

Pupil information leaflet

Primary School

WORRY

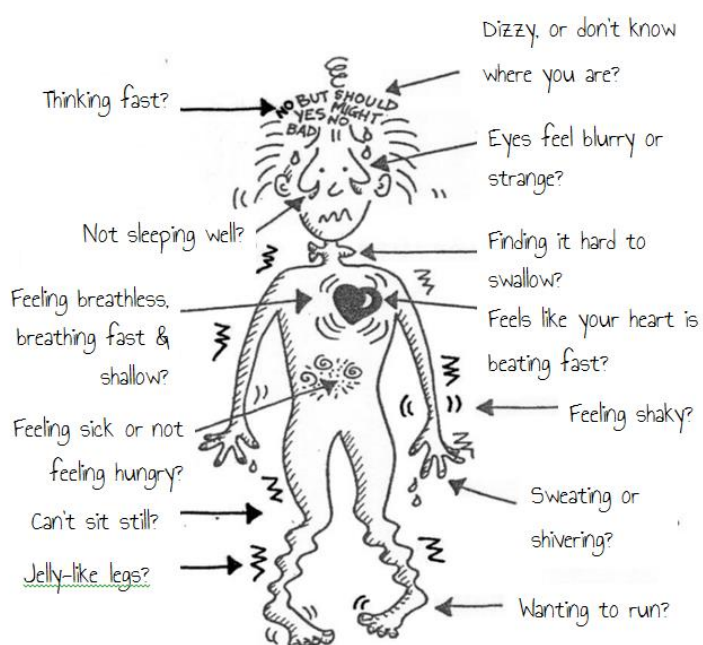


Nurturing Emotional Wellbeing in Sheffield Schools

Why do we worry?

A little bit of worry can be a good thing and can even help us...it can help us get ready for something like a test, or a musical performance.

But too much worry can be really hard for us to live with. It can affect our bodies and minds.



Common worries

Everybody is different, and so everybody worries about different things and worries more or less about different things. Our work with children in Sheffield schools has shown us that some of the most common things children worry about include...

Problems with sleep

Problems with friends

Being hurt by somebody

These are just some of the things people worry about - it's okay to worry about anything.

Sorting out your worries

Relax!

Taking some time out to do something that you find relaxing is a really good way to have a break from your worries. Everybody relaxes in different ways, but some ways that you might want to try include:



Having a warm bath

Running around playing or going swimming (exercise is really good for beating your worries....try to do a little bit every day)



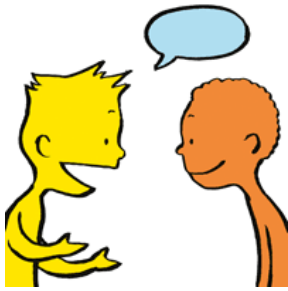
Listening to music

Sitting still and listening to the sounds around you



Top tip – sometimes when we are worried about something we think about it all the time. Just taking a break from that thinking can feel really good – try to think about a time when you have been really happy like when playing with friends, or having a story with an adult.

Talk!



Finding somebody you trust who you can talk to about your worries can be one of the best ways of sorting out that worry. It might be a parent, teacher or a friend.

Although the worry won't suddenly disappear when you talk about it, you might find that it feels smaller and easier to deal with.

Worries can feel all jumbly and complicated when they are just in your head – talking about them helps make them clearer.

Common worries and steps to sorting them out

Common worry	Steps which can help
Fallen out with a friend?	Try talking to them about the fall out
Worried about a friend?	Let them know they can talk to you
Worried about school work?	Speak to a teacher about it...they will probably be able to help, and it's their job to help you!
Made a mistake?	Tell somebody about it...and ask for help to try and put things right...lots of mistakes can be fixed!