

# USBORNE UNWORRY PACK

Activities to calm your mind



USBORNE

# TIME TO UNWORRY

Worries are annoying, but they're also normal, and unfortunately pretty common. EVERYONE worries at some point, and some of us worry a lot.

Worrying isn't a bad thing, and often it can help you to do a good job or be a better person. But it's important to be able to cope with worries so they don't stop you living your life.

That's why we've created the Usborne Unworry Pack, a collection of fun, mindful activities to help children and adults UNWORRY. It's full of things to calm you down and distract you, and places where you can put your worries, instead of letting them hang around in your head.

For advice, support, and more unworry activities, visit <https://usborne.com/quicklinks/theme/wellbeing>



USBORNE

Colouring can help you relax, by giving you something to focus on.  
But different ways of colouring suit different people, in different moods.  
Which of these two techniques do you prefer?

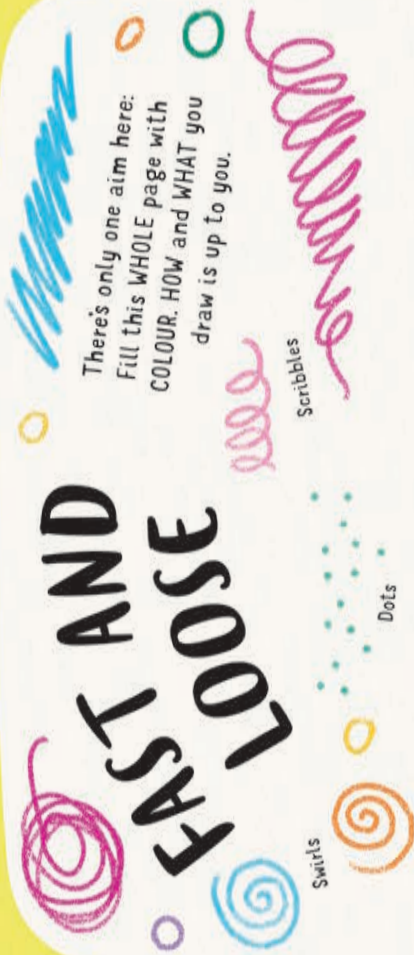
## SLOW AND STEADY

Fill in this pattern with any colours you like, but do it as slowly and carefully as you can.



## FAST AND LOOSE

There's only one aim here:  
Fill this WHOLE page with  
COLOUR. HOW and WHAT you  
draw is up to you.



You might find that slow, precise  
colouring feels more relaxing one day,  
and free scribbling feels better the next.  
All that matters is that it helps you  
relax and slow down.

# BE LIKE A TREE

When trees bend and sway in the wind, their roots keep them balanced and strong. Try this tree sequence used in YOGA - an ancient practice that focuses on strength, flexibility and breath.

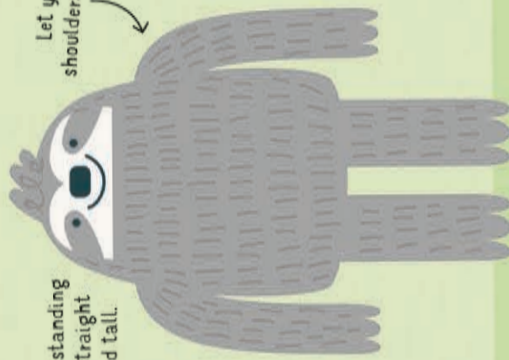
## 1 MOUNTAIN

Start standing up straight and tall.

Let your shoulders relax.

Keep your head still and your body straight and strong - like a mountain - to help you balance.

It's best to do yoga barefoot, with lots of space around you.



## 2 SWAYING PALM TREE

Link your fingers together, stretch your arms up and bend your body to one side, then the other.

Feel your feet rooting you to the ground as you sway.

Psychologists think feeling rooted and connected - whether to the place you live, the people you're around or even the ground beneath your feet, can help you feel calm and peaceful.



## 3 TREE

Go back to mountain pose and lift one foot onto the other.

Bring your hands together in front of your chest.

Breathe in and out steadily through your nose to help you feel super relaxed while you're doing yoga.

Then try lifting your top foot higher on your leg until it's just below or above your knee. Rest it there--



...then lift your arms above your head as if they were branches.

See how long you can balance. Then try the tree pose on the other side.

To help you balance, pick a spot in front of you to focus your eyes on. Don't worry if you wobble, that's part of the pose.



USBORNE

# SENSE SAFARI

If your head is full of noise, try a distracting SENSE SAFARI. When you are outside, focus on what you can SEE, SMELL, HEAR and FEEL. You could write it down on this page.

Notice COLOURS, PATTERNS and SHAPES.

Look at people ambling—

...animals sunning themselves...

...or plants blowing in the wind.

Open your eyes wide. What can you SEE?

What can you SMELL?

Now try listening. What can you HEAR?

What can you FEEL?

Taking a MINDFUL walk can help RECHARGE your brain, freeing it up and making it easier to focus.



