

My Calm-a-Llama
Workbook



Name: _____

Name: _____

Date: _____

What are worries?

Worries are unpleasant thoughts you can't get out of your head. They are like annoying bugs that keep buzzing around and wont leave you alone.

It's normal to have worries. Everyone has them from time to time. It's only a problem when they get in the way of other things in your life- or if they make you unhappy.
Circle at least 3 of your worries from the list below or write your own.

| Family | School | Friends | Other |
|--|---|---|--|
| Arguments or fights Family Safety Upsetting your family Sick family member Getting in trouble Money trouble Other: _____ | Homework Following rules Keeping up with work Tests Teacher/s Presentation Other: _____ | Fitting in Bullies Making friends Being teased What to talk about Upsetting your friends Other: _____ | Getting hurt Being embarrassed Appearance Food Looting Violence Other: _____ |

When you worry your body goes through some changes. These changes can be uncomfortable and for some people they are scary. **Circle each of the worry symptoms you have felt.**



Fast heartbeat



Sweating



Feeling sick



Shaking



Feeling hot

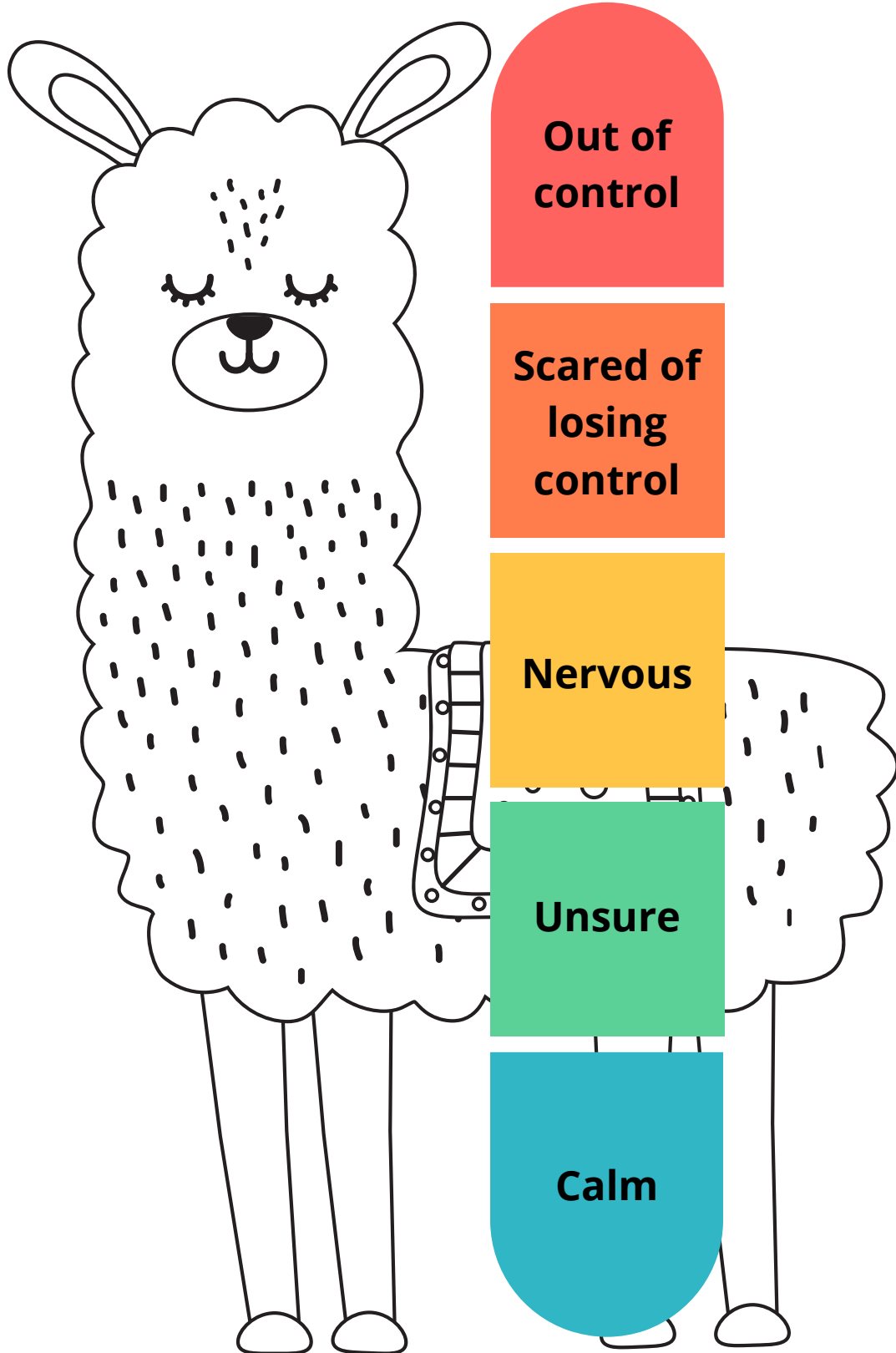
The good news is that worry can't hurt you. Worrying might feel uncomfortable, but you can learn to control it with some practice. Is there anything you already do that helps you control your worries? **Write about it!**

What do YOU do when you are worried?

