

ISAAC'S MONOLOGUE

Isaac was clearly really worried. He wanted to go to the sleepover but also really DIDN'T want to go. "A little excitement, and a LOT of fear" were his words.

Maybe you've felt like this at some point? About something that is completely new to you like starting in a new class or going to someone's birthday party? Do you worry about every little thing like Isaac?

What were some of the things that Isaac was afraid of at the sleep over?

- Fear that his friends would laugh at him.
- His friends would think he is stupid sleeping with Flopsy
- Worried they wouldn't sleep at all
- Worried he would be tired the day after
- Wetting the bed (even though he hadn't done it since he was 4!)

Do you give yourself rules like this when you go for a sleepover? If you do, what are they? Make a mind map of some of the things you worry about, similar to Isaac. Remember, no one has to see these!

TASKS

Full of Fear

Isaac said that these feelings made his stomach feel strange and that he felt he was afraid of childish things. Does your stomach feel weird sometimes or do you feel fear and excitement at the same time? Can you think of anything that could stop you from reacting like this in a difficult situation? What could you do to help yourself relax and feel better? Isaac said that he would think of his mum laughing while watching TV when he was feeling sad or lonely, or think about the things he loves. What would you do? What do you do?

Write 3 sentences describing the feeling you are experiencing and then what you are going to do to improve or stop that feeling.

For example, My heart is beating very fast so, I will take ten deep breaths and slow my breathing down until my heartbeat returns to normal.

Text Message to the Future

Often we worry too much about things... Am I going to look stupid in my clothes at school? Am I going to fall in the race? Am I going to forget my words on stage? Am I going to know anyone at the after-school club?

BUT most of the time we OVER worry... that is, worry too much!

Very often the things we worry about turn out to be so much better than we thought, and more often than not we look back and think - Oh! I shouldn't have worried after all!

Write a text message to yourself or make a poster to comfort FUTURE YOU.

Next time you worry about something like Isaac did, you can read your message to remind you that everything is going to be alright and there's no need to worry so much.

Remember to give yourself a positive message to help you through the difficult times.
Why not use some of these quotes to inspire you?

- **Don't worry about failing, worry about all the opportunities you miss by not trying.**
- **It may not be easy, but it will be worth the effort.**
- **You have not failed unless you have given up. Until then, you are learning.**
- **Something may seem impossible, until it is completed.**
- **This is another challenge, it's what makes life interesting.**
- **You are braver than you think, stronger than you seem, and smarter than you think.**
- **Nothing is impossible or difficult if you break it down into smaller tasks.**

The Relaxation Wheel

A top tip to help you deal with worry is to use the Relaxation Wheel. The purpose of the Relaxation Wheel is to give you ideas about possible ways to relax and calm you when you feel anxious or stressed.

Why not create your own relaxation wheel? Cut out the wheel and put a pin in the middle of it. Whenever you feel anxious, use the wheel to choose a strategy to help you.