USBORNE

# WRITE IT OUT

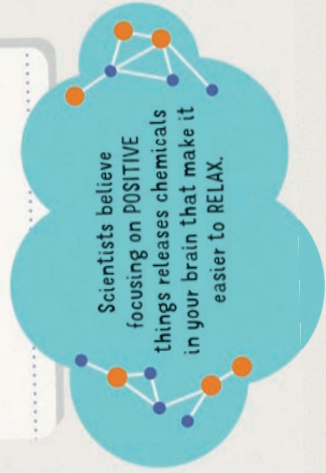
Many people use lists as tools to declutter and CALM their minds. Try it out here.

I'M LOOKING FORWARD TO...

I LIKE TO EAT...

I LOVE...

Here's a blank list. Write down more stuff you love, or anything you worry about, or things rushing around your head...



# LOOK INSIDE

There's a centuries-old method of keeping calm, called MEDITATION. It wakes up parts of your brain that help you grow AWARE of your body, thoughts and emotions. This can help make busy, stressful thoughts feel much smaller.

There are hundreds of different ways to meditate. For a lot of them, you sit like this...

FACING FORWARD

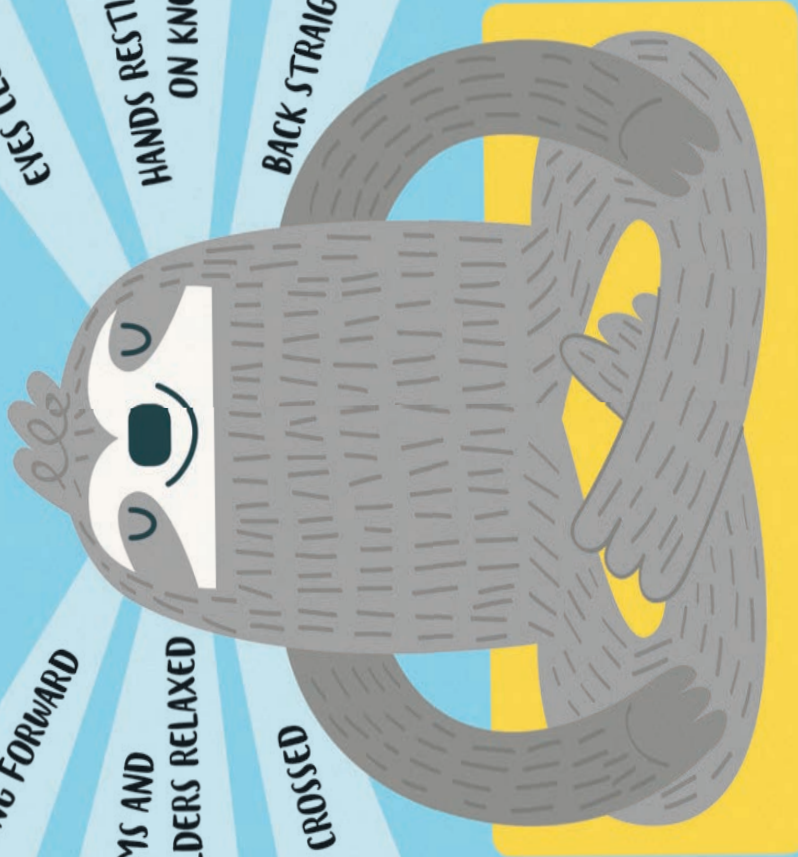
ARMS AND SHOULDERS RELAXED

EYES CLOSED

HANDS RESTING ON KNEES

BACK STRAIGHT

LEGS CROSSED



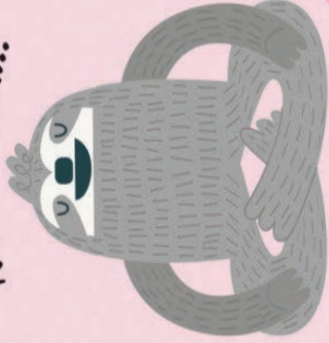
Prop up your bottom, legs and knees with cushions, if it's uncomfortable.

Once you're comfortable, try this meditation technique. Focus on your body as you do it.

1

Breathe in through your nose, then open your mouth like this, and as you breathe out say...

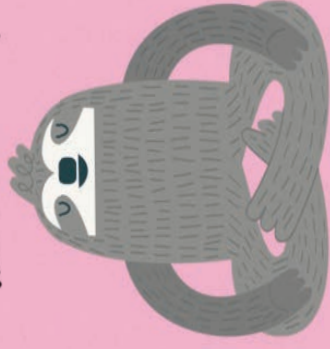
**AAAAAAA...**



2

Slowly close your mouth and the sound will start to change to...

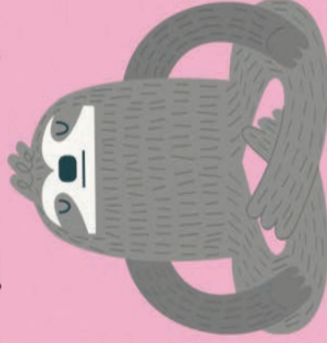
**...UHHHH...**



3

Keep closing your mouth until it's fully closed. The sound will change to...

