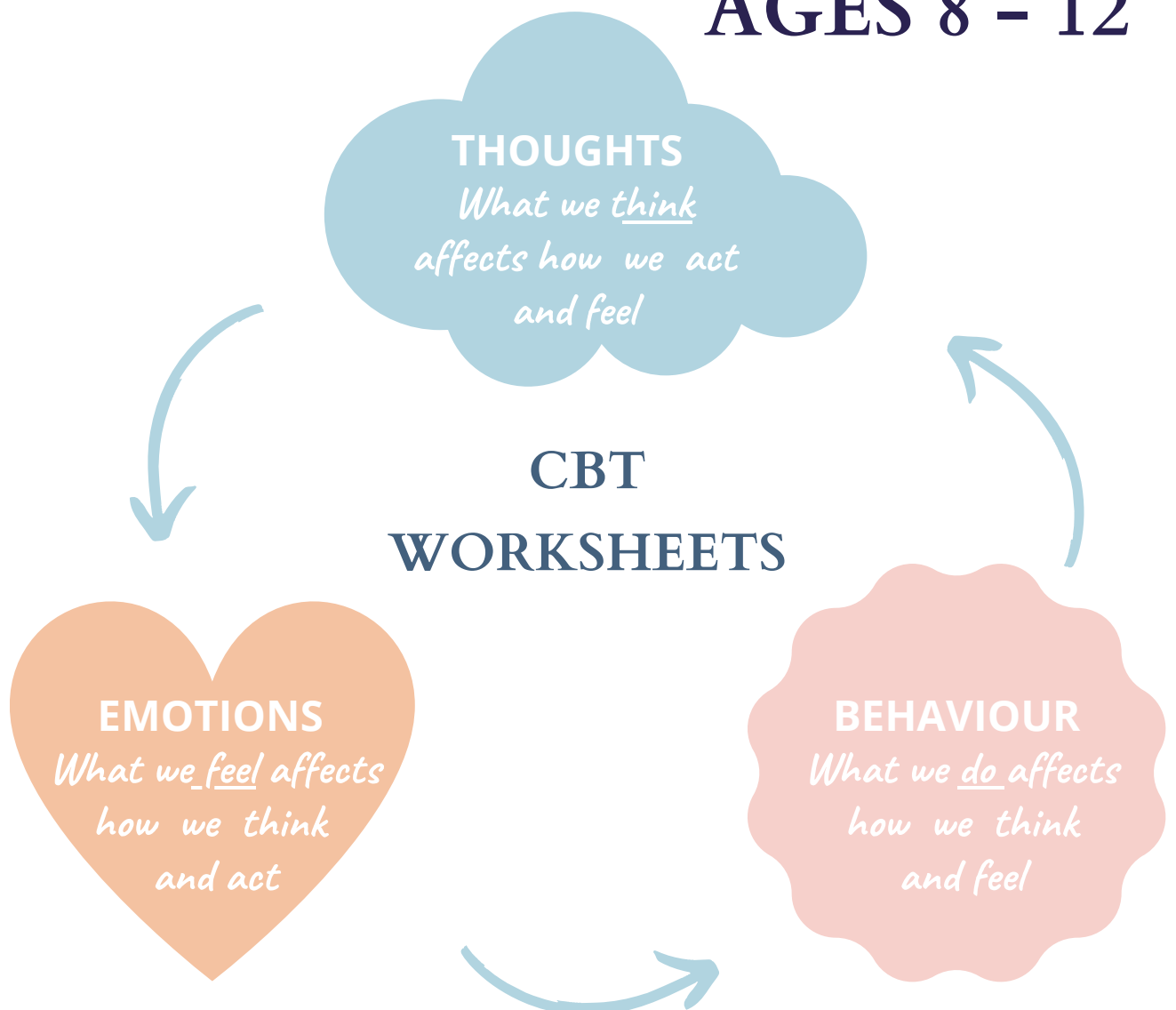


The Magic Triangle

MANAGE YOUR WORRIES ACTIVITY BOOK

Worksheets to help you explore understand and
manage your worries

AGES 8 - 12



CONTENTS

Activity 1

What are worries?

Activity 2

Times I have felt anxious

Activity 3

Identifying your physical symptoms of anxiety

Activity 4

What is CBT and the magic triangle

Activity 5

Homework diary identifying triggers, thoughts and body symptoms

Activity 6

Is it a thought, feeling or action cards

Activity 7

Puzzle: Linking it altogether

Activity 8

Taking a different path: Redirecting your ending

Activity 9

Playing detective, Looking for the evidence

Activity 10

What if, worst and best case scenario

Activity 11

Reframing my thoughts

Activity 12

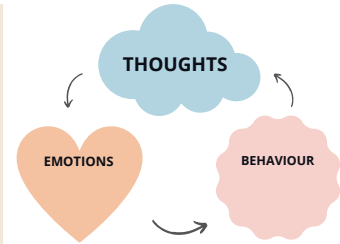
I can do it CONTRACT

CBT Activities



Objective:

Individuals have a clear understanding how thoughts affect our feelings and behaviour. And that changing our thoughts will lead to a more positive outcome.



Outline:

Explain to individuals what worries are and that everybody experiences them from time to time. Worries are something that we can ultimately control and that changing our thoughts has a huge impact on how we feel. Follow the activities in order as outlined in the table of contents.

Activity 1: What are worries?

Individuals try and brainstorm what they think worries are. Words that can be used to help describe worries can be, nervous, fear of the unknown, fear of future events, anxious, overwhelmed. The practitioner can ask questions such as:

- Where did you get these ideas about worries from?
- Do you know anyone with worries?
- Do you think everybody feel worries?

Practitioner can then read the page outlined, 'WORRIES' so that children have a clear understanding about what a worry is.

Activity 2: Times I have felt anxious:

Individuals try and identify times that they have felt anxious. The aim of this activity is to get children to understand that everybody feels worried from time to time, it might be a little worry or a big worry.

Activity 3: Identifying your physical symptoms

Individuals try and link their thoughts with their physiological symptoms. When children understand that worries can have a physical affect on them they will learn to listen to both their mind and body.

Activity 4: The Magic Triangle

Individuals can have a go at understanding the cycle of their thoughts, feelings and behaviour.

Activity 5: Trigger diary

One of the most useful things you can do to overcome anxiety is to keep a diary of your thoughts on paper. Many people feel their anxiety comes from "out of the blue," and they have difficulty identifying specific triggers and thoughts, the thought diary can help individuals identify their thoughts as they are having them.

CBT Activities

Activity 6: Is it a thought, feeling or action cards.




Cut out all the thought, feeling or action cards (laminating is optional). Ask the child to identify if it is a thought, feeling or action and place them in the appropriate box on the main page.

Activity 7: Puzzle, linking it all together.

Cut out all the puzzle pieces. Children can then make a 3 piece puzzle with all the different scenarios. Match the feeling and behaviour with the thought. Children learn that the thought then has a flow on effect onto our behaviours. Children can then write their own ending into a more positive behaviour.

Activity 8: Taking a different path, redirecing your path

Individuals will learn that every choice is in your control. You can either take a negative path or a postive path with your thinking and behaviour.

Cut out the cards and ask the individual to pick a trigger (with the symbol  in the corner, followed by the thought  and behaviour . The child can visually see how there are 2 paths that can be taken depending on their choices.

Activity 9: Looking for the evidence. Playing detective

This is the Cognitive Restructuring: Thoughts On Trial worksheet. On this worksheet, the individual is taken through a process of placing their own thoughts one trial.

Activity 10: What if. Worst and best case scenario.

children are asked to look at the worst case scenario of their worry. Often once a child breaks down their worry and looks at the worst possible outcome they realise that it's often not as bad as they first think.

Activity 11: Reframing thoughts.

