

## Social and Emotional Literacy Anxiety Resource

Hi everyone, its still a difficult time not been at school and I know some of you will be a little sad and worried about all sorts of things so I have put together an information sheet I would like you to read with an adult to help you understand that all worries can be solved you just have to be brave, keep calm and **think things through**.



Learning to see things differently. 'The Helicopter View'

When something is worrying you, you are so wound up with it that its hard to stand back from what's happening.



Let's pretend you are in a helicopter! Lift off! ....Zoom out of your worry!

Let's call this the **Helicopter View**.



As the helicopter takes off, getting higher and higher, it sees a bigger and bigger picture of your worry and its getting less involved with the detail at ground level. So as you pull back from a worrying situation, you can start to see things much more clearly and sensibly.



STOP TAKE A BREATH!



Ask your self what am I worried about? What does the worry mean to you?

What is the worst thing that could happen to you?

Would other people act in the same way?

How would other people deal with their worries?

What can you do to overcome the worry?

Be brave, what would be the best thing to do?

**YOU CAN DO IT!**

[Link to this info](https://www.getselfhelp.co.uk/helicopter.htm) <https://www.getselfhelp.co.uk/helicopter.htm>