**...MMMM...**



4

When you join these sounds together slowly, over and over again, you might feel different parts of your body

**BUZZ and VIBRATE.**

Your muscles might relax, too.

The more you try it, the easier it will get...



USBORNE

# GET LOST IN A TALE...

Use the pictures around the page as inspiration, and get writing. Take yourself away for a while as you write a whole story, a start, an ending, a song or even a poem. Just use words to tell a tale.

You could use some of these words to inspire you.

- CASTLE
- DREAM
- ADVENTURE
- SEA
- PAST
- CITY
- ICE
- JOURNEY
- STORM
- WOODS
- PATHWAY
- CHAY
- ESCAPE
- FUTURE
- CROWN





# FLAT ON YOUR BACK

When you're lying down **FLAT**, you're in the best position to relax.  
Give these flat-on-your-back relaxation techniques a try.

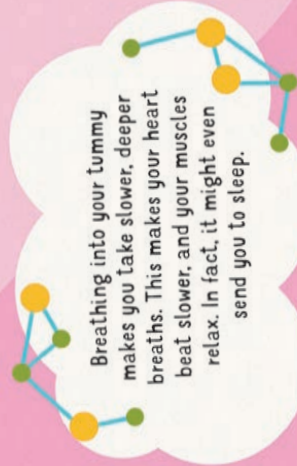
## BELLY BALLOON

**1**  
Lie on your back and place your hands on your tummy. Imagine your tummy is an empty balloon.

**2**  
Breathe in through your **NOSE** and count to four. Feel your tummy fill up with air.

**3**  
Count to two, then slowly breathe out through your **MOUTH**. Your tummy should deflate.

**4**  
Wait a few seconds, then repeat a few times.



Breathing into your tummy makes you take slower, deeper breaths. This makes your heart beat slower, and your muscles relax. In fact, it might even send you to sleep.

## TENSE, UNTENSE

**1**  
Lie down with your arms on either side of you, with all of your muscles loose.

**2**  
Take a slow, deep breath in, then **TENSE** your **WHOLE BODY** (but not so much that it hurts) and count to four...



**3**  
...then **UNTENSE** it all at once.  
Repeat this several times.

These activities release calming, feel-good chemicals into your brain and muscles. The chemicals overpower other chemicals, such as **ADRENALINE**, which keep you tense and alert.

## HUG YOURSELF

**1**  
Lie down so that you're comfy, and give yourself a **BIG HUG**.

**2**  
Close your eyes and focus on your breathing. After a short while, you'll probably notice yourself feeling calmer.



# COLOUR ME IN

Try this relaxing art activity. The lines have already been drawn for you, so just fill in each shape with colour. You could even treat yourself to some new felt tips!



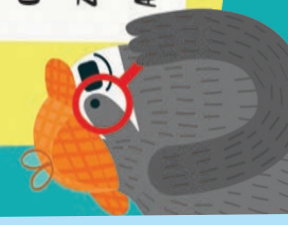
# FIND UNHURRY

Search for the words on the right-hand side in this big jumble of letters. Look across, up, down or backwards to find them.

B N E W R R H L A X R  
 R E U E I K S D V R O  
 E N Y C V S L A S X A  
 C L N D U I O U P R M  
 S U G W Z A H O X G E I  
 L R U Z G H A R N V E R D  
 O A D C H A U N S H U L T  
 R E C H A U N T I M E A  
 M T E A O N T H U L T E  
 O E Z O I N T I M E A  
 J N Y U N H S H A Y W  
 B R E U N H S H A Y W  
 R N U N W S H A Y E N  
 E V U I T R Y H A U  
 C A R I T R Y H A U  
 Z U R N O S P A T L  
 A I M D N E F K E Z

UNHURRY    RELAX    RECHARGE    UNWIND  
 REGROUP    BREATHE    SLOW    CALM    SLOTH  
 STRETCH    SNOOZE    CHILL    MEDITATE

T F A R Y E C A C O F  
 A G R D A L A O H A H  
 P C L N L W D V S A R I  
 U S O L W D S L A N P C T M R  
 O W I N T M A N X C T M R L  
 R E A T L A N P C T M R L  
 G R E L A N P C T M R L  
 E Y F U A X A R R E A Y  
 R E L A D L A X E T R U  
 S M U N L A A X E T R U  
 U R N L A A X E T R U  
 C K I Y U A T H Y E L L  
 R T V O N A A O R T S L  
 N V O N A A O R T S L  
 S H A B R E T S L O T  
 H A B R E T S L O T  
 G E N T L S L O T H



# GRID SNAKE

Keep this line going, and make it snake right across the page, always sticking to the grid. Try to pass through ALL the dots as your line creeps around the page.



This grid is very small, so you'll have to draw carefully and take your time. There's no right way to do it - just try to hit all the dots.