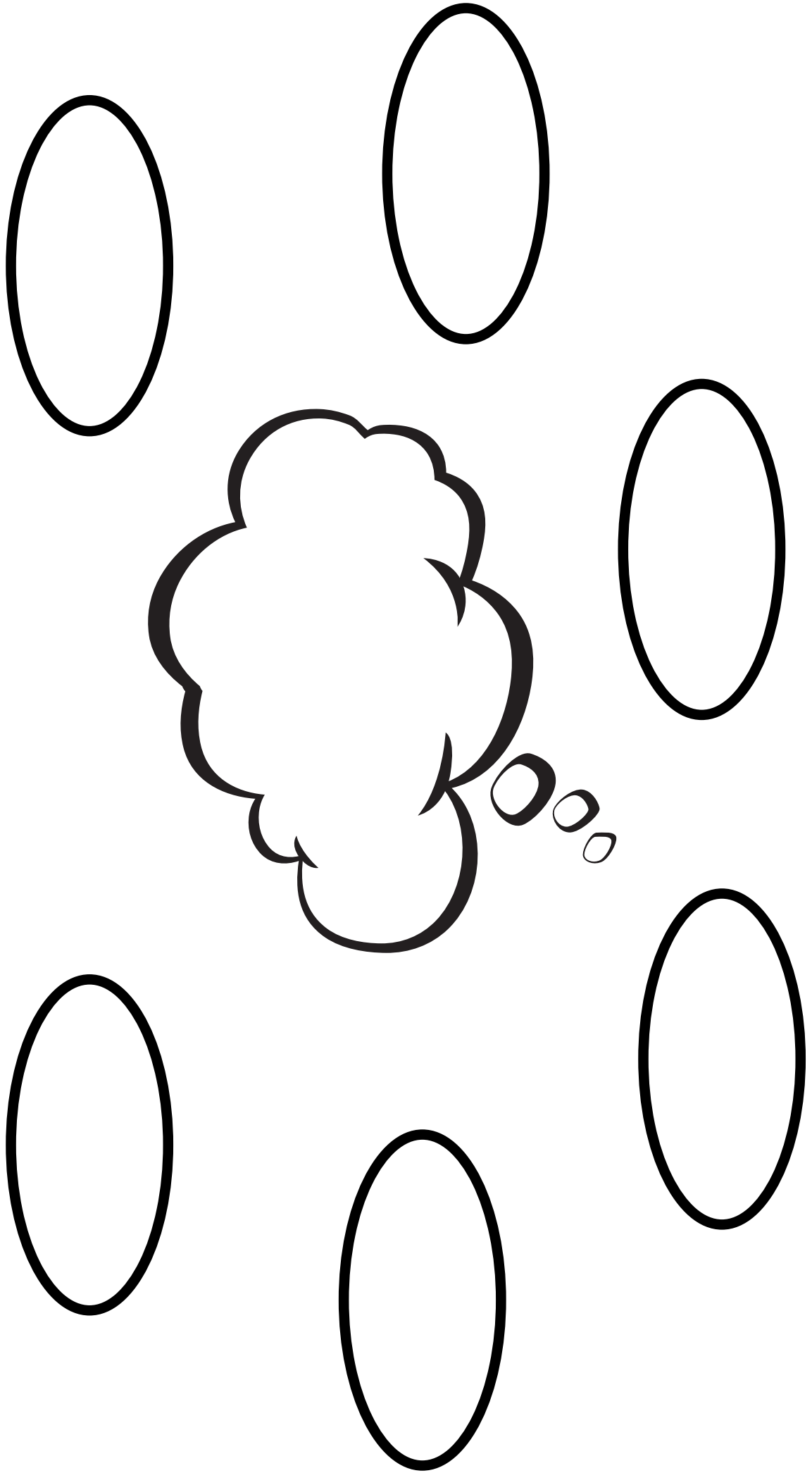
children are asked to reframe their negative thoughts into positive thoughts. It is a reminder that if they change their thinking into a more positive style then it will have a positive flow on effect to their feelings and behaviour.

Activity 12: I can do it contract

Children get to celebrate all the effort and everything that they have learnt. By signing the contract children agree to use the skills they have learnt to continue gaining control of their worries. Children are encouraged to keep the contract somewhere visible like the kitchen fridge as a daily reminder of what they need to do.

WHAT DO YOU THINK WORRIES ARE?

Before we begin, let's look at what you think worries are.
Try and brainstorm some ideas.



WORRIES

A worry is a feeling of unease, fear or nervousness when you start to think about unpleasant things. It is a type of thinking, often about something that might happen in the future and it leaves you feeling frightened, nervous or anxious. Some people call worries, anxiety or stress.

People that worry a lot often feel very nervous about the potential dangers of what could or might happen in certain situations.

A worry can be a specific thought that makes you feel nervous, such as "what if I make a mistake during my drama play and everyone laughs at me", or it can be a more general feeling that you get, such as getting butterflies in your tummy or feeling sick even though your not actually sick.

A worry is a normal feeling to have and it can in fact serve us well in several situations. For example, feeling worried about a math test can help us study more or feeling worried about a sports game can actually help you prepare better and even perform well. However, when we worry too much and it starts to interfere with things in our everyday life, then it is not good, and we need some special tools and tips to help us overcome our worried feelings.



Everybody experiences worries, however if you are starting to feel worried more often or if you can't seem to stop thinking about your worry and it is leaving you feeling upset, then this mini book is going to help you manage your worries so that they don't bother you anymore.

Just move through this booklet at your own pace, remember to listen to your body and please speak up if you are feeling uncomfortable about any of your feelings, because talking always helps.

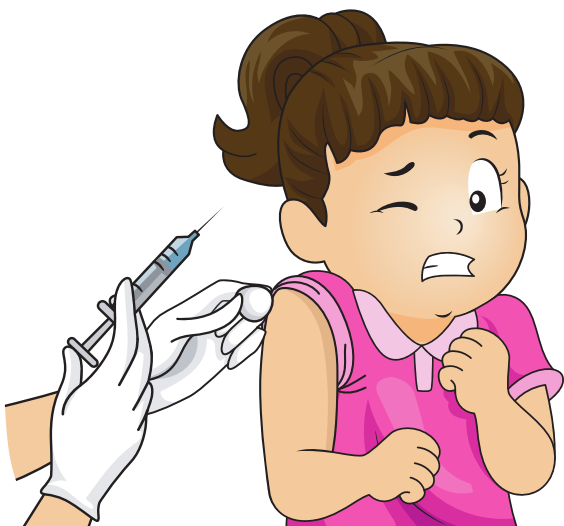
TIMES WHEN I HAVE FELT ANXIOUS

Everybody feels worried or anxious from time to time. For example, maybe you felt worried when you had to get a needle at the doctor's office, or maybe you were worried when you started school for the first time because you didn't know anyone.

It is even completely normal to feel worried if you had to talk in front of a lot of people at your school assembly.

Try and think of times when you felt a little bit anxious.

