

Mrs Hanbidge's Emotional Literacy Group

Hello my gorgeous guys!

Hope you are staying safe and not missing school too much.

Before school closed we were working together in our fabulous Emotional literacy group and you were sharing with others and learning all about what is anxiety, what it looks like, how it effects you and most of all ways to help you control it.

It has been quite a difficult time for children just like you having their normal routine and lives all mixed up especially not going to school.

This is a normal feeling, you are allowed to feel that way.

But if your worries are taking over and you feel you aren't coping then its time to act.

**DO YOU
REMEMBER?**



we learnt how do do
this in our group.

Can you still do it?
One step at a time.

STOP!



THINK!



WHAT IS WORRYING YOU?

FIND THE TRIGGER

IS IT GOING TO HURT YOU

ARE YOU BEING REALISTIC

TALK IT THROUGH WITH AN ADULT

DISTRACT YOUR NEGATIVE THOUGHTS

SELF TALK POSITIVE WORDS

ex; I GOT THIS! I CAN DO THIS!
I AM NOT GOING TO BE AFRAID I AM STRONG!

Reasons why you
might be feeling anxious whist being in isolation.

- x missing friends
- x miss going out to play
- x missing hugs an kisses from family
- x worried about home school learning
- x worried about the virus
- x worried about returning to school

TALK TO MUM, DAD, BROTHER, SISTER.

ANY TRUSTED ADULT YOU WILL FEEL BETTER. XX