# MASSAGE PACK

MASSAGES can relax your muscles, calm your nerves, and even help you sleep better. Get comfy and try these massage techniques on yourself.

## HEAD

Place the tips of your fingers on your head, like this.



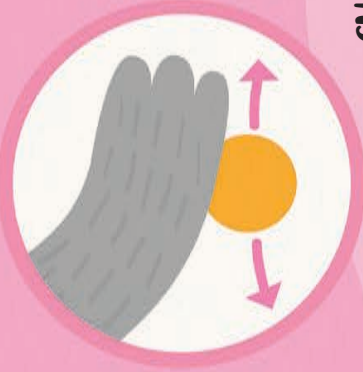
Rub your fingers around all at once, as if you're rubbing in shampoo.

Keep going for as long as you feel like.

## FEET

Find a soft ball, such as a tennis ball, and place one foot on it.

Roll the ball forwards and backwards with your foot for a while...



...then try rolling it around in little circles, all along your foot.

Try it on both feet - but not at once!

## ARMS

Pressing gently with one hand, make long, flowing strokes up and down your arm, from your wrist to your shoulder.

Do this until you feel your arm warm up.



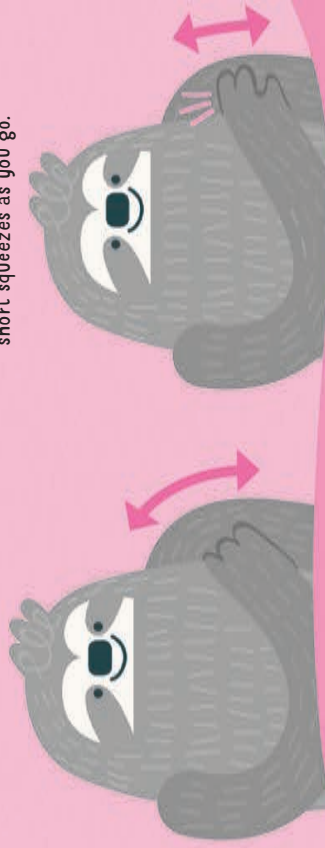
Then, rub little circles all over the arm from top to bottom.

Try these techniques on both arms, and then on both legs too.

## SHOULDERS

Relax your shoulders, then rub up and down one of them until the shoulder feels warm.

Next, move up and down the same shoulder, making light, short squeezes as you go.

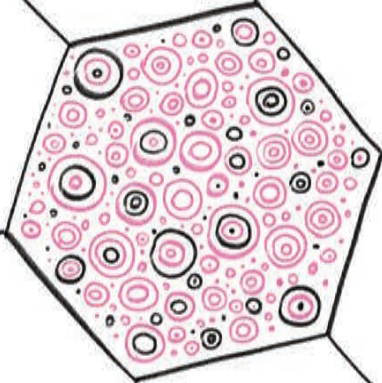
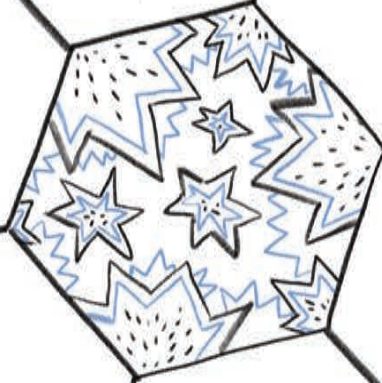
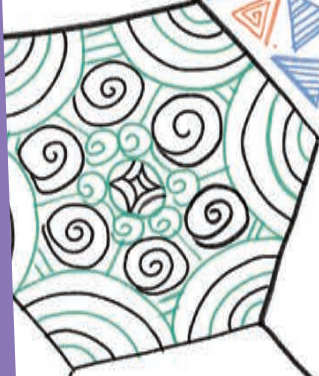
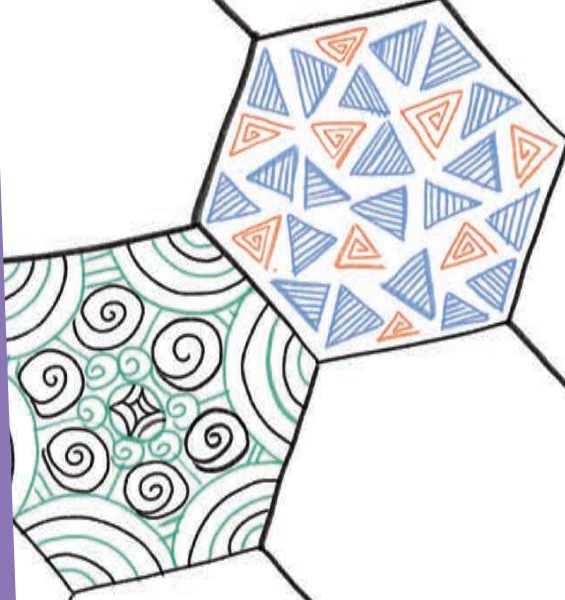


Do this on both shoulders, one at a time.

Stressful feelings aren't just in your mind - they make your BODY tense, too. Massaging tense parts of your body can make stressful feelings shrink.



