Worries About The World

A calming activity pack for when things seem a little scary.

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My Worry World

Whenever you feel scared, worried, or sad,
frustrated, panicked or mad,
Write your worries in the world above,
and share them with someone you love.

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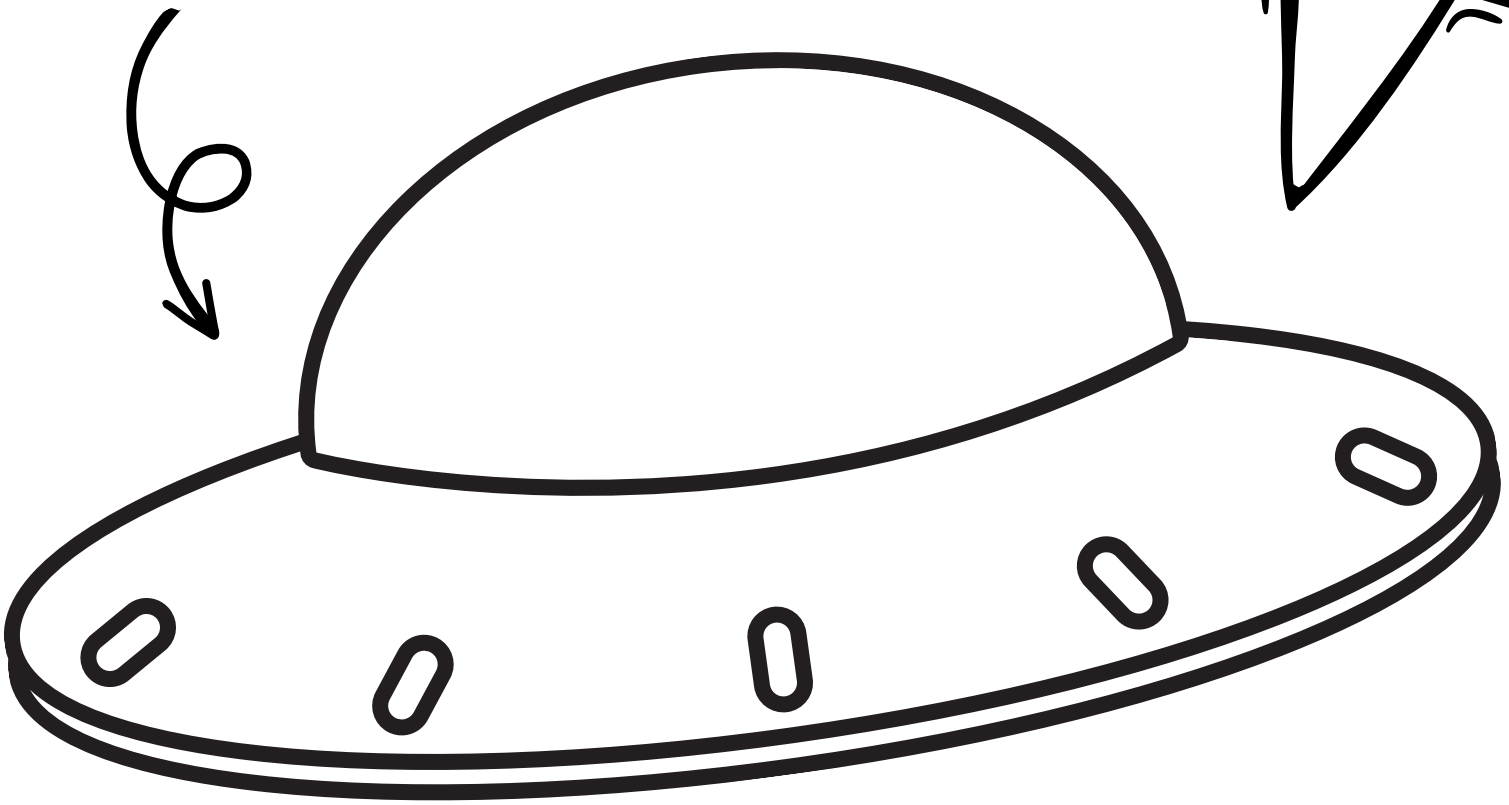
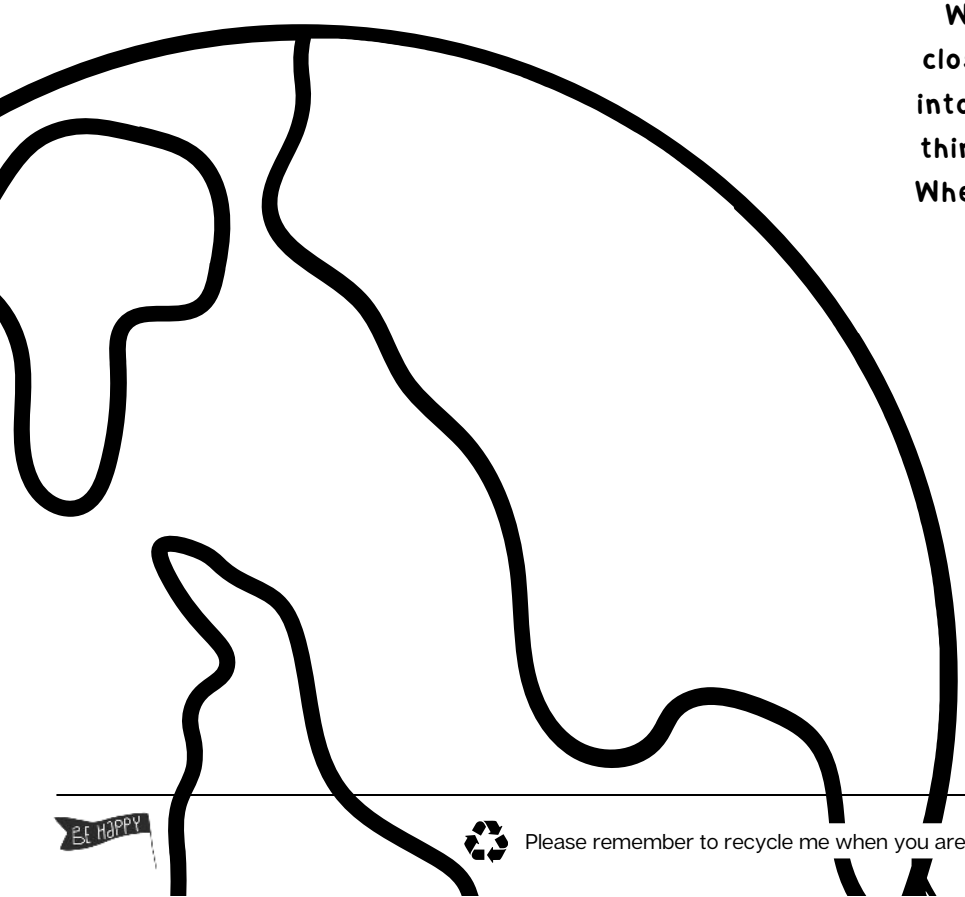
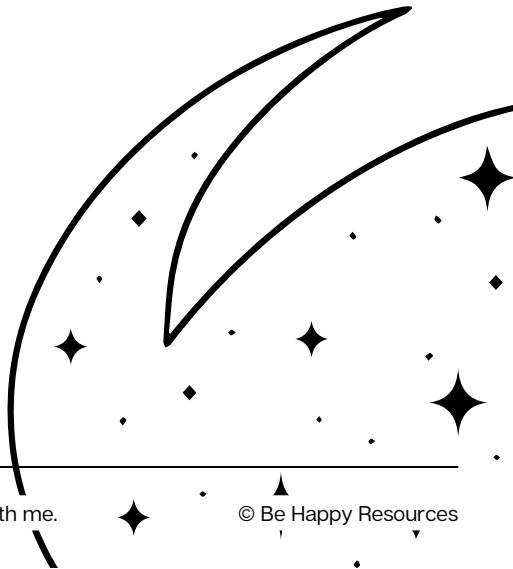
My Safeship

Can you think of all the things that make you feel safe and write or draw them in your Safeship? It can be a place, a person, or an object.



