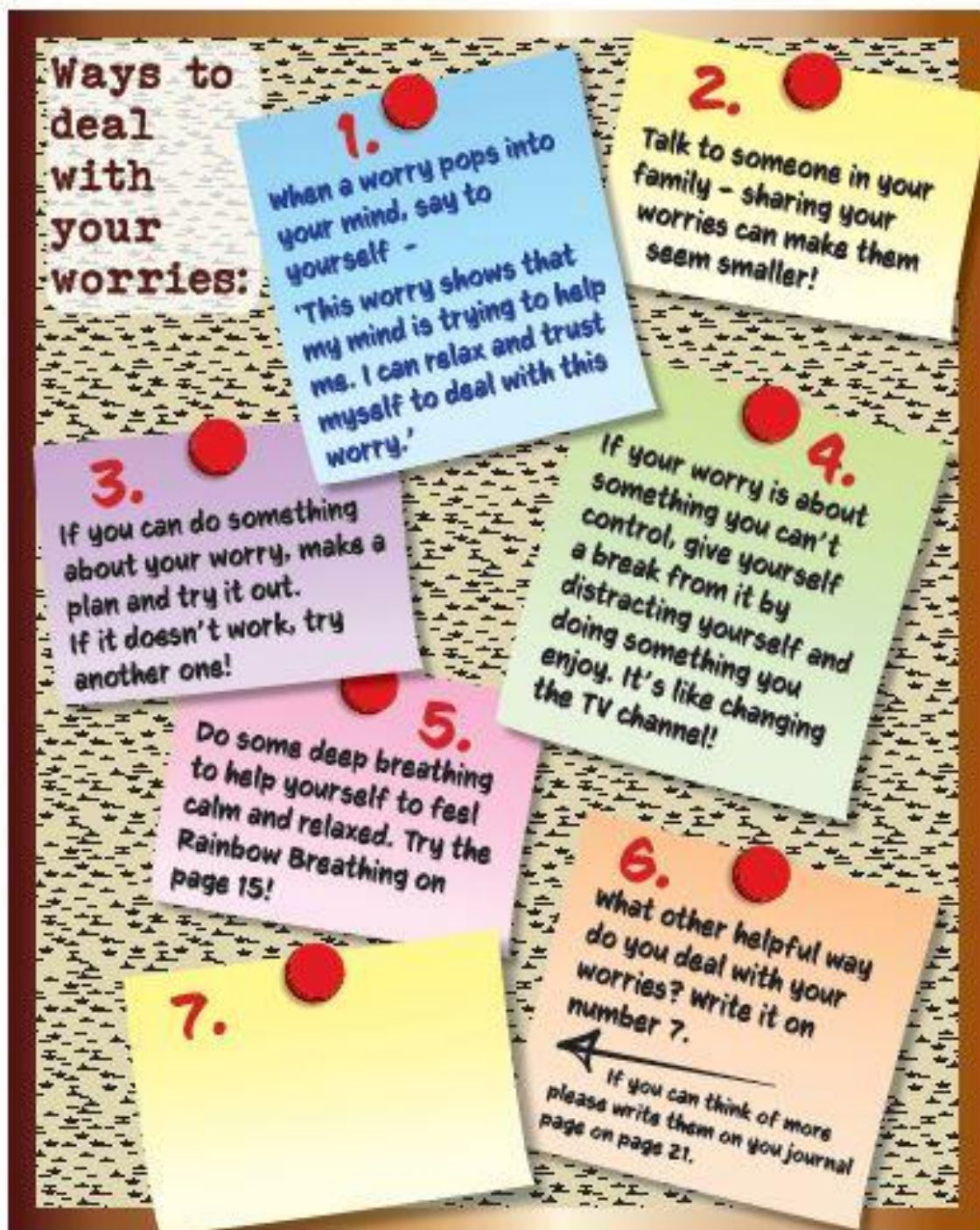


Thoughtful Thursday

DEALING WITH WORRIES

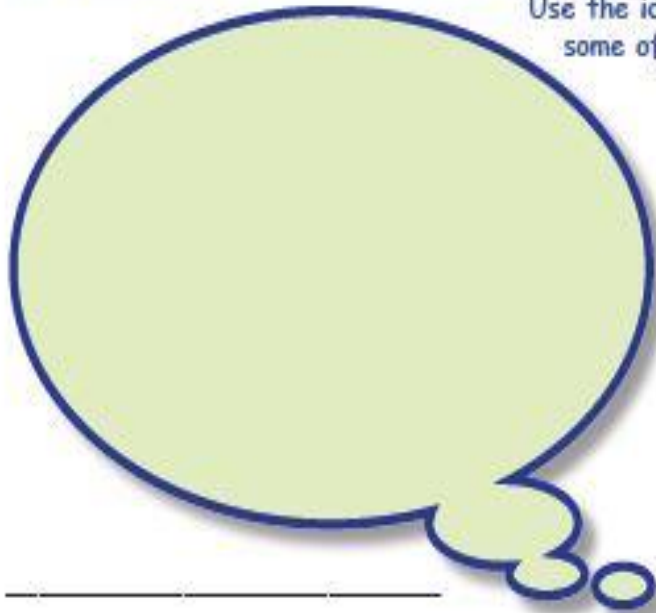
If you're a kid who worries a lot about things, you're not alone! Lots of kids worry - it means that our brains are trying to help us to prepare for things that might (or might not!) happen in the future! We need to have ways to deal with our worries so that they don't take up too much of our time and stop us from enjoying life!



DEALING WITH WORRIES - CONTINUED

Write down two of your worries in the thought bubbles. Then, underneath them, write down some ways to help you deal with them.

Use the ideas on page 13 or maybe some of your own!





RAINBOW MOMENTS

If you did the *Weaving Well-Being* programme, you might remember that Rainbow Moments are all of those little moments during the day when good things happen. Maybe you played a fun game, watched a funny movie, created something interesting, had a nice lunch or dinner, noticed something beautiful in nature - there are lots of good things all around us, even at difficult times in our lives. We need to train our minds to notice the good things - our minds are already too good at noticing the bad stuff!