Times when i felt anxious was

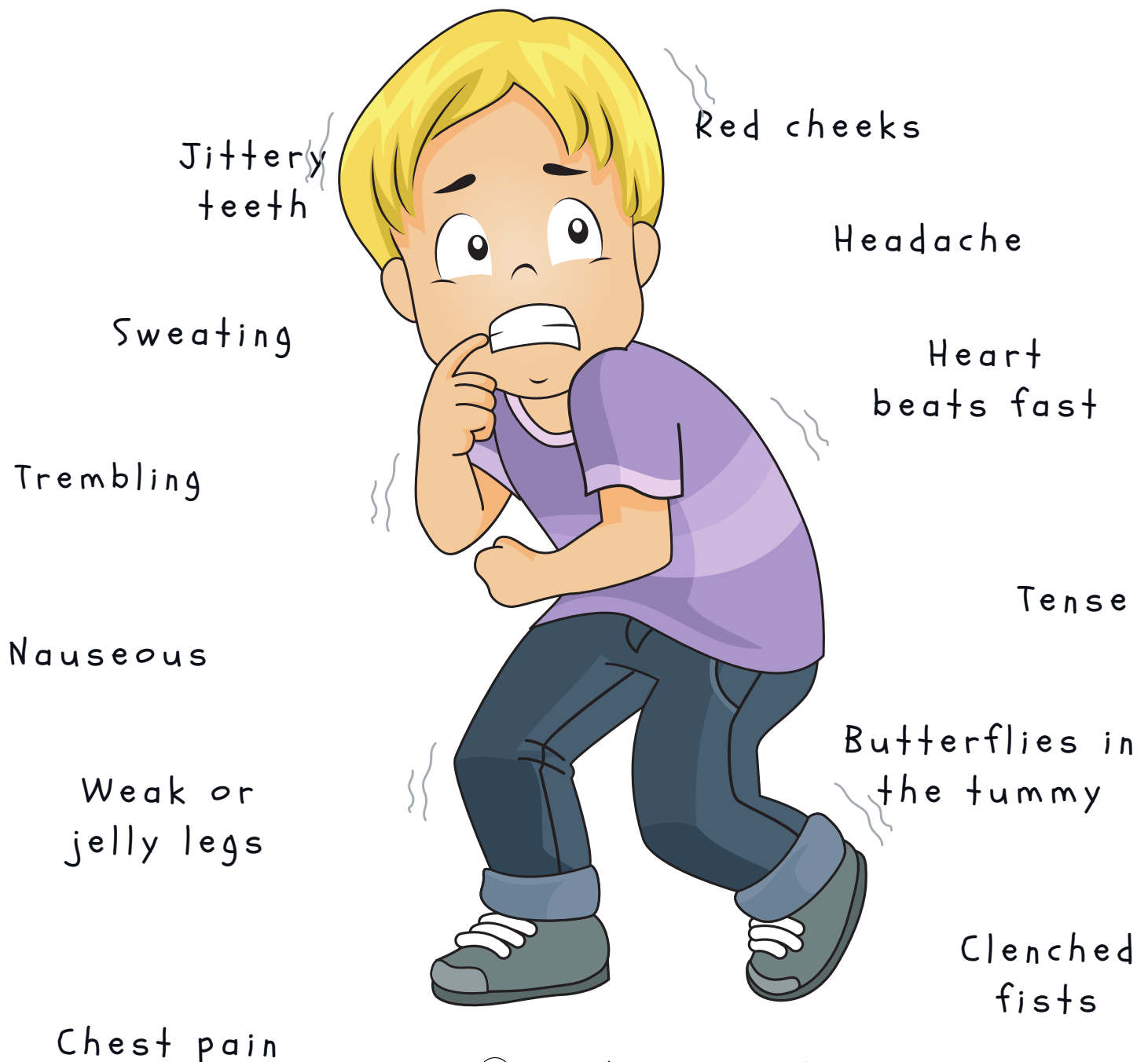


PHYSICAL SYMPTOMS OF ANXIETY

Our brains are wired to respond to a perceived threat and it can't always distinguish between a real physical threat (such as a tiger) or a threat that is caused by worry or fear.

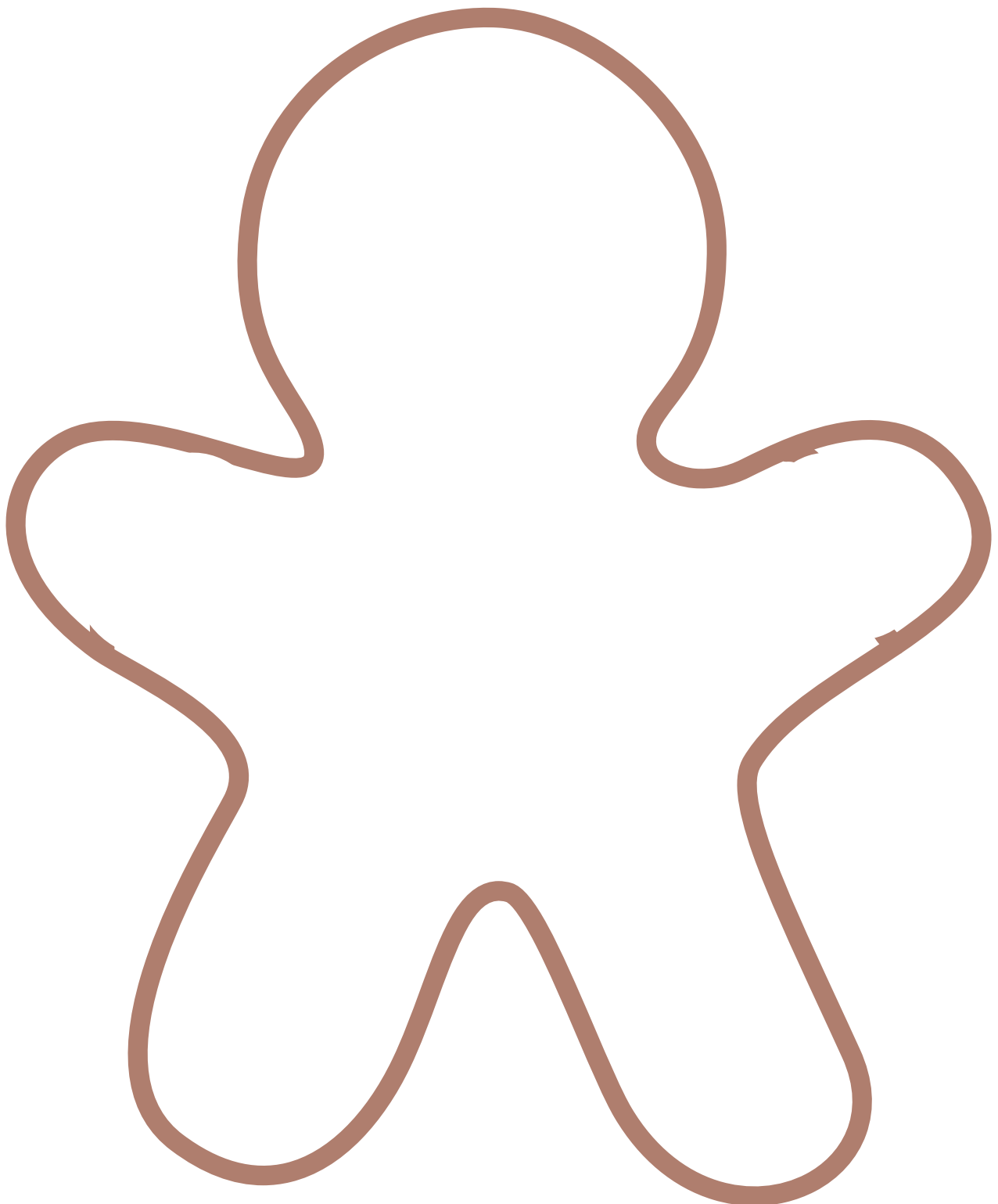
The release of those chemicals is part of the sympathetic nervous system that involve involuntary physical responses.

Everybody's body will physically respond to anxiety in many different ways. But some common physical symptoms are shown below.



WHEN I FELT ANXIOUS I NOTICED SYMPTOMS IN MY BODY

Have a look at the previous page and try to outline or draw your own physical symptoms. Maybe close your eyes and try to remember what happens to your body when you feel worried.



