

A mindfulness- based approach to managing worries

Using images from



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Who has...

- Thought I am hungry?
- Wondered what game to play or what toy to play with?
- Friends?
- A pet?
- A brother or sister?
- Ever felt bad about ...



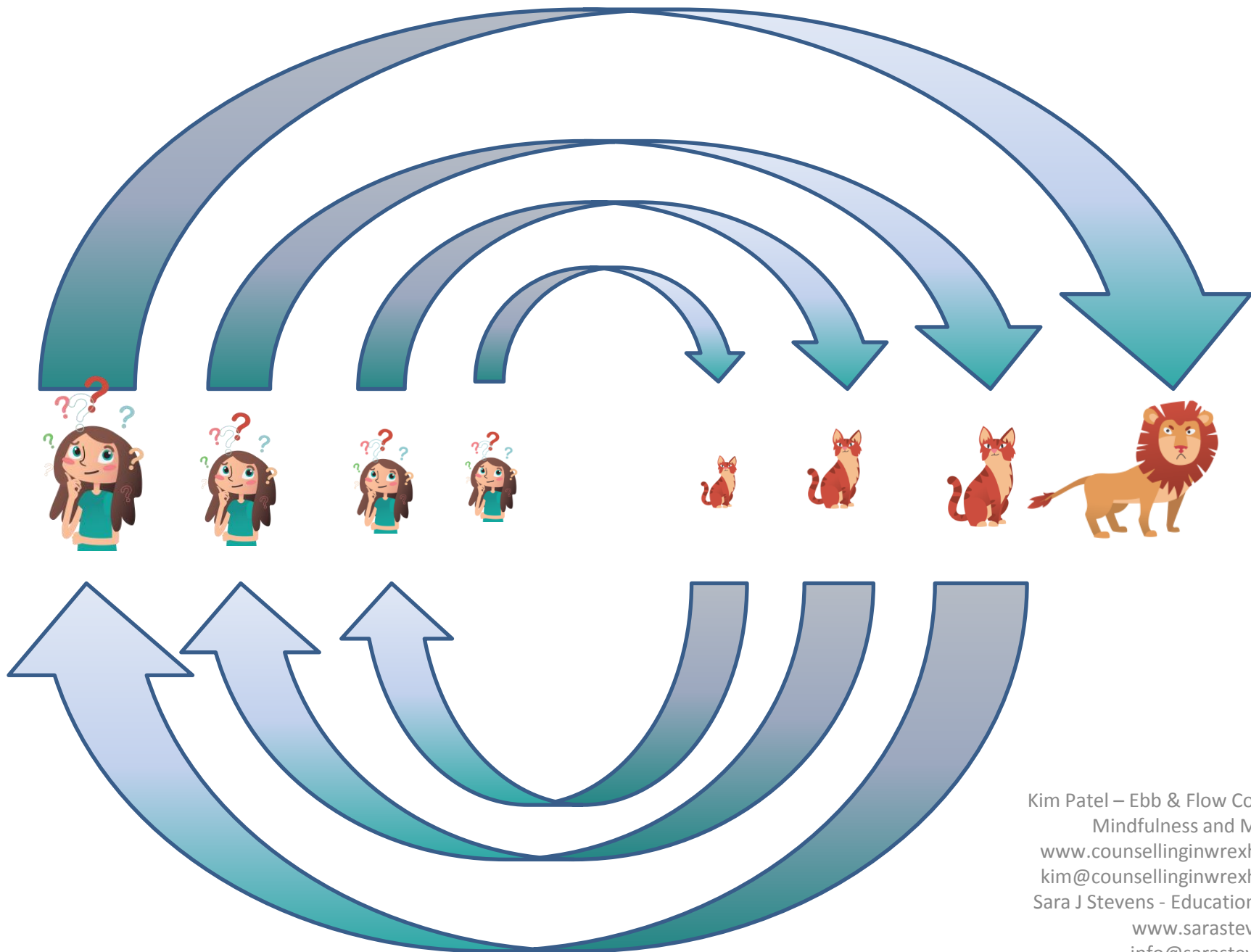
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Let me tell you a story.

**Once upon a time, a long,
long time ago. There lived
Kim. She had a brother. A
dog. Some goldfish. Lots
of Friends. But every
Sunday evening before
school she...**

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Worries are thoughts: the little voice in your head and they can grow!