Write down three Rainbow Moments for the last 24 hours in the rainbow below. Try to do this every day for a least a week so that you get into the habit of noticing the good things! You can write these activities, for the next five days on the following page.

Every day may not be good,
but there is something good
in every day.

-Alice Morse Earle



Kind Word Wordsearch

s	d	r	u	l	s	n	e	a	i	s	b	a	u	e	t
n	m	o	e	c	o	m	p	a	s	s	i	o	n	m	r
e	c	i	t	e	h	t	a	p	m	e	u	s	d	c	p
o	o	h	l	s	d	d	s	s	e	n	t	e	e	w	s
n	u	l	e	e	e	e	h	t	s	r	t	l	r	w	c
m	r	o	u	s	c	u	t	e	o	e	h	e	s	f	o
s	t	e	p	f	m	l	l	r	d	d	o	k	t	e	h
h	e	y	o	a	p	f	s	p	a	n	u	o	a	p	u
r	s	f	n	s	i	l	s	o	a	e	g	h	n	s	a
i	y	i	n	s	g	r	e	h	s	t	h	t	d	e	e
s	t	h	h	e	a	p	n	h	n	g	t	d	i	o	o
y	u	u	n	n	s	e	d	s	e	i	f	b	n	p	t
k	a	t	d	d	g	e	n	e	r	o	u	s	g	i	n
i	l	o	h	o	s	p	i	t	a	b	l	e	r	d	k
e	m	i	n	o	s	p	k	e	e	h	r	g	a	n	a
m	l	t	c	g	d	i	u	u	e	d	h	s	g	n	l

generous
smile
goodness
courtesy
gentle
unselfish

kindness
compassion
sweetness
humanity
kindhearted
hospitable

random
thoughtful
tenderness
understanding
helpful
empathetic



