calm down)

are you thinking?

evidence is there that this will happen

advise would I give a friend

important will

this happened

Was it ok in th

think about the wor

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situation, then m

What everyone NEEDS to know about anxiety

N Anxiety is **Normal**

Anxiety is our bodies reaction to a perceived danger. Sometimes it can be a real danger and at other times a situation where we feel there is danger. Both are Normal. Anxiety can become a problem if it affects our daily lives.

E Anxiety is an **Emotion**

We feel lots of emotions all the time and anxiety is an emotion or a feeling. Although all emotions are temporary and they come and go, they can be felt in a massive way that can interfere with our everyday life. They can make us feel horrible!

E Anxiety is felt by **Everyone** sometimes

Absolutely everyone feels anxious or worried sometimes.

D The emotion of Anxiety is NOT **dangerous**

When you feel worried or anxious it can feel very uncomfortable in your body. You get lots of physical symptoms but these aren't a normal reaction to the situation.

If you are worried or anxious then help to calm those uncomfortable feelings by using 5 star breathing. Start by breathing in.



Sleepy Mobile

There are several versions of the sleepy mobile.
Coloured version, mindful colouring version and a plain version.

Useful for:

- ❖ Mindfulness and relaxation
- ❖ Cutting skills and concentration

Instructions

Carefully colour in all the decoration using a range of colours or use patterns to decorate the plain version.