Whenever you get scared or worried, close your eyes and imagine blasting off into space in your Safeship with all those things that make you feel calm and safe. Where will you visit in your Safeship? The universe is your oyster!





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My Worry Triggers

There can be lots of reasons you may feel worried or scared about things that are happening in the world, even if they are far away. Learning about the things that upset us can help us limit these. These are called triggers. Do any of the following cause you to feel upset or worried?

- ☐ Seeing/reading the news
- ☐ Using social media
- ☐ Overhearing adults talking about the news
- ☐ Watching videos online
- ☐ Friends talking about the news at school or in the playground
- ☐ Seeing images online or on TV

Something else:

- ☐
- ☐
- ☐

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My Safety Plan

Sometimes we can feel scared or worried about the world around us. When this happens, it helps to create a safety plan. This can help us to feel safe. Can you think of three places where you feel safe, and three people who you feel safe with, and draw them in the box below? Draw yourself in the middle and whenever you feel scared or worried, put your safety plan into action!

Places I feel safe:	Me:	People I feel safe with:

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Finding The Good In My Day

Thinking about the good things that happen each day can help us to realise that there is so much love and good in the world! Can you fill in the below?

Two good things that happened today:

An act of kindness I saw was:

Someone who was kind to me and what they did:

Someone who I was kind to and what I did:

Something that made me smile:

Something I'm grateful for today:

Something I can do tomorrow to help others:

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Acts of Kindness

We all have the ability to leave a positive impact on the world by completing random acts of kindness. This also makes us feel good too. Why not complete some acts of kindness and spread some cheer? Think and write about some things you can do below!

At home:

At school:

In the community:

To myself:

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My Worry Tracker

When a worry pops into your head, write it down below. If you can't write it down straight away, put it aside until later.

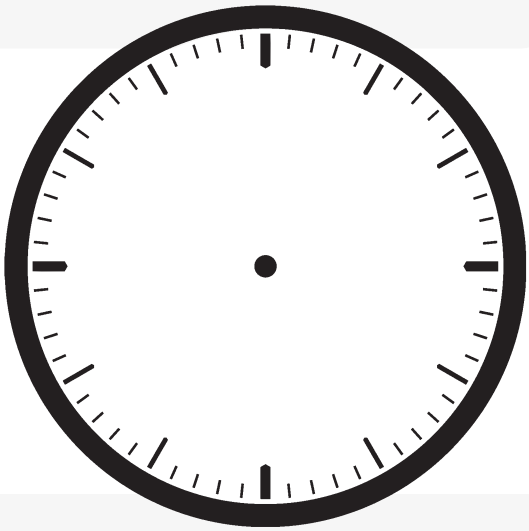
My worry:

Where I felt this worry in my body:

When I felt this worry:

Time:

Date:



What triggered this worry?

What can I do about this worry?

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Ask a QUESTION

It's natural to have lots of questions about the world. Can you write down all the questions you have below? Then you can remember all the things you want to ask and find the answers to.