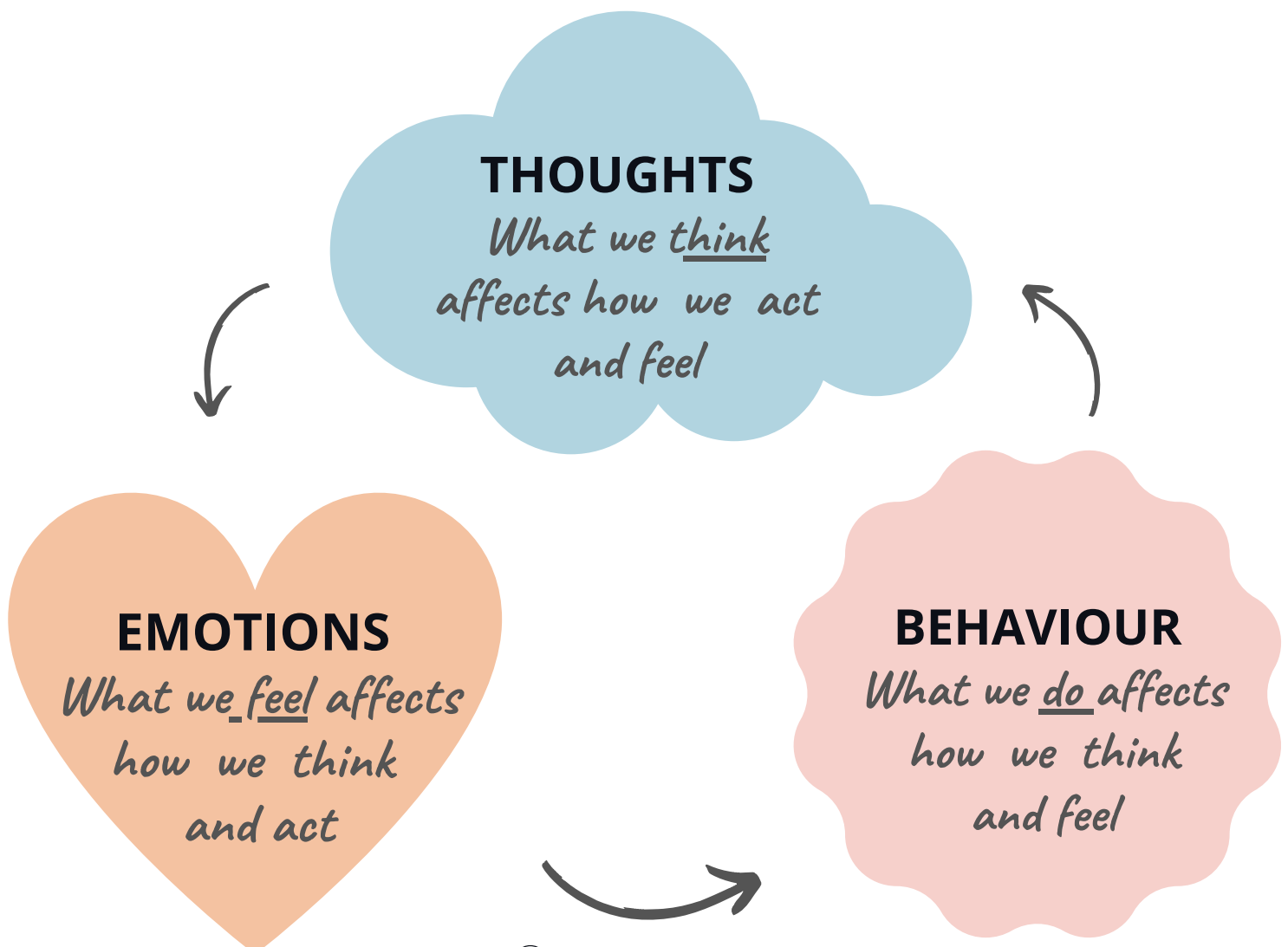
WHAT IS CBT

The main approach of Cognitive Behaviour Therapy (CBT) is helping individuals understand how their thoughts and emotions affect their actions.

It works by exploring, tackling and changing unhelpful thinking patterns that one has created over time and helps them change their perception on perceived danger so that one can break their negative cycle.

CBT helps individuals to challenge automatic beliefs, and use practical strategies to change and modify their behaviour. This results in more positive thoughts, which in turn lead to more positive feelings and behaviours.

In short, our thoughts affect the way we feel which then affects our behaviour. If we can change our thoughts then we can change our behaviour.



The Magic Triangle Example

I was
thinking..

I am going to make a
mistake in my singing
performance



Worried, nervous,
anxious. Butterflies in
my stomach, heart
beating fast,
shaking

and so
I felt...

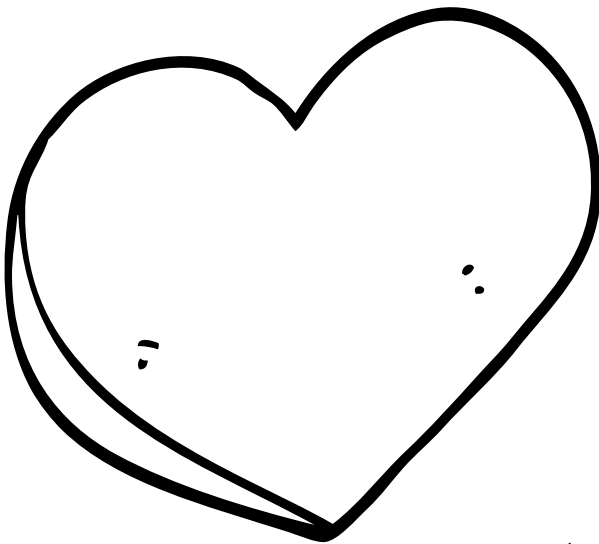
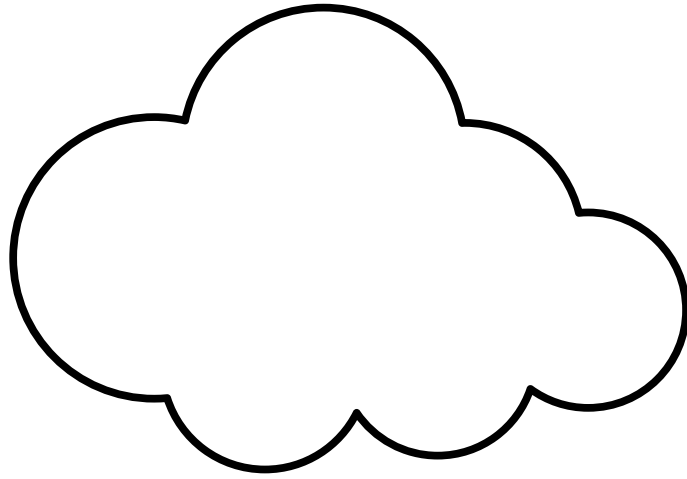
Decided not to do the
singing performance
so that i wouldn't
get embarrassed

so I ...

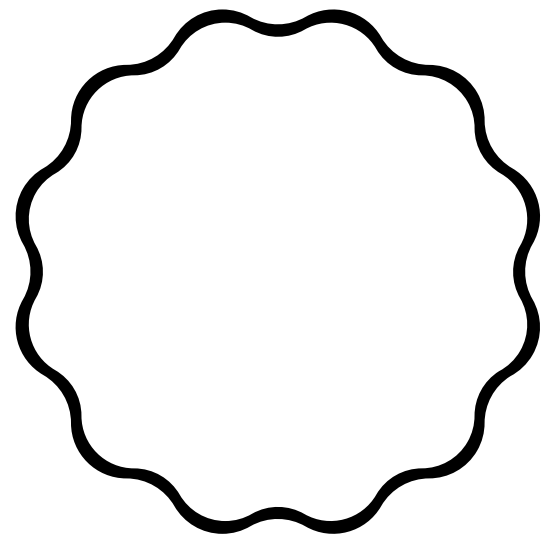


The Magic Triangle

I was
thinking..

