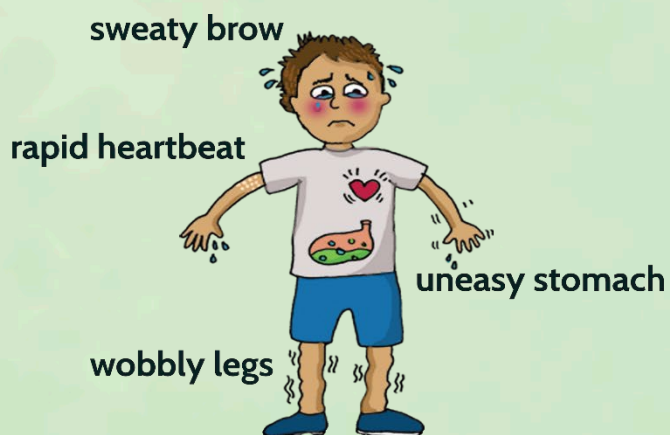




## Why Do We Feel Worried?

The teacher may read out this poem to the children.



Sometimes my brow feels sweaty and my heart beats really fast,  
It can happen while I'm thinking about the present, future or past.

Sometimes my legs feel wobbly and I feel like I might fall,  
What's this feeling deep inside me, what's this feeling called?

This feeling is called worry, it's felt by one and all,  
It doesn't matter if you're big or if you're very small.

But worrying is important, it helps us to survive,  
Worrying is a warning sign that helps us stay alive.

If we didn't worry, we'd try to pet this pretty snake,  
But can you imagine what he'd do, a bite of us he'd take!



Whilst worrying is important, too much worrying isn't good,  
Here are some things you can do, things you definitely should.

Breathing in and breathing out will help you calm your mind,  
Talk to a trusted adult who is loving, patient and kind.

They can help you understand your worries, you know you're not alone,  
It doesn't matter what's worrying you, something known or something unknown.

