

Am I Worried?

Use Your Senses to Manage Your Worry



Officer Script

ACTIVITY BOOK PAGES: 8, 9

Hi Kids! It's great to be with you.

Today we're going to talk about our feelings. And how to know if you are worried. "and how to use your senses to Manage that Worry"

Have you ever heard anyone say "Don't worry be happy?" We have sayings like this because worry is something everyone FEELS sometimes!

Worry is a feeling....when our brain is afraid of something that happened or is going to happen....and you can't stop thinking about it...

Sometimes you might worry about things like:

- you don't like to sleep in the dark
- you're afraid of pretend monsters
- you worry that kids might not like you
- that kids won't play with you

Other times, we worry about things that happened to someone else or things that we imagine. You might have seen someone fall off their bike and you are worried this could happen to you.

You saw a traffic accident and someone got hurt...and now you worry that it could happen to you...

It is ok to feel worried. Everyone feels worried sometimes. I feel worried sometimes, Rocket feels worried sometimes.

When you are feeling worried, It is important to notice how your body feels...

When you are worried

- You Don't want to talk (point to mouth)
- You Start to breathe very fast (put hand on chest)
- You Can't make your brain focus (put hands on head)
- You Have a fast heartbeat (put hand on heart and pat up and down quickly)
- You Have shaky, sweaty hands (hold hands out and shake them)
- You Have butterflies in stomach

When you notice you are **beginning to feel a little worried, you can use your senses** to “get back to calm and happy.”

Remember, Your senses are: your eyes, ears, nose, mouth, and hands. It helps to clear your mind by focusing on

—one thing you can taste (peppermint or lemon or an ice cream cone...

let's all pretend we have an ice cream cone in our hands, and now, we can lick our ice cream cone...doesn't that taste good? ,

–1 thing you can see, like clouds in the sky, 1 thing you can feel or touch like a tshirt,

–1 thing you can hear, like bird sounds,

– and 1 thing you can smell, like delicious food cooking on your stove. Pretend you smell your favorite food. Everyone takes 3 big sniffs. Doesn't that food smell so good?

Raise your hands to share what you are thinking about using your eyes, or hearing, or sense of smell....

Using your senses to think about calm things can help you when you feel worried. This reminds your brain to help your body feel calm and to stop worrying and think about happy things instead.

Now let's practice using our senses in our room (use these if they apply to your room)

Ok everyone, quietly look for something to focus on that makes you feel calm, happy, or is very interesting.. Put your fingers by your eyes when you have found something. (Respond to students, say what you see, ask 1-2 students what they

saw) Raise your hand if you found something that makes you feel calm, and happy? What was it? How did it make you feel?

(OPTIONAL: Now let's close our eyes and try to smell something. Put your finger on your nose once you smell something. (Respond to students, say what you smell, ask 1-2 students what they smelled)

Now close your eyes again- Listen carefully and put your hands behind your ears when you can hear something. Try to listen for something in the distance, or something you wouldn't usually pay attention to. (Respond to students, say what you hear, call on 1-2 students to ask what they hear)

(OPTION REVIEW)

Raise your hand if you can remember some of the ways to sense worry. (Respond to students with validation)

Now raise your hand if you can name 1 way to use your senses to get back to happy and calm? And stop worrying... (wait, then respond to students)

Remember, all of these tools can help you. But, if you still can't stop worrying, make sure you talk to an adult you trust who can help.