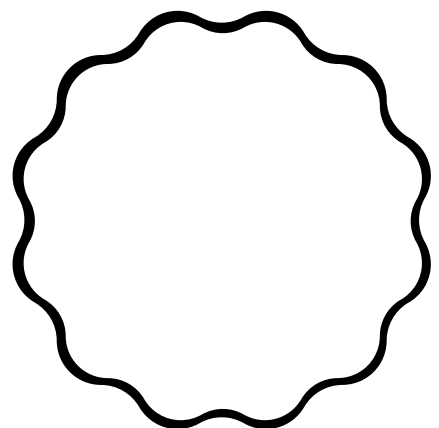
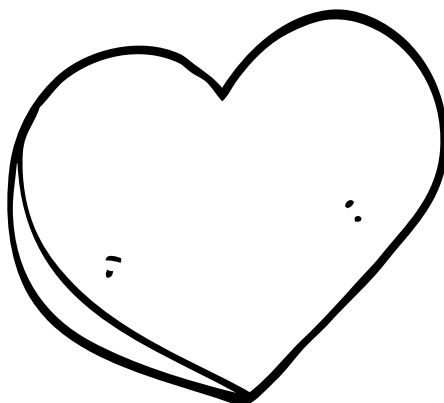
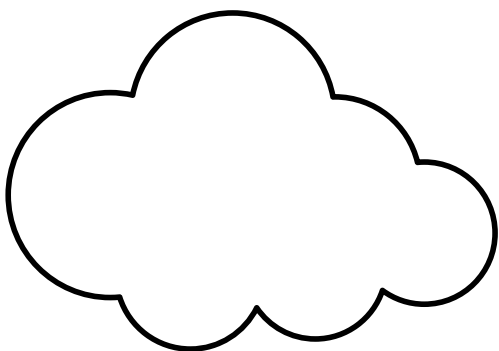
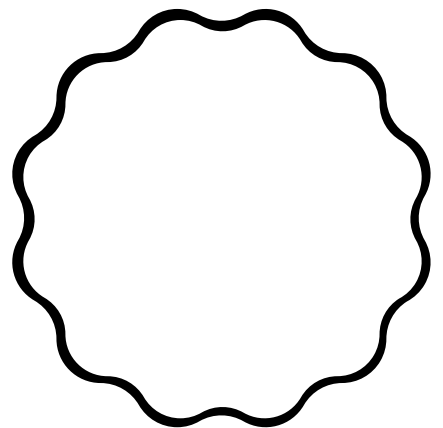
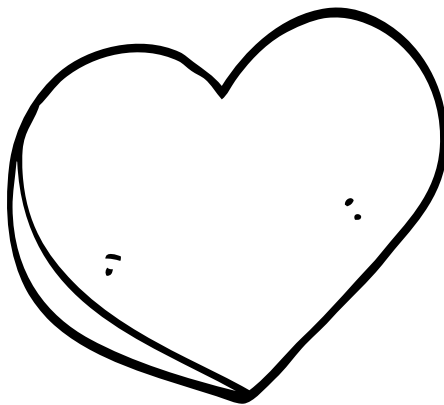
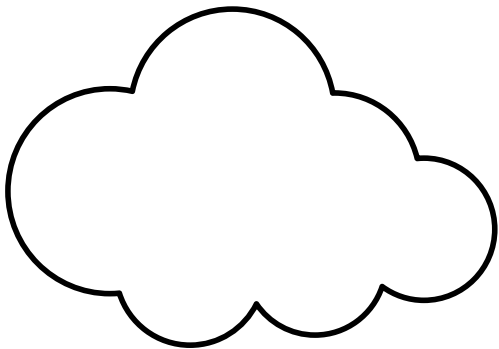
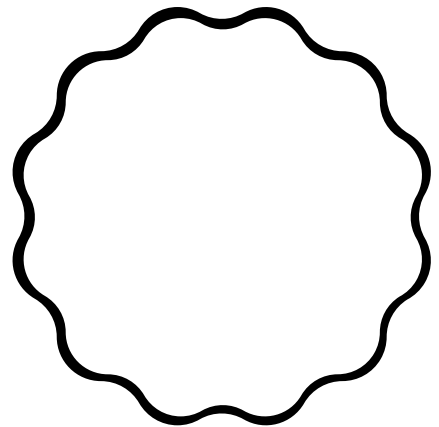
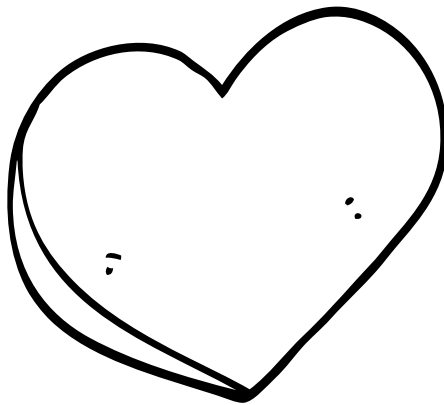
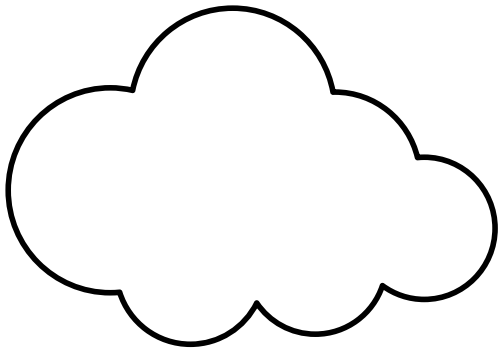
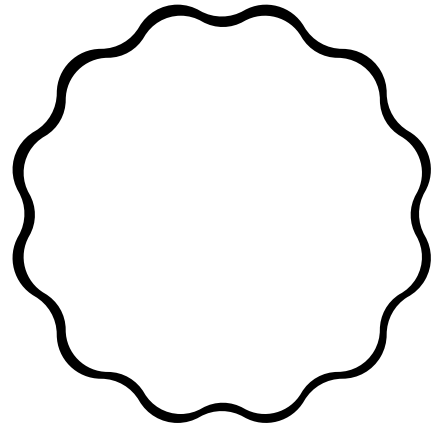
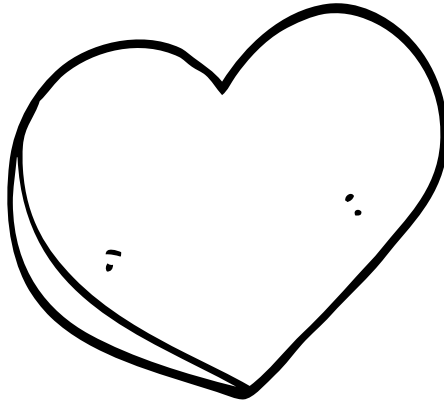
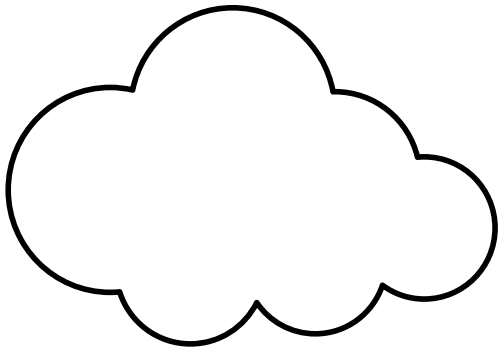


and so
I felt...