Put worries to one  
side and fill this  
sheet with colourful  
doodles



Ahhh. And relaaaaax.



Put worries to one side and fill this sheet with colourful doodles



Whatever the weather,  
however your day feels,  
doodling can help you feel  
grounded and peaceful.

Put worries to one  
side and fill this  
sheet with colourful  
doodles

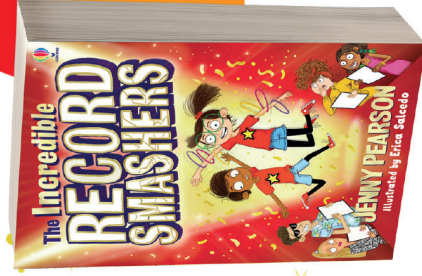




# RAINBOW OF HAPPINESS

**"I guess what I've realised, is that you can't hinge your own happiness onto one person or one thing. Happiness comes from a lot of different places. You just have to notice them." - Lucy**

**Like Lucy, you will discover that happiness can come from many different places.**



**For each colour of the rainbow, note down something or someone who makes you happy.**

**[usborne.com/recordsmashers](https://www.usborne.com/recordsmashers)**

# THE GIRL WITH SPACE IN HER HEART

## READ AN EXTRACT:

*But as I wander through the school gate, I know that Gavin and Blonde Ponytail Woman weren't a mirage and now I've seen them together there's no point in pretending I haven't. So, I have a whole new worry to add to my worry suitcase after all. That's what I call it, by the way: my worry suitcase. One weekend a while ago, Mum had to go away on a work course and I had to stay at Nana Anna's house. When Mum was zipping up my pink kitty suitcase she said it was fit to burst. I said there was still room for my favourite teddy and I made Mum unzip it so I could squeeze it in. Mum smiled and said it was funny how there was always room for more no matter how full it already was. It got me thinking about suitcases and how you could always squeeze in another thing, if you tried hard enough. That's how I felt about my worries – that there was always room to squeeze in another worry and then another one... And that's how I came up with the name.*



## DISCUSSION QUESTIONS:

- What is a 'worry suitcase'? Why is this a good analogy to explain how Mabel feels?
- Who does Mabel worry about most and why?
- What advice would you give Mabel if you could? What might help her to feel less anxious?
- Can you think of other examples of things that students your age might worry about? Give examples.
- Why is it sometimes difficult to talk about what is worrying us?

## ACTIVITY:

- Make a list of 10 worries. They should be a mixture of both small and bigger things that have been on your mind recently. For example, a small worry may be that you forgot your PE kit. A bigger worry may be that a family member isn't very well at the moment.
- Then write a poem about one or several of your worries. Try to 'think deeper, look deeper, write emotionally'. You don't need to write your name on it, you can keep your poem anonymous!
- Your teacher will then hand out a balloon to you. Blow up your balloon and stick your worry poem onto it, being careful not to let it float away.
- On the count of 3, your teacher will ask you to throw your balloon up into the air. As you do, imagine your troubles being lifted out of your suitcase. Remember the point of this activity – that it is important to let our worries out rather than squashing them down inside our 'worry suitcases.'



# The Castle of Tangled Magic

## READ AN EXTRACT:

*We walk together, deeper into the maze. Thoughts buzz in my mind like a swarm of hoverflies, and I try to make them settle. I remember what I said to Feliks after I got the Giant's Sword: that I thought someone bigger, braver and stronger should be doing this. And I remember Koshka telling me that I'm the only person who can use the blade.*

*I'm relieved and glad to be back with my new friends, but this also feels like something that I alone am responsible for doing. Two worlds depend on me being strong and brave and good enough. But inside, I feel as unsteady and uncertain as the floorboards in Sun Dome that broke and fell away beneath me.*

*Babusya enters my thoughts, with her twinkling eyes and huge white hair, telling me that if I believe I can do it, then I will. I look down at Feliks, who is trotting alongside me as a fox, and remember him telling me that belief is one of the few things more powerful than magic. And I think to defeat Chernomor maybe I must be more than strong and brave. I must believe in myself too.*



**A MESSAGE FROM THE AUTHOR:** In this fifth read-along video Sophie looks at the power of confidence, and she also reminds us of some previous literary friendships.

<https://bit.ly/amessagefromSophieAnderson>



**DISCUSSION:** Friendship and family plays an important part in the story, and Olia finds help and support from both her old friends and her new friends, as well as from her family. There are a few times throughout the story where Olia feels lost or as if she doesn't know what to do next, but with her friends and family around her, she begins to believe in herself, and what she can do. Discuss the obstacles in Olia's path and her attitude towards them, what does Feliks mean when he says belief is more powerful than magic? How?



**ACTIVITY:** Imagine you're Feliks, watching Olia worry about her journey ahead. Write a letter to Olia encouraging her – what words of encouragement and support does she need to hear?