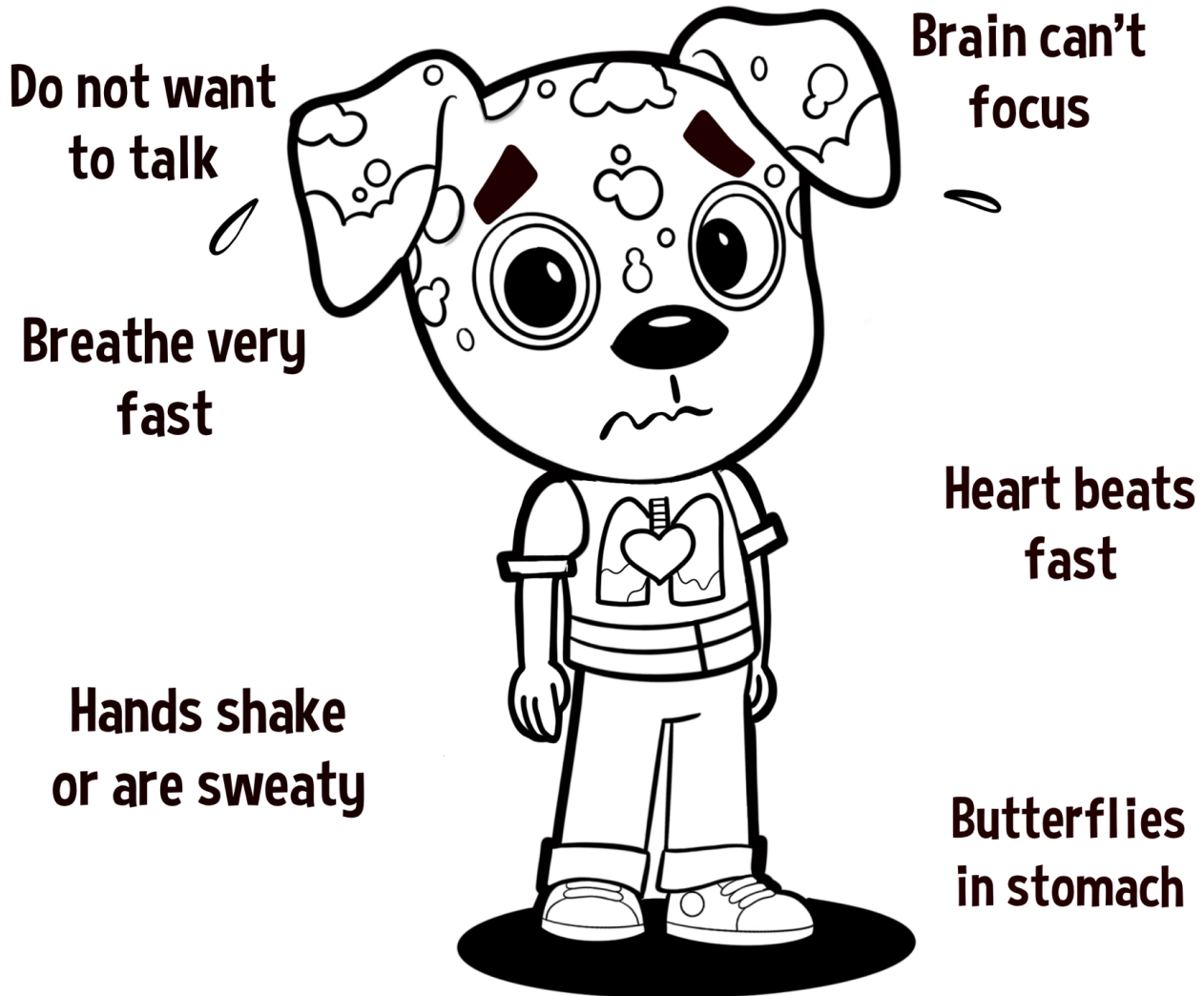
Rocket and I care about you. We hope you learned a lot today about how to stop worrying. Staying calm and not worrying helps you have fun, helps you learn at school, and helps you have a big smile on your face.

Show me that big smiling face!

See you next time.

AM I WORRIED?

Your body can tell you if you or others around you are feeling **WORRIED**. When Rocket senses he is worrying, he has tools he can use to manage his feelings.



Draw a line from the clue to the body part that would sense worry.

USE YOUR SENSES TO MANAGE YOUR WORRY

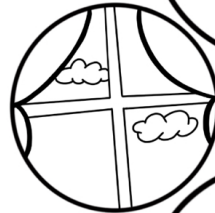
When you feel a little worried, you can use your **SENSES** to “get back to calm and ready to learn.” Clear your mind by focusing on one thing you can taste, see, feel, hear, and smell.



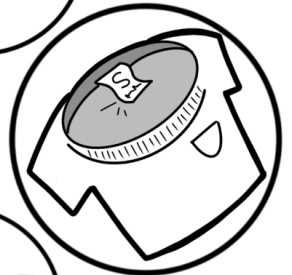
Rocket can __aste a



Rocket can __ee



Rocket can __eel his



Rocket can __mell



Rocket can __ear a



Letter Bank

T S S
H F

Use the letter bank to complete the sentences and see how Rocket can use his senses to help him re-focus. Then, color this page.



Congratulations!



For Completing the lesson

Am I Worried? Use your Senses to

Manage Your Worry _____

You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature Rocket  _____ **Date** _____