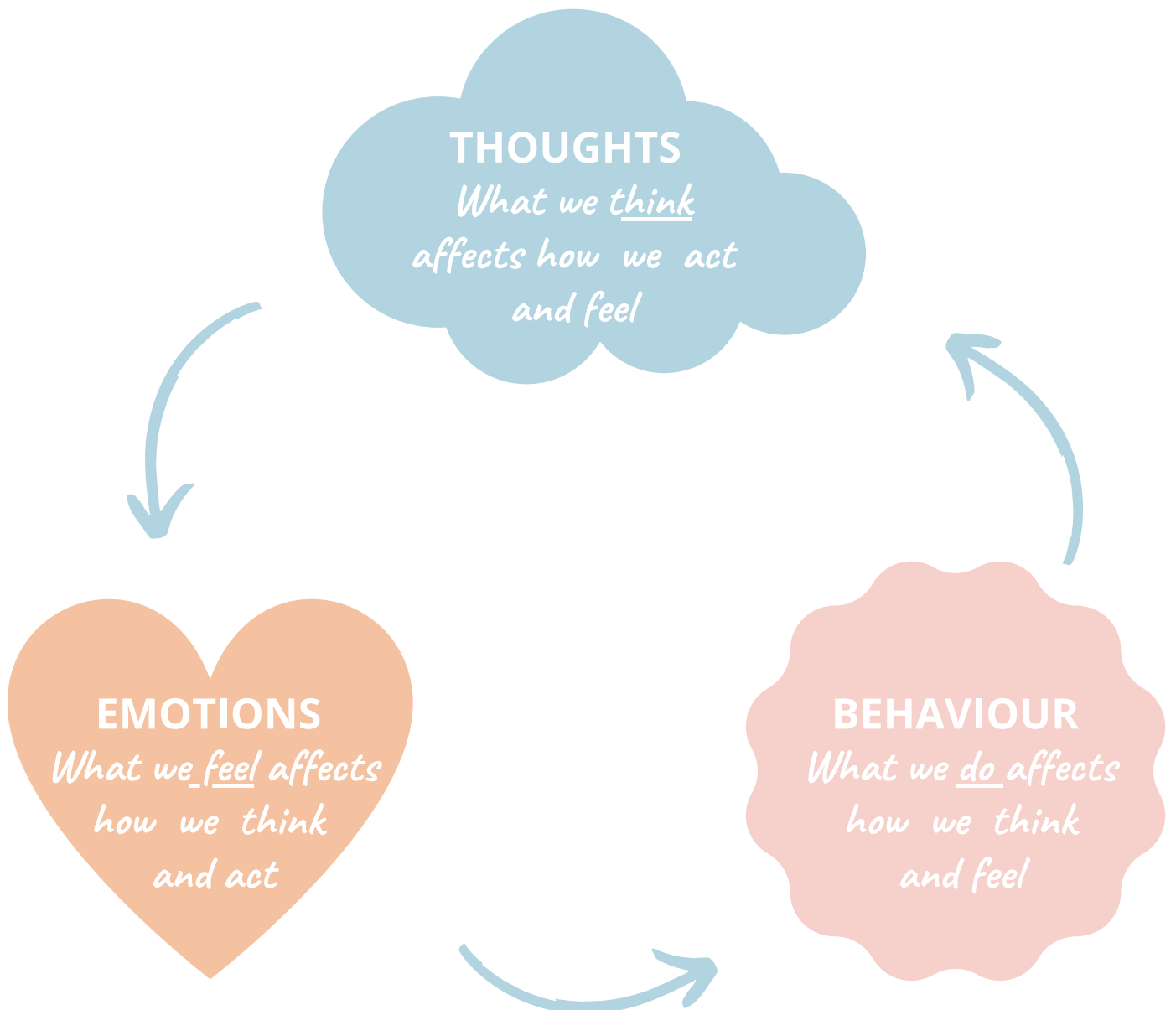


so I ...

More practice



The Magic Triangle



MY BODIES RESPONSE TO ANXIETY - DIARY

Spot the triggers and change your destructive thoughts

Take this diary home and fill it out everytime you feel anxious. Get mum or dad to help you identify your behaviour patterns.

THOUGHT	FEELING	BEHAVIOUR	RESULT/ CONSEQUENCE

Putting thoughts on trial

This is the Cognitive Restructuring: Thoughts On Trial worksheet. On this worksheet, the individual is taken through a process of placing their own thoughts on trial.

In this exercise, you will put a thought on trial by acting as a defense attorney, prosecutor, and judge to determine the accuracy of the thought.



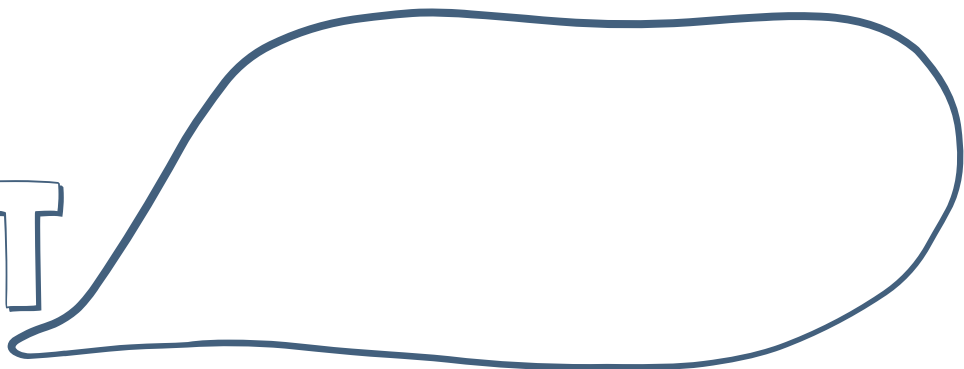
Prosecution and defense. Gather evidence in support of and against your thought. Evidence is a verifiable fact, not guesses, thoughts or emotional feelings.



Judge. Come to a verdict of your thought. Is it fair and accurate? Are there any other thoughts that could explain the facts?

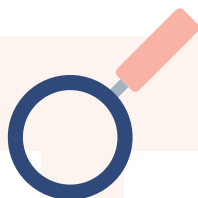


THE THOUGHT



CLUES FOR

CLUES AGAINST



THE CONCLUSION



REFRAMING THOUGHTS

Our thoughts determine our behaviour, therefore it is important to have positive thoughts. Try and change the negative thinking into more positive productive thinking.

Instead of..	Try..
I'm going to fail this test	
Everyone is going to stare at me	
What if i make a mistake	
I wont know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come last	

WHAT IF ??

The **FEAR**: _____



What is the **WORST** case scenario?

What if....

What are the **CHANCES** of that happening?

How likely is it???

What can you do to help yourself **COPE**

if that happens?



BEST CASE



What is the **BEST** case scenario?

What are the **CHANCES** of that happening?
How likely is it???

What can you do **TO TRY AND MAKE**
that happen?

What is the **MOST LIKELY** scenario?

Speak Kindly to yourself

I AM
ENOUGH

I BELIEVE IN
ME

I AM
WORTHY
OF LOVE

I TAKE
CARE OF
MYSELF

I AM IN
CHARGE OF
MY
DESTINY

IT'S OK TO
MAKE
MISTAKES

I AM
BEAUTIFUL

I CAN DO
HARD
THINGS

I MAKE
PEOPLE
SMILE

I'M FLAWED
AND STILL
FABULOUS

I AM SO
LOVED

I AM A
GOOD
PERSON

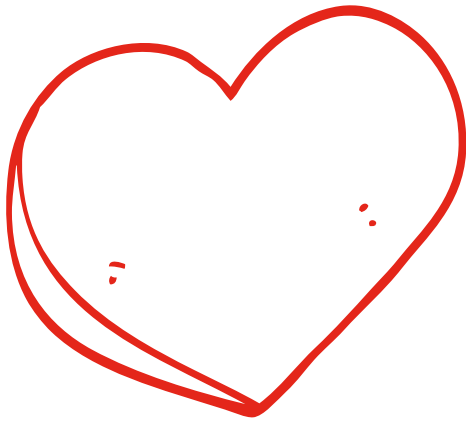
I AM BRAVE

TODAY IS
MY DAY

IS IT A THOUGHT, FEELING OR ACTION?



