

USBORNE UNWORRY PACK

Activities to calm your mind



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.

Scan the QR code to discover our range of books that support children's mental health.



Usborne Activities

Discover more in **The Unworry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2019. Page illustrations and doodles by Harry Briggs, 2021



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 techniques do you prefer?

**SLOW AND
STEADY**

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



Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison

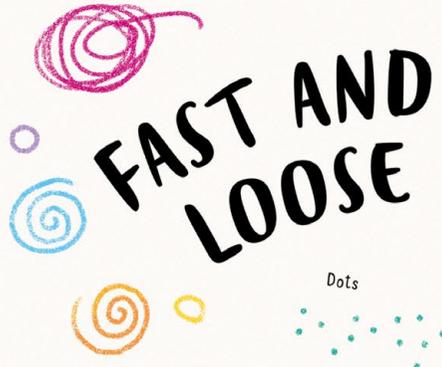


Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

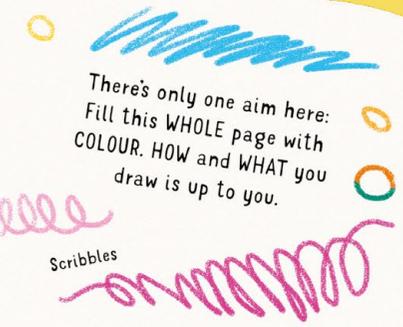


Swirls



FAST AND LOOSE

Dots



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

Scribbles

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.



Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison

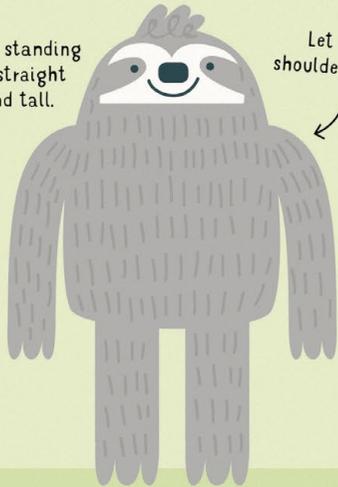


BE LIKE A TREE

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.

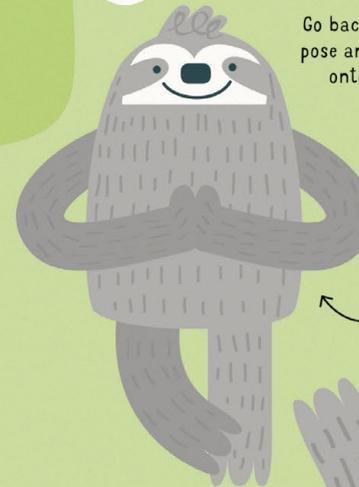
Feel your feet rooting you to the ground as you sway.



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...

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.



...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.



Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison





Imagine this is your very own wind-down chest, full of calming tools to help you relax. Write or draw anything you can think of - real or imaginary.

Here are some ideas to get you started.



A shield that you can use to block worries

An extra comfy cushion that helps you get to sleep



A magic harp that can play you soothing music all by itself



Usborne Activities

Discover more in **Wind-Down Activities**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2023. Illustrations by Manu Montoya



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...



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...

...UHHHHH...



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...



Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison



Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.



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

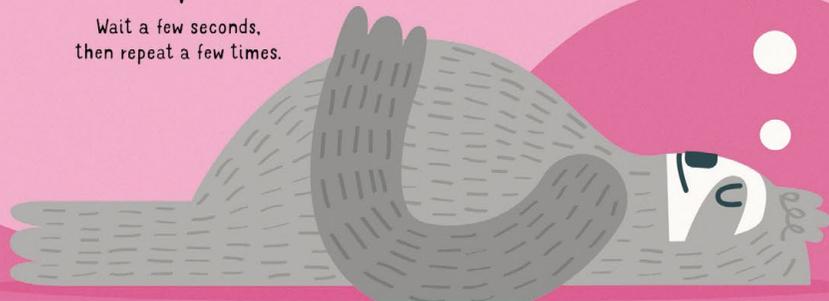
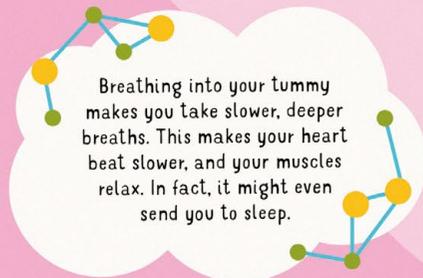
Breathe in through your NOSE and count to four. Feel your tummy fill up with air.

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.



