

# Manging Worries

Key Stage 3+

Time: 60 mins

Objective: To define worries and then to discuss ways to manage our worries to help us feel better about ourselves and the world in general.



# Activity One - My worries

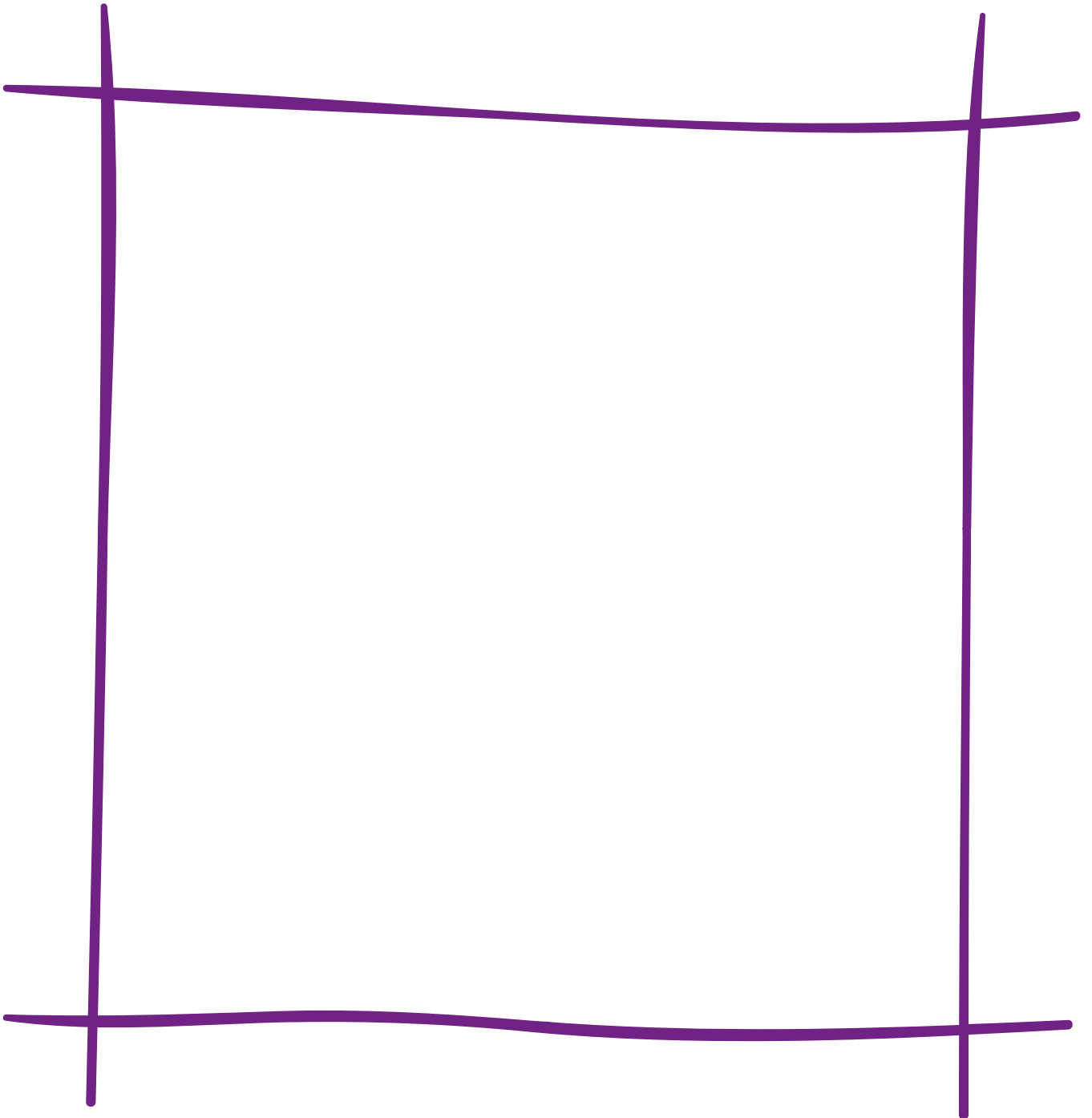
What are my passing worries

What are my sticky worries

What I cannot control

What I can control

## Activity Two - Avoidance vs Acceptance



## Activity Three - A mindful practice

A mindful exercise in managing unwelcome thoughts and worries

Recognise any  
upsetting  
thoughts and  
or emotions



What do these  
feels like in the  
body?



Accept all  
sensations. Bring  
attention to the  
breath and  
release.

## Activity Four - Write your story

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Thank you for completing the Key  
Stage 3+ webinar workbook on  
managing worries

Check out loads more resources at  
[cwmind.org.uk](http://cwmind.org.uk)