# WORRY BOX

Writing down a worry helps to get it OUT OF YOUR HEAD. Try making a worry box to get rid of worries you're jotting down. Turn the box into a creature, and imagine it EATING up the worries.

## YOU WILL NEED:

AN EMPTY ENVELOPE, JAR, TISSUE BOX OR TUB  
PENS, DECORATIONS, GLUE

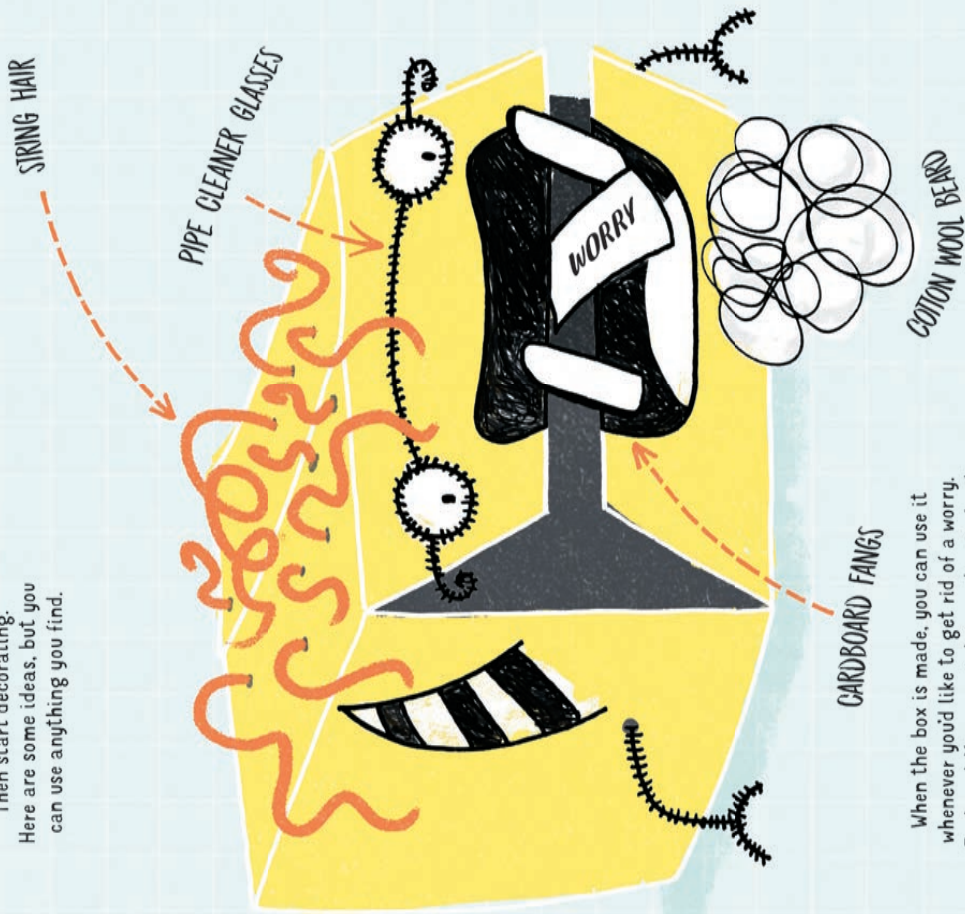
It can be made of anything you can put stuff in.



The opening will be the mouth.

Add eyes, and any other features you like.

Then start decorating. Here are some ideas, but you can use anything you find.



When the box is made, you can use it whenever you'd like to get rid of a worry. Just post the worry into your box instead of dwelling on it. From time to time, empty the box out into a recycling bin, so the worries don't build up.

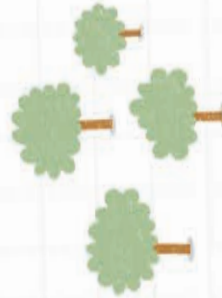
Alternatively, you could just SCRUNCH them up and THROW them away. Sometimes worries just need to be chucked away entirely.



# UNWORRY ISLAND

Design your own UNWORRY ISLAND, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

What's the weather like?



Where do you stay?  
A hut? A treehouse?  
An igloo?

Who else is there with you? Or are you on your own?

What do you eat? Fruit from the trees? Fish from the sea? An endless supply of ice cream from a cafe?



It doesn't have to be realistic. This is YOUR unworry island - it can be absolutely anything you want, as long as there are no worries there.

The more you use your island to relax, the more helpful it'll be. Scientists call this process **CONDITIONING**. You train your body to **RELAX** whenever you imagine the island. So don't just visit the island once, pop back again and again, and add or change things whenever you like.

# LIMERICKS

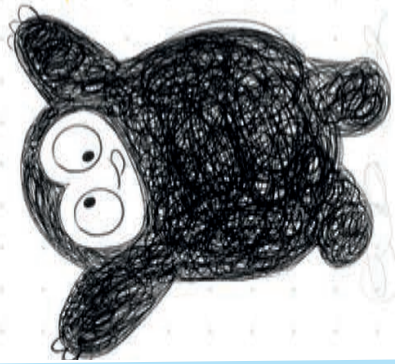
Keep your brain busy and make yourself chuckle by writing some humorous poems called LIMERICKS. Limericks work like this:

- 1 An elderly fellow called Keith
- 2 Had mislaid his set of false teeth.
- 3 They'd been left on a chair, ← →
- 4 He forgot they were there,
- 5 Sat down - and was bitten beneath.