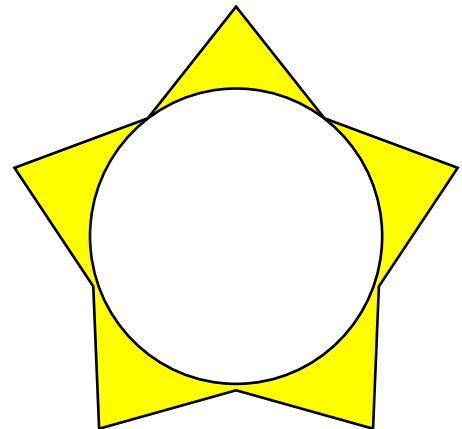
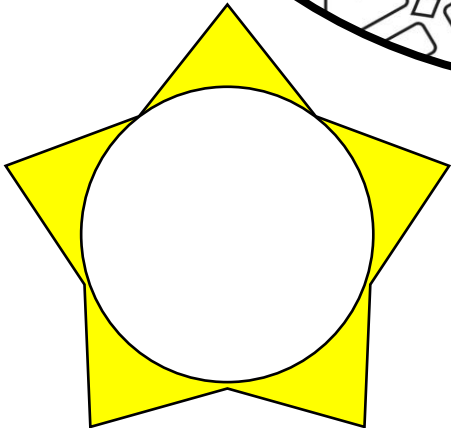
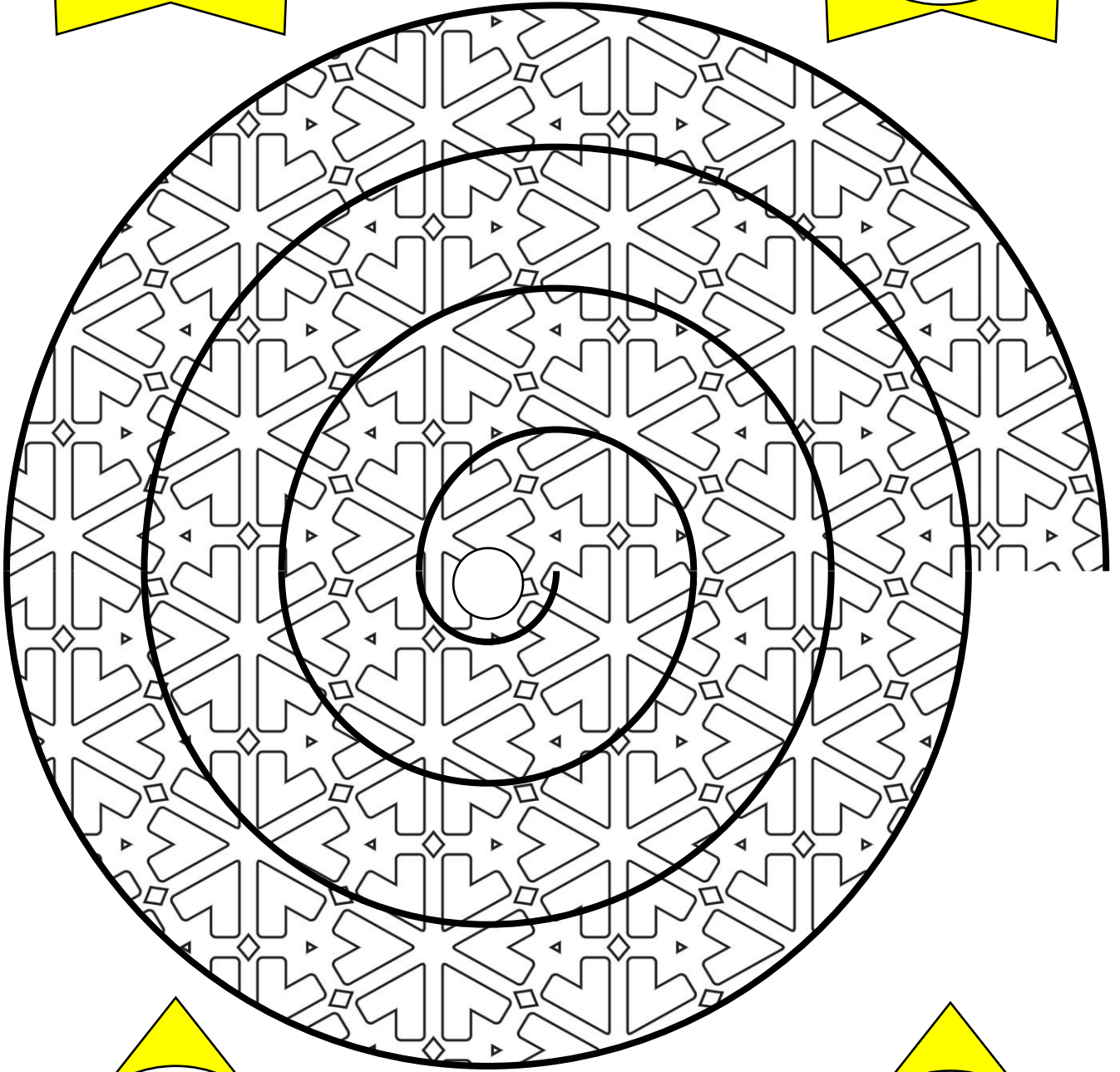
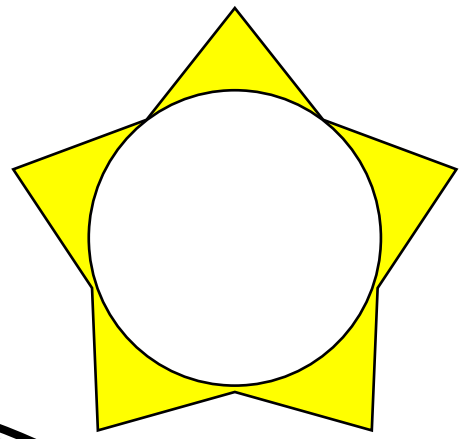
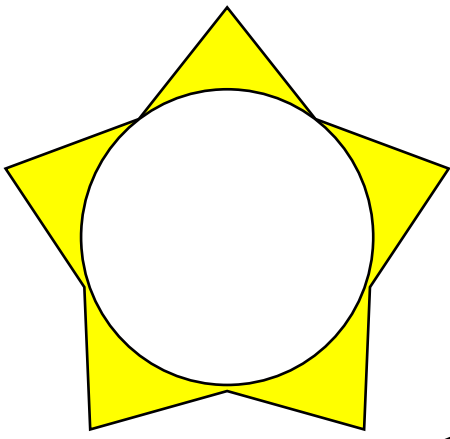
Cut out along the thick black line. Glue the stars to the mobile either straight to it or you could cut out some thin strips to attach the stars to the mobile.