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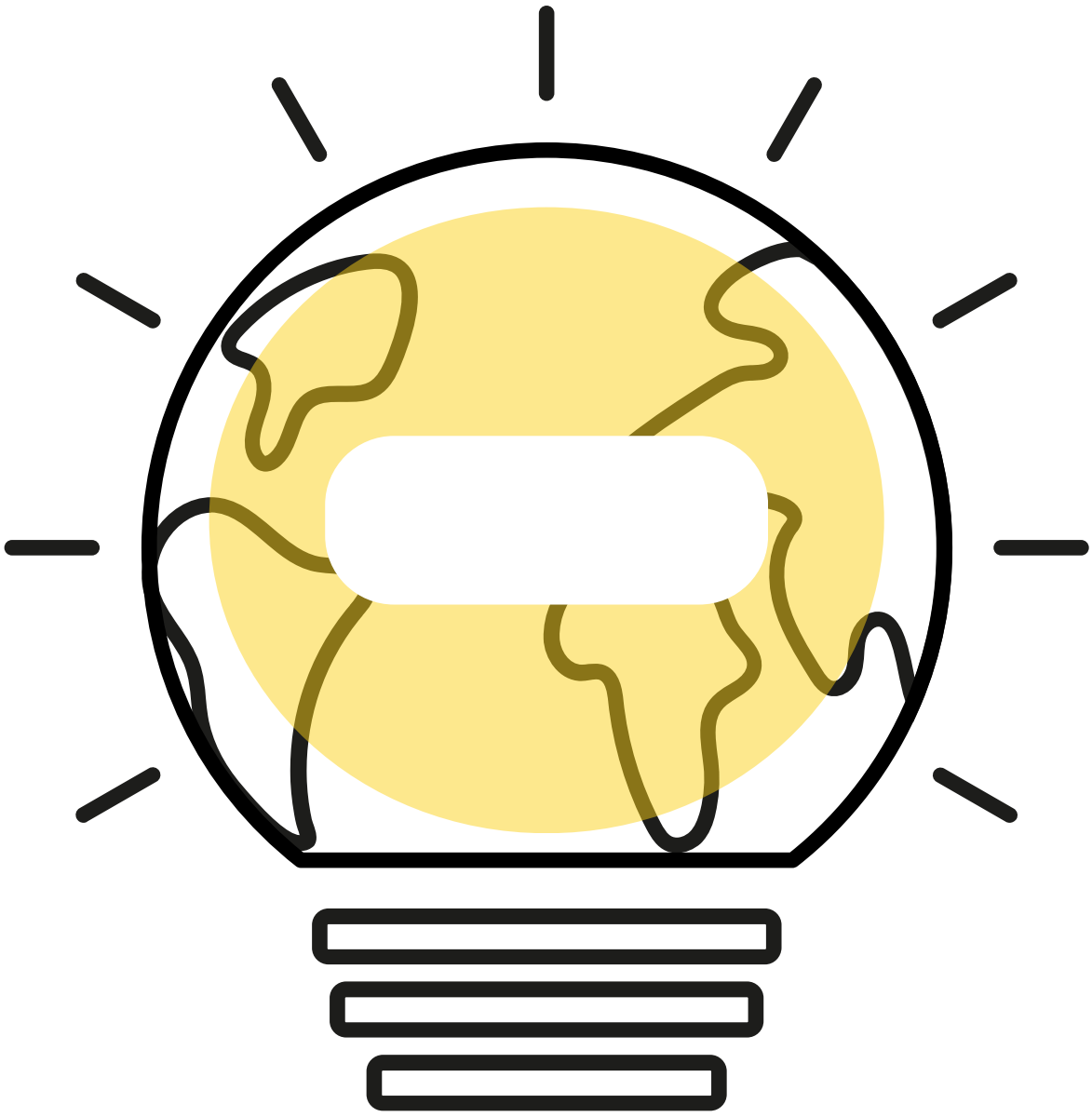
How I Can Help Others

Be a shining light in the world! If you are worrying about what's happening in the world, can you think of ways you could help from home? Helping others can make us feel good too. Write them around the lightbulb. For example, you could donate supplies to children who need them or raise money for charity. Write your name in the middle of the lightbulb to show yourself lighting up the world.