Worry Tracker

How do you feel today?

Identifying how you are feeling is the first step!



**Out of
control**

**Scared of
losing
control**

Nervous

Unsure

Calm

Calm Breathing

DO THIS WHEN YOU ARE FEELING WORRIED

Step 1: Find a quiet and comfy spot where you feel safe.

Step 2: Take a deep breath in through your nose while slowly counting to 5

Step 3: Hold your breath and count to 5

Step 4: Slowly breath out through your mouth while counting to 5

Step 4: Repeat until you feel calm



5-4-3-2-1

Slow down & calm down

Writing activity using the 5 senses to calm down

5 things you can
SEE



4 things you can
HEAR





3 things you can
FEEL



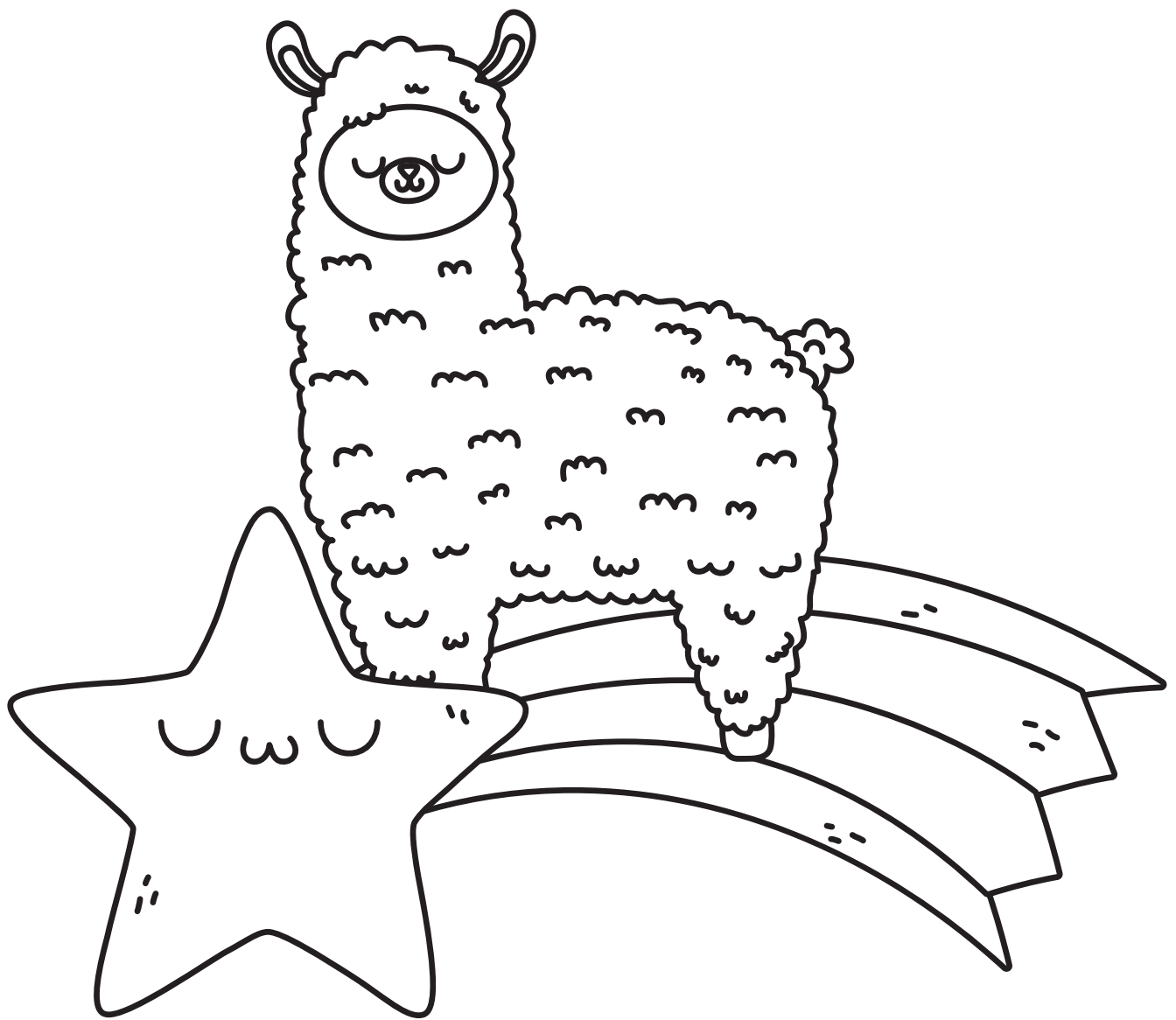
2 things you can
SMELL



1 thing you can
TASTE

Take 3 deep breaths.. do you feel better?

It's cool to
be kind.



Spread
kindness!