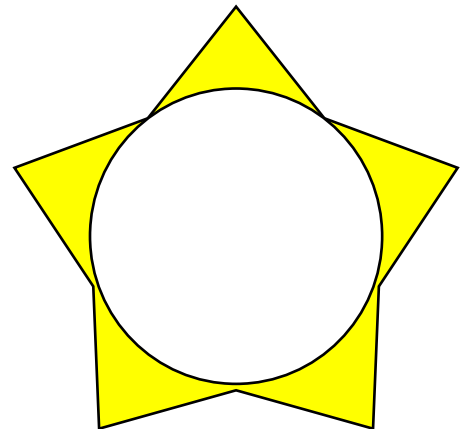
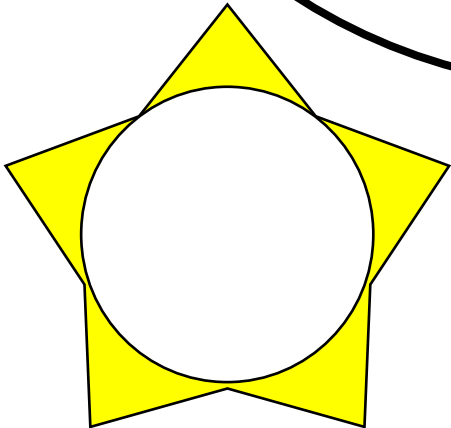
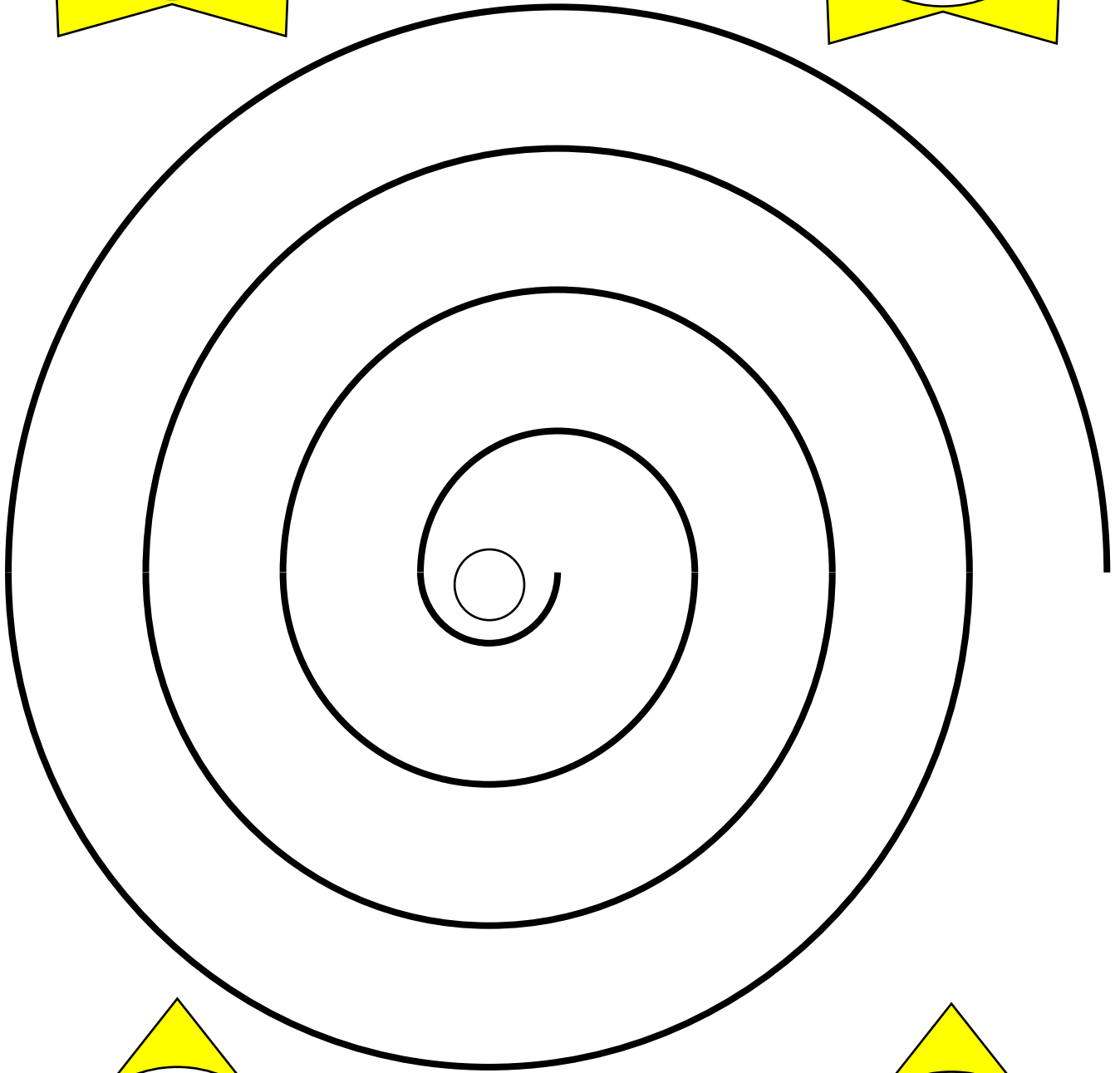
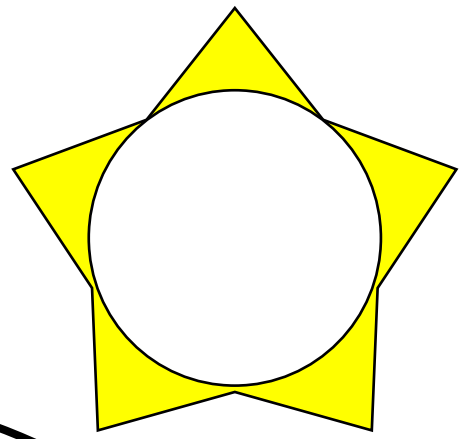
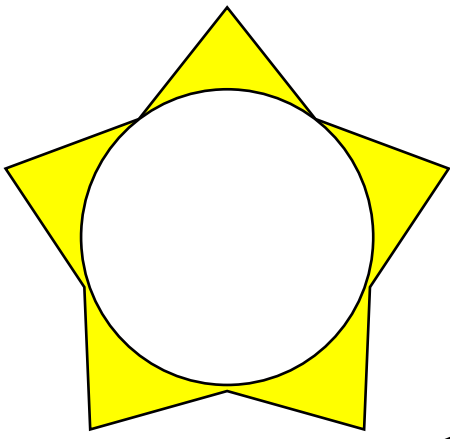
Hang your decoration in your room and read the sleepy words before bedtime.

