



Hello Sussex Corner Familiez!

Our team at Bee Me Kidz is excited to bring you another **Bee Me Kidz in your Inbox**. We hope you and your family are enjoying the lessons and activities. This week we are discussing **Worry**. We know as adults we have many worries from time to time, and so do children. Children can have a difficult time expressing and processing their emotions when they feel worried or anxious.

We learn at Bee Me Kidz “worry” is an **uncomfortable feeling** (but okay to feel!) and just like every uncomfortable feeling, we don’t like feeling that way. Worrying is the opposite of feeling **relaxed/calm**, which are **comfortable feelings** that we enjoy feeling. So, what can we do to feel calm and relaxed?

Steps to Calming Down:

1. Stop
2. Take Deep Breaths
3. Say the Problem and How you Feel – Talk about it! (*See attachment)
4. Begin to Problem Solve / Come up with Coping Strategies (*See attachment)

Please see the below chart of do’s & don’ts to say to yourself, your spouse and children when experiencing **worry**.

What to Say to Actually Help a Child Who Feels Worried:	
How big is your worry? Where do you feel it in your body?	This isn't a big deal.
How can we tell your worry to leave you alone?	Just stop worrying.
I'm here to listen. Tell me about your worry.	You're making things worse.
Your feelings are valid.	There's no reason to be worried.
What do you think might happen? What is most likely to happen?	Everything will be fine.
Let's breathe together.	Calm down!
Where do you feel your worry in your body?	It's all in your head.


We have attached a few fun activities for families to do together:

- Create-Your-Own Worry Monster
- Worry Monster Tracker
- Talking About My Worries
- Calm Down Coping Strategy: Buzzing Bee Breathing
- Coping Tools: What Helps Me Poster
- Colouring Page

Sincerely,
The Bee Me Kidz Team



CREATE-YOUR-OWN WORRY MONSTER

<p><u>Examples</u></p> 	<p><u>Instructions:</u></p> <ol style="list-style-type: none">1. Draw your own Worry Monster2. Color it3. Cut it out4. Post your Worry Monster on the Bee Me Kidz Facebook page!5. When you feel worried, read the worry poem and talk about it.6. Use your Worry Monster Tracker on the next page!	<p><u>Worry Monster Poem</u></p> <p>I'm a little Worry Monster. Please keep me close to you. Tell me how you're feeling, And let me comfort you.</p>
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Draw Your Monster HERE

BEE sure to post a picture of your Worry Monster on the Bee Me Kidz Facebook page, we want to see what you created!



MY WORRY MONSTER TRACKER



_____ 'S WORRY MONSTER TRACKER



Bee me Kidz



My Worry	How My Body Felt	Time/Place	Strategy To Feel Better





Talking About My Worries

It is important to talk to a trusted friend or adult about your worries or problems. Can you think of five people that you know who are there for you and would listen to your worries?

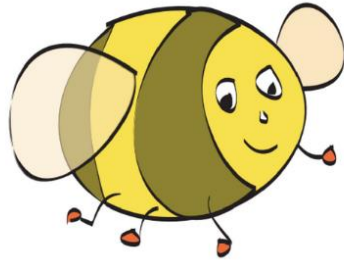
In the box below, trace your hand, and write the names of five people you trust on each finger. Now whenever you are feeling worried, you will know who you can talk to about it.



Buzzing Bee Breath

Bee Breathing will give you the chance to focus on your breathing and help you to relax & feel calm.

BEE sure to encourage your child to 'buzz' along with you!



- ✿ Start by finding a comfortable place to sit or lay.
- ✿ Relax your shoulders. To do this it is often easier to imagine you are increasing the distance between your ears and your shoulders. Let your shoulders move downwards and slightly backwards but be careful not to force this movement.
- ✿ Breathe normally and close your eyes.
- ✿ Keeping your lips lightly sealed, breathe in through your nose and then breathe out making the sound of the letter 'M' (a humming sound), until you need to breathe in again.
- ✿ The longer you sustain your 'bee hum', the more relaxing bee breath pose is likely to be. Only do bee breath for as long as it is comfortable.
- ✿ Take a deep breath in and then to make a buzzing sound like a bee 'bzzzz!'