THOUGHT



FEELING



ACTION

THOUGHT, FEELING OR ACTION CARDS

I am so
dumb

No body
likes me

Everyone
is going
to laugh
at me

I can't do
this

My hair
looks so
bad

My
teacher
hates me

What if
i fail

The park
is
unsafe

Being
late to
school is
really bad

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



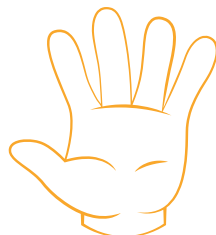
THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT, FEELING OR ACTION CARDS

useless,
dumb

scared

Anxious

Overwhelmed,
frustrated

angry

Uncomfortable

worried,
nervous

jealous

Grateful

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT, FEELING OR ACTION CARDS

Spending too
much time on
social media
rather than
studying

Making
new
friends

Waking up
very early to
make sure
you are not
late to
school

Not doing
any work
in class

Avoiding
places

Wearing a hat
to cover up
your hair

Asking
classmates
for help

High
five

Speaking
at the
assembly

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



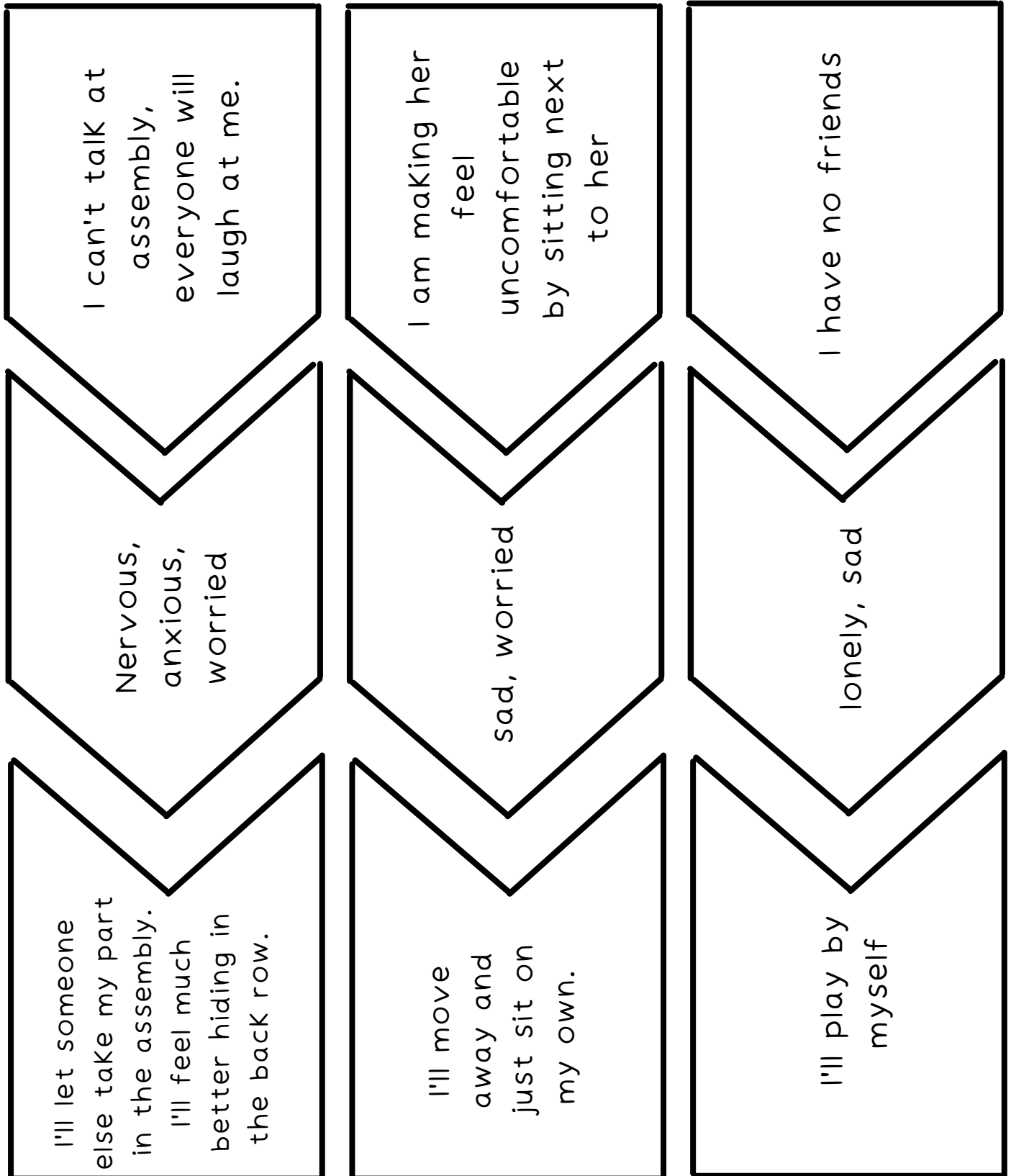
THOUGHT,
FEELING OR
ACTION?



THOUGHT,
FEELING OR
ACTION?



PUT THE PUZZLE TOGETHER



PUT THE PUZZLE TOGETHER

I'll spend all
my time
studying so
that i get
100%

Worried,
nervous
panicky

What if I fail
this test

I wont waste
my time trying
because I
won't
understand it
anyway

Dumb,
frustrated

I am not as
smart as all the
other kids in my
class

I wont go to
the park
anymore, it's
best to avoid
dangerous
places
altogether

Scared,
worried

Playing at the
park is
dangerous, there
might be
strangers there.

TAKING A DIFFERENT PATH

Reframe the ending to take a
different path that is more
positive.

RE DIRECTING YOUR PATH CARDS



You said the wrong
answer out loud in class



Now everyone
thinks i'm dumb



You wore the wrong
coloured shirt to school



I can't go to school, I
will stand out all day



You forgot your pencil
case



Now i can't do any work and
my teacher will yell at me



You forgot your
lunch



Now I will be hungry all
day



Someone said something
mean about
you on social media



Everyone agrees with that
person that said something
mean about me



You got blamed for
something that
wasn't your fault



I always get blamed for
everything



Your best friend has been
spending more time with
someone else



They don't like me
anymore



You tripped over in front of
your class and everyone
started laughing



Everyone thinks i'm so
clumsy

RE DIRECTING YOUR PATH



Embarrassed



heart beating fast



Stupid



Shakey



Unorganised



Butterflies in stomach



Silly



Sick



Angry



Sad



Annoyed



Worried



Hurt



Nervous



Confused



Jelly legs

RE DIRECTING YOUR PATH



Try and learn from my mistakes and understand that it happens to everyone



Try and avoid answering any questions in front of the whole class ever again



Ask if you have done something wrong



Ignore them and stop being friends with them



Accept that these things happen and laugh it off



Go home immediately and stay there for the remainder of the day



Ask someone if you can borrow some pens or pencils



Don't ask for help, do no work and hope that nobody notices



Ask the teacher or canteen worker to borrow some money and pay it back the next day