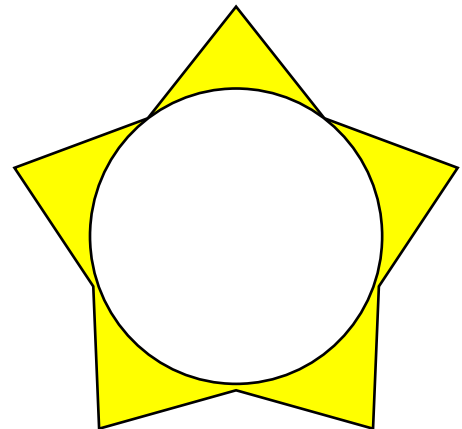
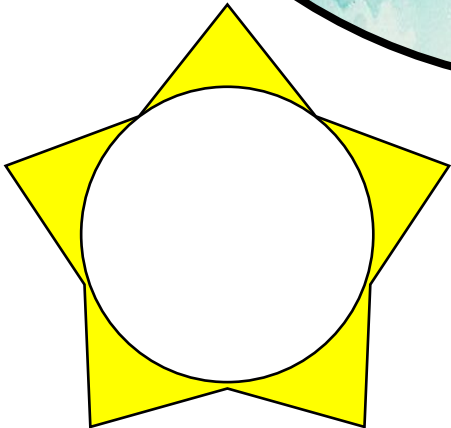
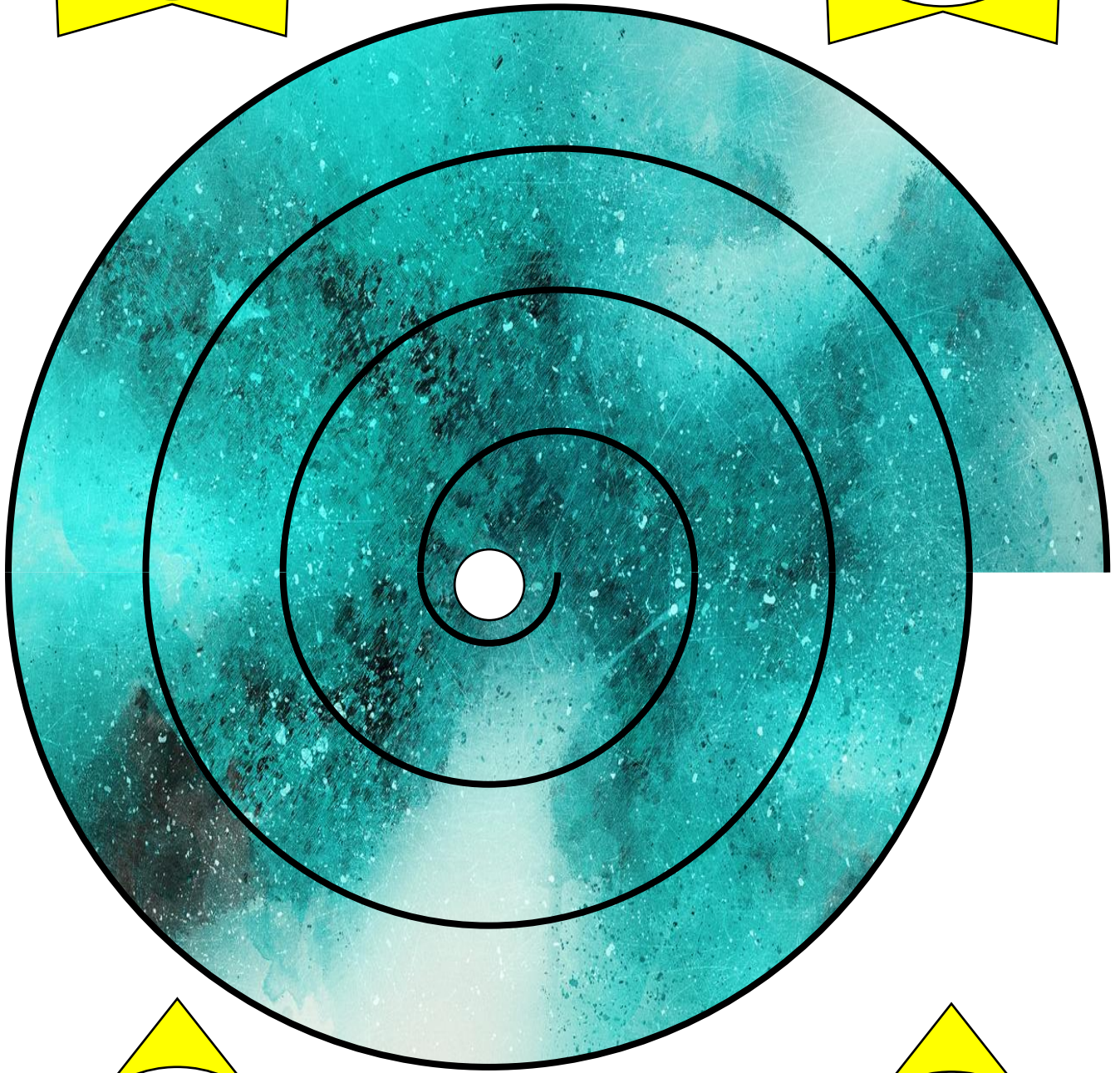
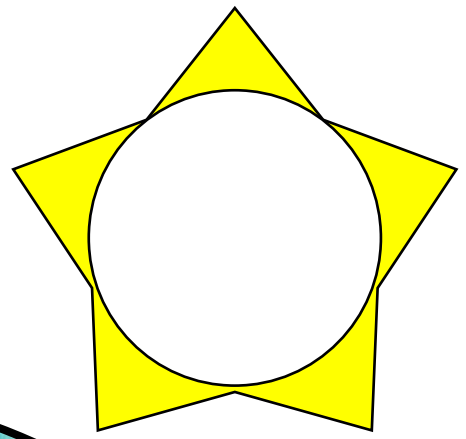
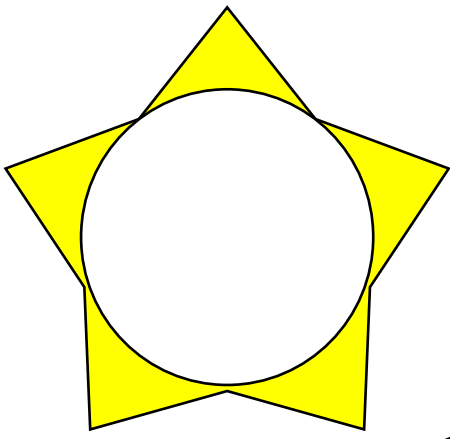
Watch the mobile move as you take some slow deep breaths.