The first, second and fifth lines rhyme, and each of these lines has 8 or 9 syllables.

The third and fourth lines are shorter, and have their own rhyme.

Each of these lines has 5 or 6 syllables.

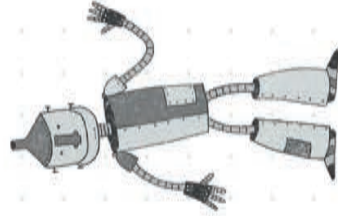


Limericks are often silly and funny.

Try finishing off these limericks. Use a pencil so you can change it if you want to.

There was a young man made of tin,

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

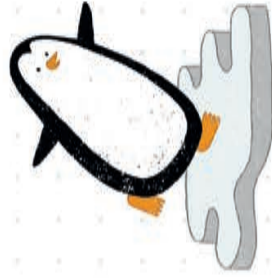


There once was an alien called Zars,



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

An old penguin was skating on ice,



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Try a whole limerick with your own first line:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# FIDDLE STAR

When you get worried, and adrenaline builds up in your body, you often feel fidgety and nervous. But LETTING YOURSELF fidget can help you unwind, as it allows adrenaline to leave your body calmly. Follow these instructions to make an origami star, perfect for spinning, fiddling and fidgeting.

## YOU WILL NEED:

- A piece of paper
- Scissors
- A pen or pencil

1

Cut two strips of paper, each about 21cm (8 inches) long, and 5cm (2 inches) wide.

2

Strip 1

Fold each strip in half, down the middle, then open it up again.

3

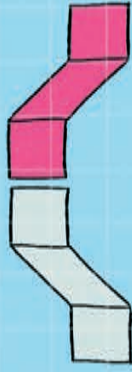
Fold the top half of each strip to the side, like this, using the crease halfway down as a guide.

4



Fold the bottom half to the side, in the opposite direction.

5



Flip each strip over, so they look like this.

6



On both strips, fold the top corner down, forming a triangle.

7



Do the same at the bottom, folding the bottom corners up into triangles.

8



Fold the top triangles inwards.

Turn the page to finish the star.

9



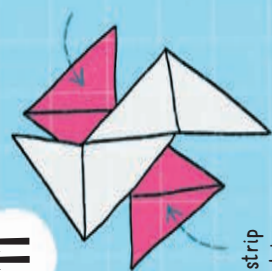
Fold the bottom triangles inwards too. They should overlap to form a diamond shape. Then unfold the bottom triangles again - you only need the creases.

10



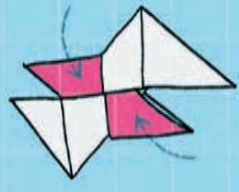
Flip the right hand strip over.

11



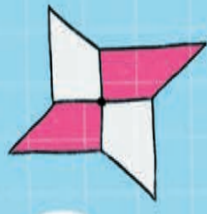
Lay the right strip over the left strip like this:

12



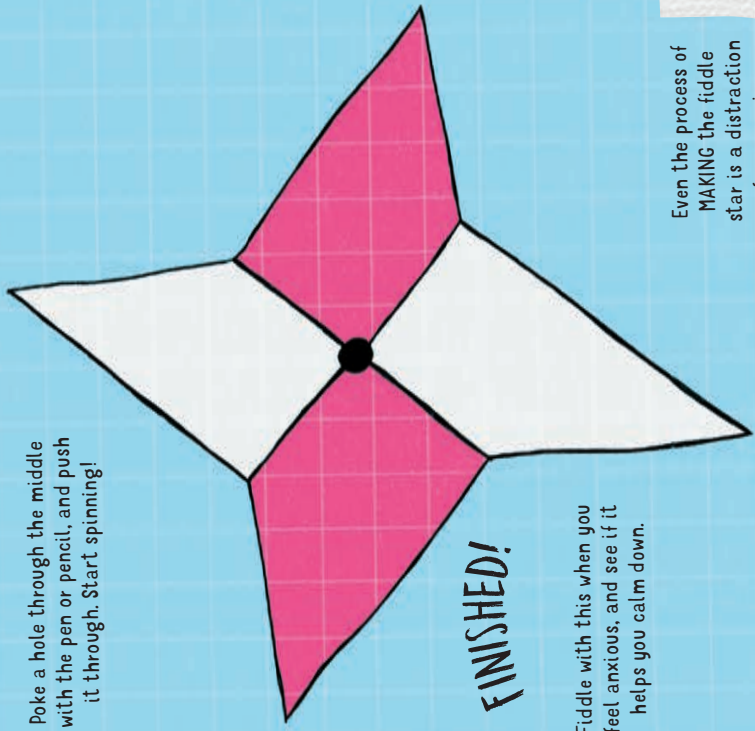
Tuck the corner sticking out on the left into the pocket in the right hand strip. Do the same for the right corner.