Worries/thoughts can make our body feel bad (sad, afraid) or great (happy, excited).

Worries/thoughts are not always correct or true (I'm not clever enough, no-one likes me).



Lets try NOT thinking! Close you eyes and think of nothing for 15 seconds...

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Lets try something...



...What did you notice?



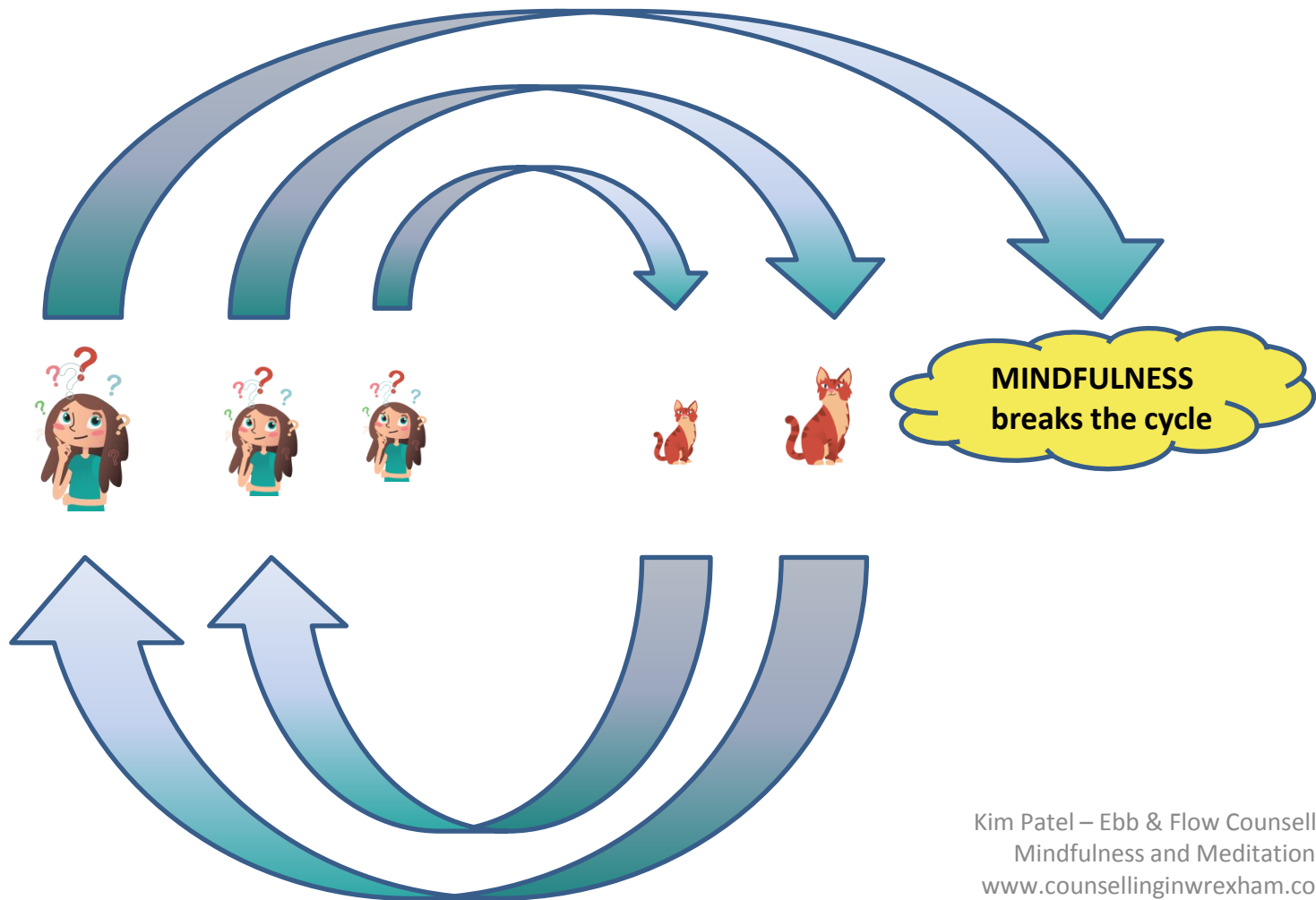
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Thank you, you were brilliant!



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