Remind yourself how amazing it is going to be to have a good nights sleep.









Relax synonyms

Write some sleepy words on your mobile for you to read before bed time. Watch your mobile and see it move with each breath as you read the words.

- Calm
- Relax
- Sleep
- Chill
- Still
- Tranquil
- Serene
- Peaceful
- Quiet
- Soothe
- Restful
- Sedate
- De-stress
- Sleepy
- drowsy



How to help you sleep better

DO

- Make a worry or dream doll, tell all your worries to your doll before you go to sleep and pop your doll under your pillow.
- Make a dream catcher and catch any scary dreams.
- Decorate a pillowcase with happy thoughts. Read those happy thoughts before you go to sleep.
- Some relaxation exercises before you go to bed on a night
- Have a nice milky drink to help you relax and sleep better.
- Watch happy films or read happy books.
- Some exercise during the day so you feel physically tired. This could be in your house. Jog on the spot, jumping jacks, bunny hops, up and down stairs as many times as you can.
- Go to bed at a reasonable time. (Your mum or dad know best!)
- Have a warm relaxing bath before bed.
- Use a cuddly toy to cuddle and keep close to you.
- Talk to someone if you are worried about anything. When we are worried, we can feel stressed and don't relax properly when we go to bed.
- Get into a comfortable position in bed.
- Leave a night light on if that helps.
- Turn the light on and off several times. All those things in your room don't change when you turn off the light. They are still there. What is there is the light is there in the dark. Remember that!
- Put some socks on if you get cold feet. Warm feet will help you get to sleep quicker.
- Practise visualisation – imagine your happy place in your mind. Go to that place in your imagination as you are going to sleep.
- Go to the toilet before getting into bed. You don't want your full bladder to wake you up in the night.
- Have a bedtime routine and stick to it every night. Bath, snuggle with a book, warm milky drink.
- Draw a picture of something lovely you WANT to dream about just before bedtime.
- Turn off all computers and mobiles two hours before bedtime.
- Share any feelings with an adult before you go to bed.
- Make your last meal your supper/dinner to allow food to digest before sleep time
- Drink only decaffeinated drinks near bed time