13



Flip the paper over, and do the same at the back. Tuck all four corners in, until you have a star shape.

Poke a hole through the middle with the pen or pencil, and push it through. Start spinning!



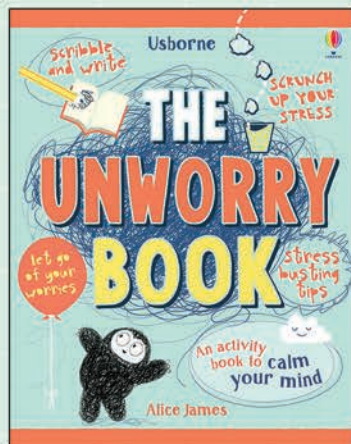
Fiddle with this when you feel anxious, and see if it helps you calm down.

Even the process of MAKING the fiddle star is a distraction from worries.

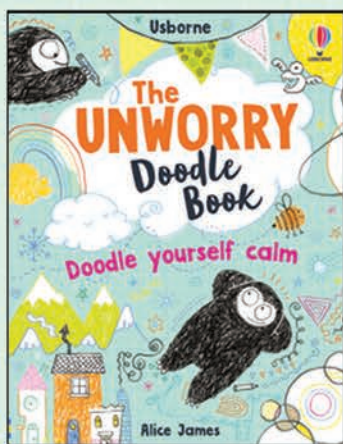


# USBORNE BOOKS ON MENTAL HEALTH

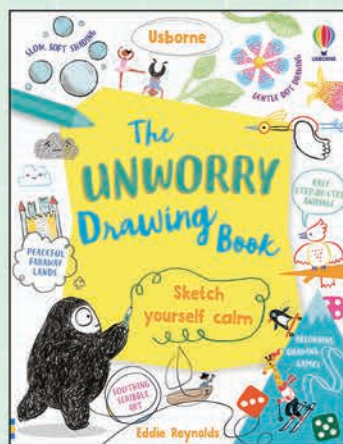
Enjoyed these activities? Discover Usborne's range of mental health books, filled with mindful activities, information and advice



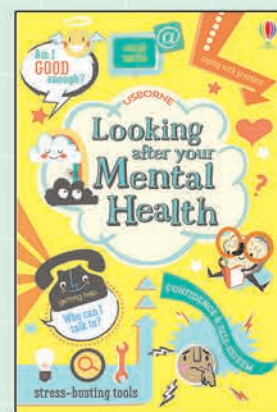
9781474950770  
£8.99 HB 9+



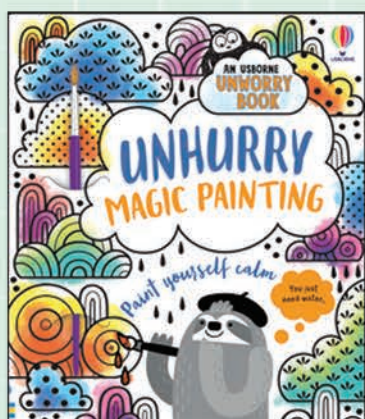
9781474983228  
£6.99 PB 8+



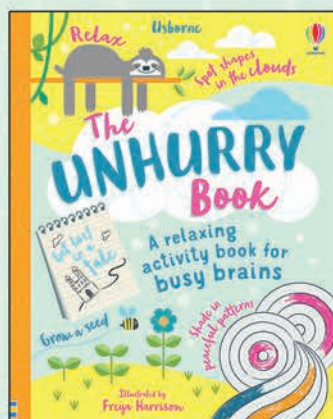
9781474986120  
£6.99 PB 7+



9781474937290  
£6.99 PB 11+



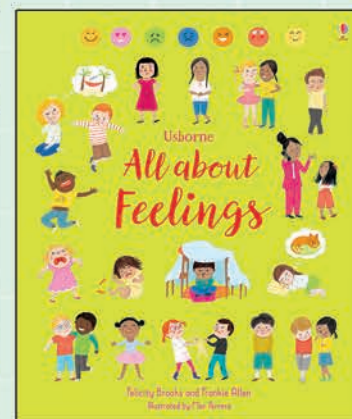
9781474986113  
£5.99 PB 5+



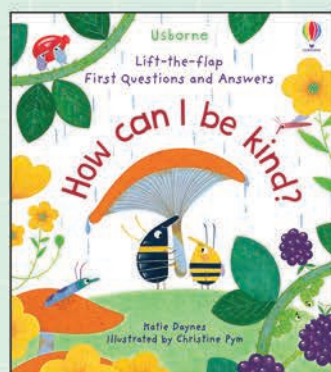
9781474970495  
£8.99 HB 8+



9781474983211  
£9.99 HB 3+



9781474937115  
£9.99 HB 3+



9781474989008  
£9.99 BD 4+



9781474948180  
£9.99 BD 4+



USBORNE