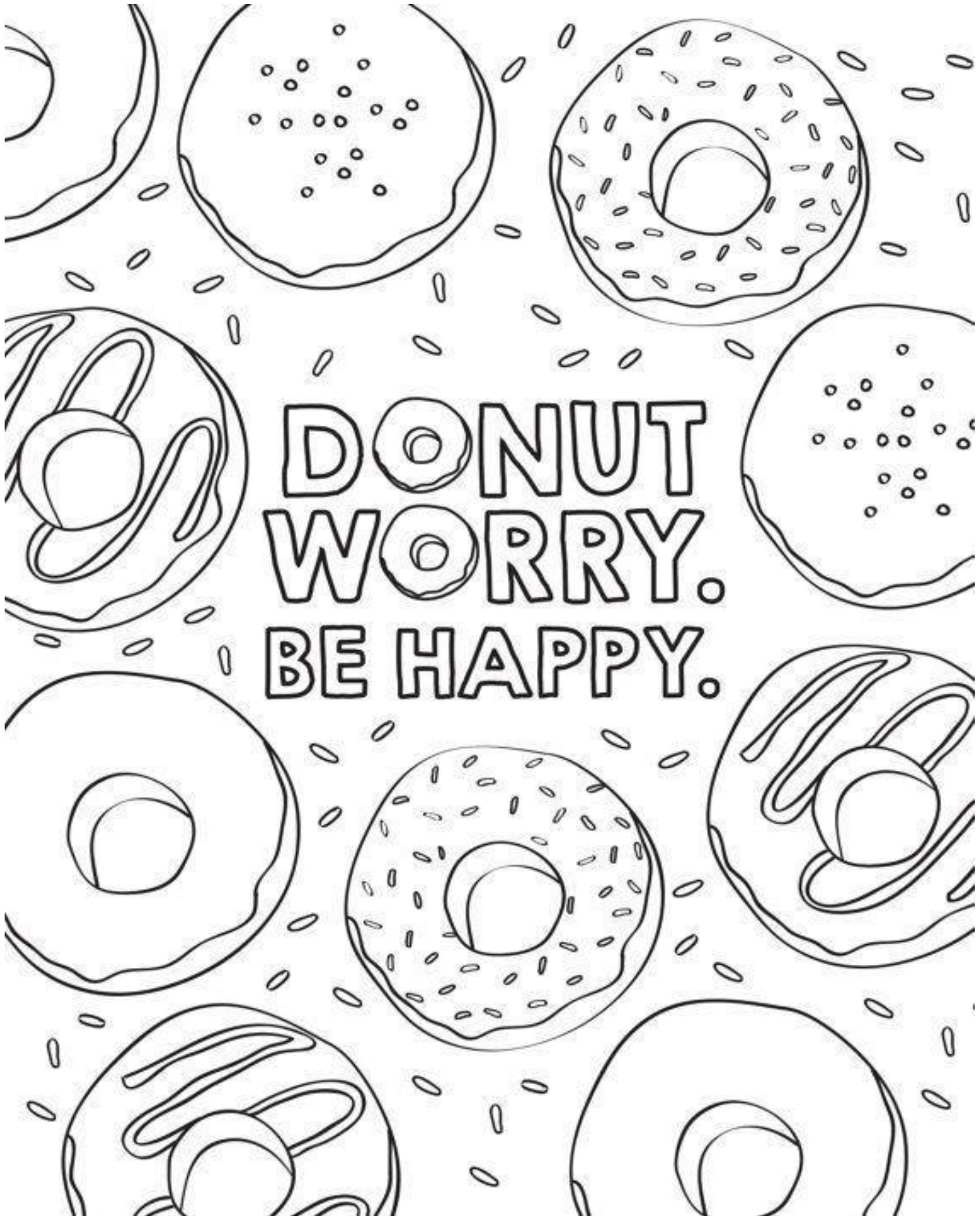


- ✿ With your eyes still closed, repeat this buzzing bee breathing pattern for a few minutes, or less. Just hum for as long as it feels good.
- ✿ To make the sound feel more 'intense' you can put your hands over your ears while you do the hums and bzzzz.
- ✿ Remind your child not to do more than 3 breaths in a row, otherwise they may feel dizzy!
- ✿ Finally, spend a few breaths sitting quietly and seeing if you notice a change in your mood – hopefully you should be feeling calmer!

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine 
<input type="checkbox"/> Hug or Climb a Tree 
<input type="checkbox"/> Journal or Write a Letter 
<input type="checkbox"/> Use Kind & Compassionate Self-Talk 
<input type="checkbox"/> Make a Collage or Scrapbook 
<input type="checkbox"/> Rest, Nap or Take a Break 
<input type="checkbox"/> Go on a Hike, Walk or Run 
<input type="checkbox"/> Take Good Care of the Earth 
<input type="checkbox"/> Drink Water 
<input type="checkbox"/> Play a Board Game 
<input type="checkbox"/> Do Something Kind 
<input type="checkbox"/> Make and Play with Slime 
<input type="checkbox"/> Discover Treasures in Nature 
<input type="checkbox"/> Take a Shower or Bath 
<input type="checkbox"/> Exercise 
<input type="checkbox"/> Drink a Warm Cup of Tea 
<input type="checkbox"/> Forgive, Let Go, Move On 
<input type="checkbox"/> Practice Yoga 
<input type="checkbox"/> Garden or Do Yardwork 
<input type="checkbox"/> Jump on a Trampoline 
<input type="checkbox"/> Cuddle or Play with Your Pet 
<input type="checkbox"/> Practice Gratitude 
<input type="checkbox"/> Do a Puzzle 
<input type="checkbox"/> Blow Bubbles 
<input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Ride a Bike or Skateboard 
<input type="checkbox"/> Create Origami 
<input type="checkbox"/> Cook or Bake 
<input type="checkbox"/> Ask for Help 
<input type="checkbox"/> Talk to Someone You Trust 
<input type="checkbox"/> Weave, Knit or Crochet 
<input type="checkbox"/> Build Something 
<input type="checkbox"/> Get a Hug 
<input type="checkbox"/> Visualize a Peaceful Place 
<input type="checkbox"/> Stretch 
<input type="checkbox"/> Make Art 
<input type="checkbox"/> Use Positive Affirmations 
<input type="checkbox"/> Take Slow, Mindful Breaths 
<input type="checkbox"/> Clean, Declutter or Organize 
<input type="checkbox"/> Use Aromatherapy 
<input type="checkbox"/> Cry 
<input type="checkbox"/> Try or Learn Something New 
<input type="checkbox"/> Listen to Music 
<input type="checkbox"/> Use a Stress Ball or Other Fidget 
<input type="checkbox"/> Get Plenty of Sleep 
<input type="checkbox"/> Kick, Bounce or Throw a Ball 
<input type="checkbox"/> Take or Look at Photographs 
<input type="checkbox"/> Eat Healthy 
<input type="checkbox"/> Play Outside 
<input type="checkbox"/> Sing and/or Dance  |
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**DONUT
WORRY.
BE HAPPY.**