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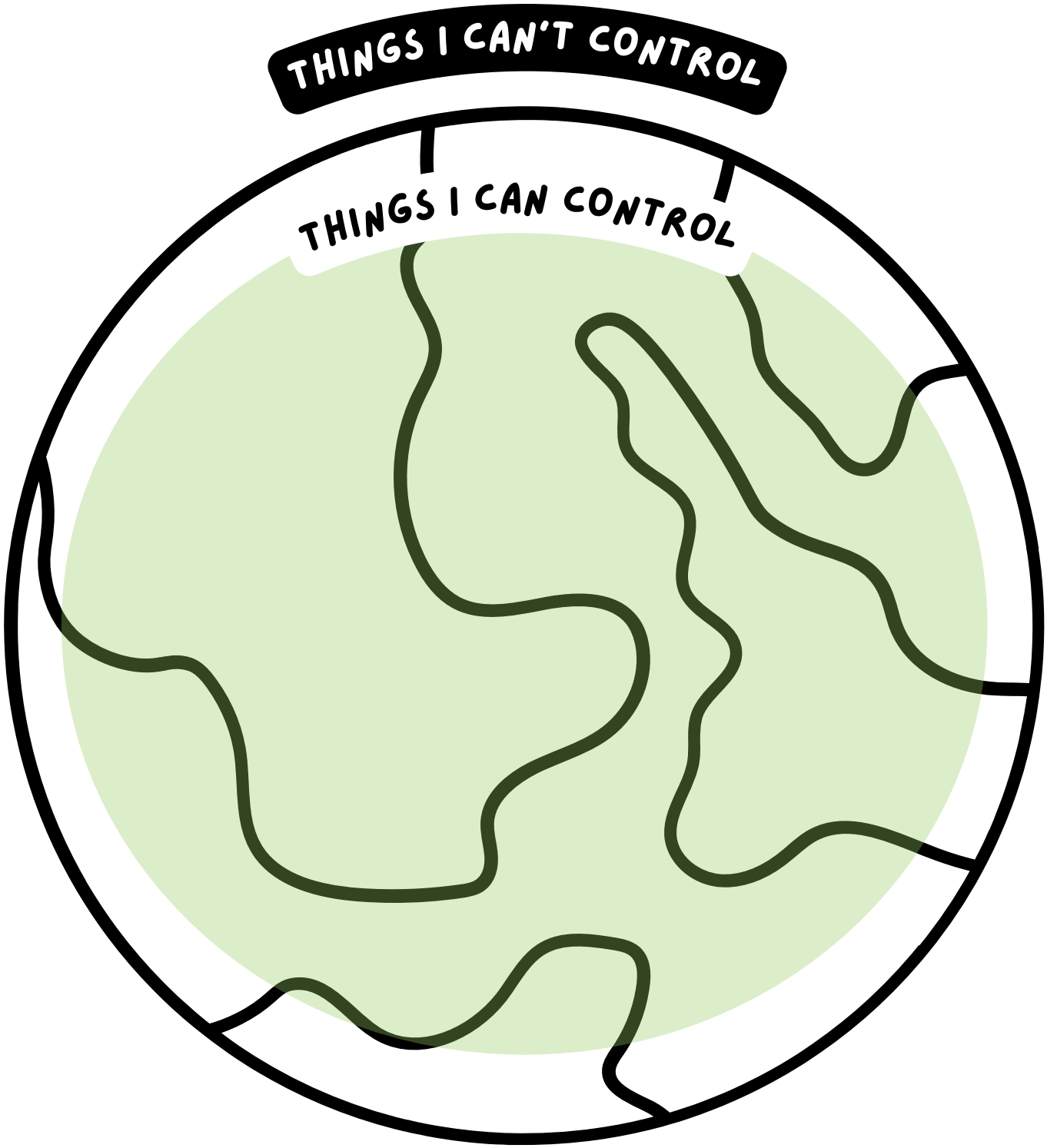
My World Of Control

Write or draw the things you can control inside the circle below. Write or draw the things you can't control outside of the circle. Try to focus on the things you can control in your day.



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When we have things to look forward to, it can help us to feel happy. Can you think of some things you are looking forward to? Write them in the crystal ball!