Don't say anything to anyone and remain hungry all day



Confront the person



Get back at the person and say something mean about them



Explain the truth of what really happened



Don't say anything and allow people to blame you for more things in the future



Have a laugh to yourself, and find the humour in it



Yell at everyone for laughing at you

RE DIRECTING YOUR PATH



Gain confidence



Lose confidence



Gain resilience



Worry more



Gain communication
skills



Worry all the time about
what people think about you



Be happier



Get more
overwhelmed in situations



Learn to not take
life too seriously



Lose more friends
in the future



Grow as a person



Become more lonely



Gain social skills



Argue with people
more often

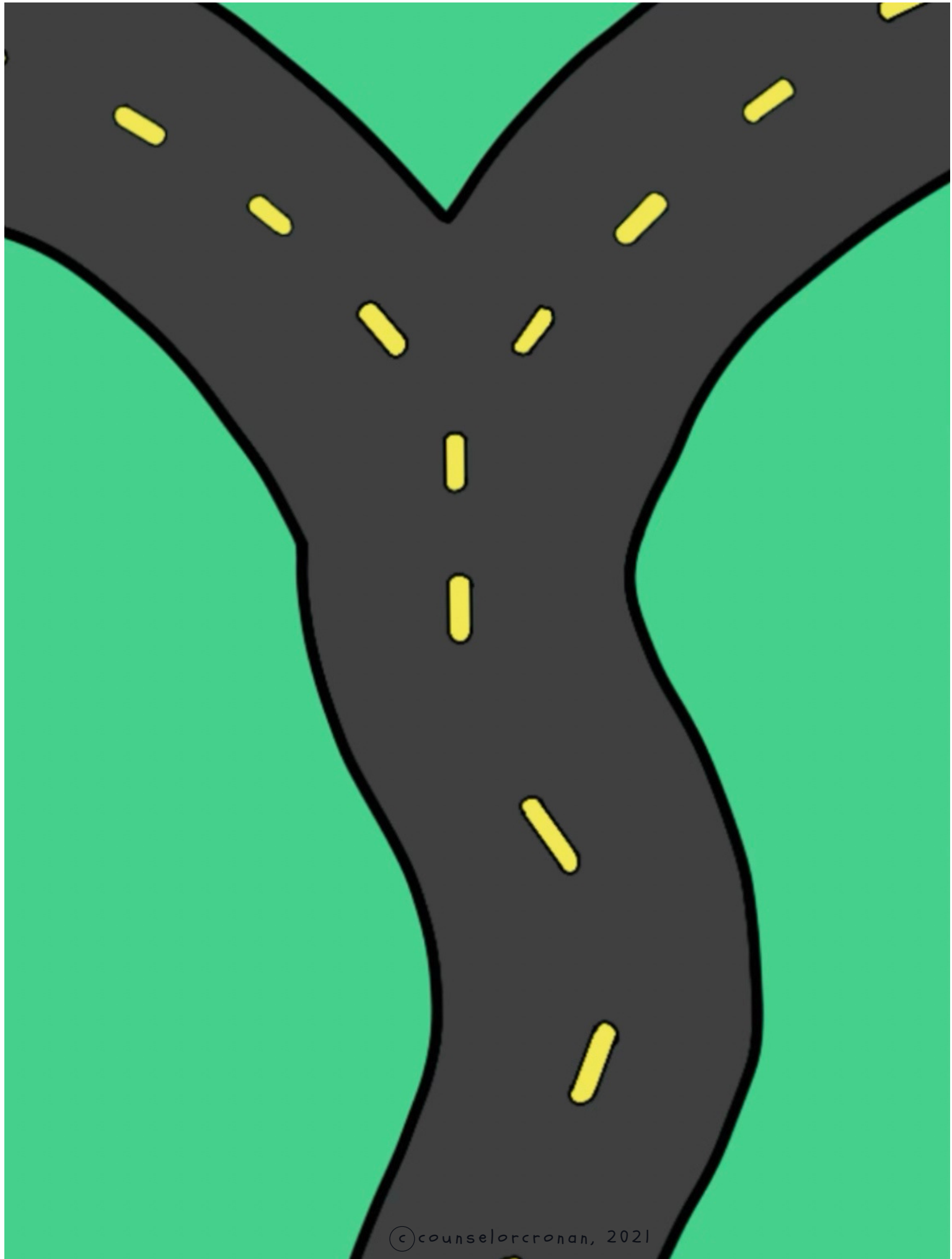


Gain conflict
resolution skills

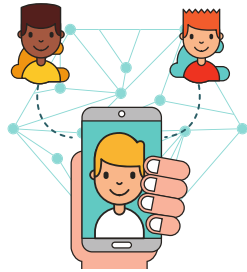


Always afraid of making
mistakes

CROSSROAD



SELF CARE TO MANAGE YOUR WORRIES



Having a break
from social media



Spending time
in nature



Moving your body by
doing physical exercise
or stretching



Getting 7+ hours of
sleep every night



Spending time
reading your
favourite book

includes
this....



Eating a variety of
healthy
and nutritious foods



Slowing down your mind,
by engaging in mindfulness
activities, such as
slowed breathing



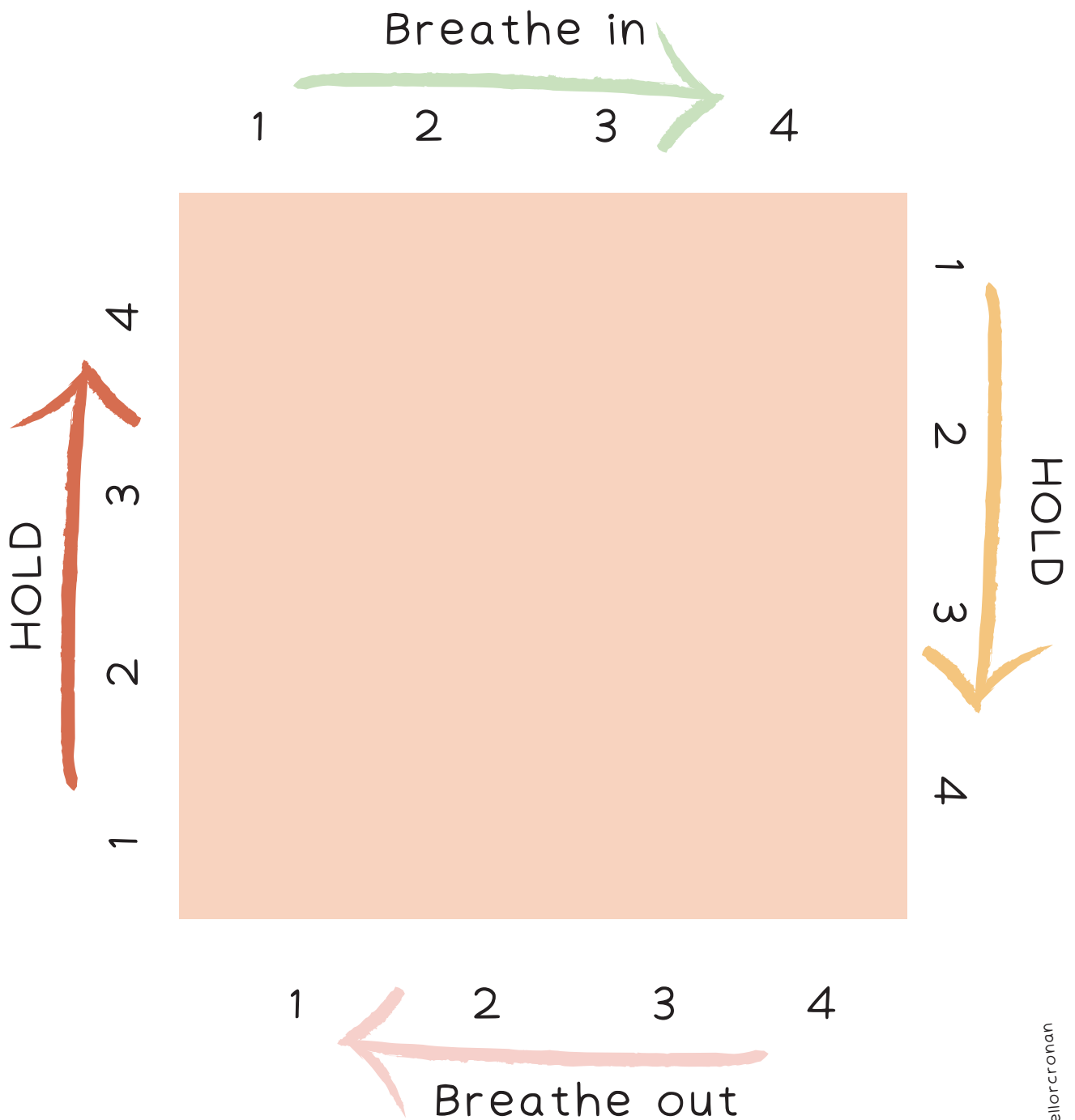
Having a relaxing
bubble bath



Listening to your
favourite music

BOX BREATHING

USING THE BREATH
TO FOCUS THE MIND



@counselorcronan

5-4-3-2-1

GROUNDING TECHNIQUE

@Counselorcronan

Take a deep breathe and identify

5 Things you can SEE

4 Things you can FEEL

3 Things you can HEAR

2 Things you can SMELL

1 Thing you can TASTE



WORRIES ARE IN MY CONTROL - I
CAN LEARN TO BEAT THEM

MY CONTRACT

I _____ understand that
worry is something that I can control
and that I need to continue to work hard
to overcome them.
Just like I would train for a sporting event
I can also train my brain to overcome my
worries.

By signing this contract I agree to work
hard and use the skills that I have learnt.



Date _____

Signature _____

Witness _____

WORRIES ARE IN MY CONTROL - I
CAN LEARN TO BEAT THEM

MY CONTRACT

I _____ understand that
worry is something that I can control
and that I need to continue to work hard
to overcome them.

Just like I would train for a sporting event
I can also train my brain to overcome my
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By signing this contract I agree to work
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Date _____

signature _____

Witness _____