Things To Look Forward To

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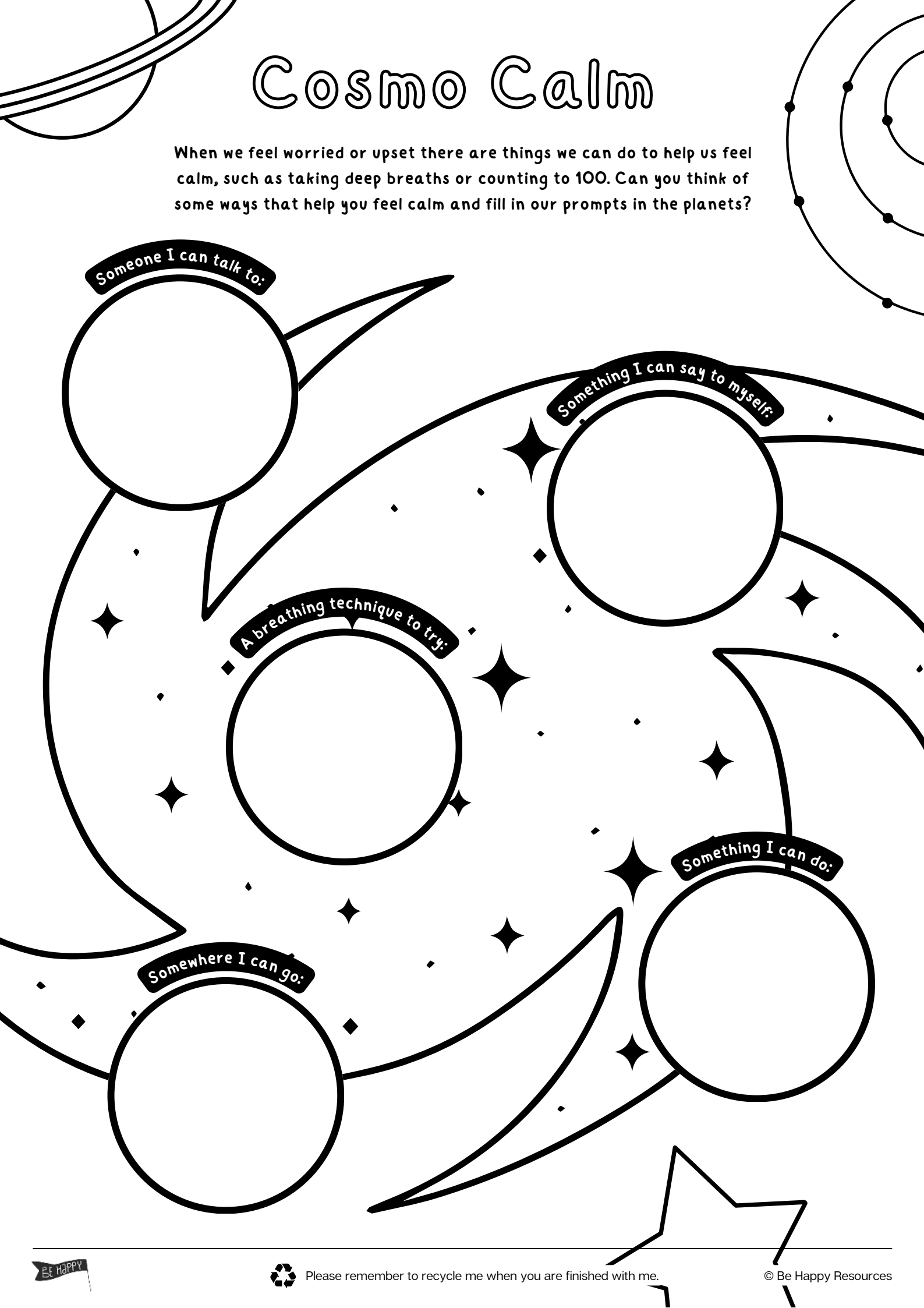
Cosmo Calm

When we feel worried or upset there are things we can do to help us feel calm, such as taking deep breaths or counting to 100. Can you think of some ways that help you feel calm and fill in our prompts in the planets?



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