TENSE, UNTENSE

1

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

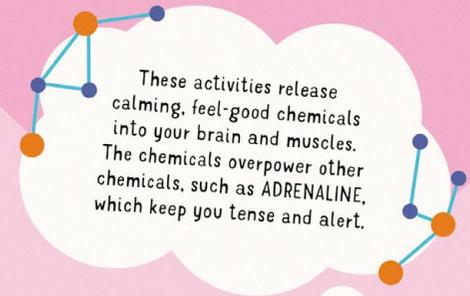
2

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.



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.



Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison



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!



Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison



Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.



Escape into an adventure where you're the main character.

First things first, decide where your adventure will be set. You can use one of the suggestions here or make up one of your own.

How about a fantasy realm?



A futuristic city?



An icy tundra?



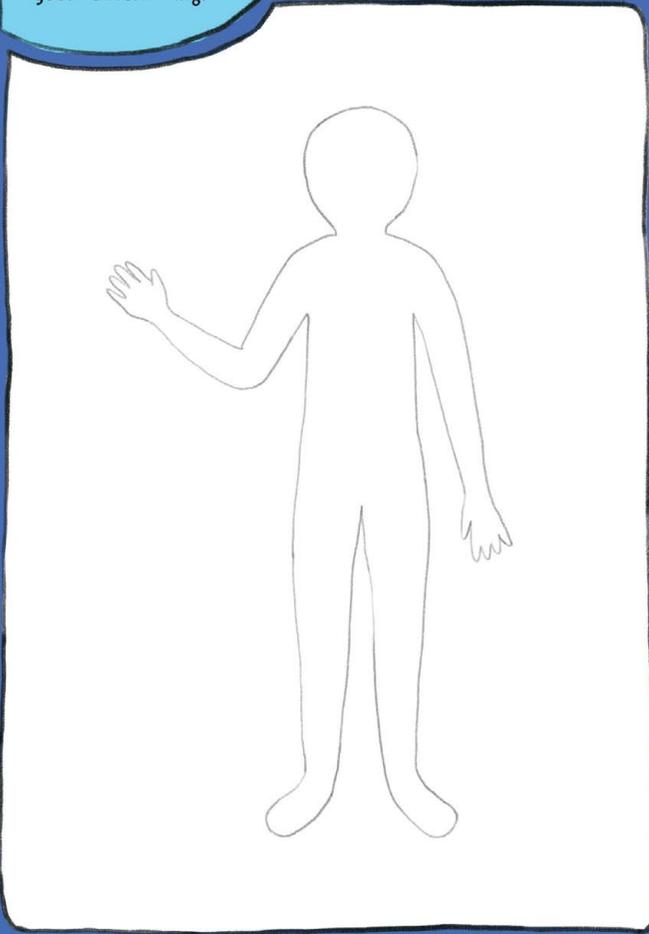
Let your imagination go wild!

Sketch or describe your setting below.

Now it's time to design your outfit. The clothes and equipment you'll need will depend on where you're adventuring.

What do you want to call yourself? It could be your own name, or you could make one up.

.....



Do you need any headgear? Maybe a knight's helmet? Or some flying goggles?



What kind of equipment might you need to bring with you?



It's important to have sensible footwear. Will you need flippers on your adventure?



Or maybe shoes with springs in them to help you jump?

Once you've created your main character, you could write a story about your adventures on another sheet of paper.



Usborne Activities

Discover more in **Wind-Down Activities**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2023. Illustrations by Manu Montoya





Cut and stick things onto the owl's wings to create a magnificent swoop of feathers.

Real owl feathers overlap, so they are strong and warm. Make sure your feathers fill the **WHOLE** space and overlap too.

Cut ovals out of old patterned paper or magazines.

Tear small strips of newspaper.

Snip pieces of tissue paper to create feathery fronds.

Smooth out old pieces of tin foil.



Usborne Activities

Discover more in **Wind-Down Activities**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2023. Illustrations by Ada Crowe



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.

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.



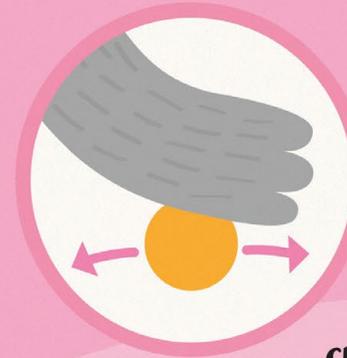
Then, rub little circles all over the arm from top to bottom.

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

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!

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.

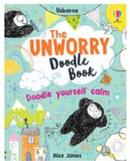
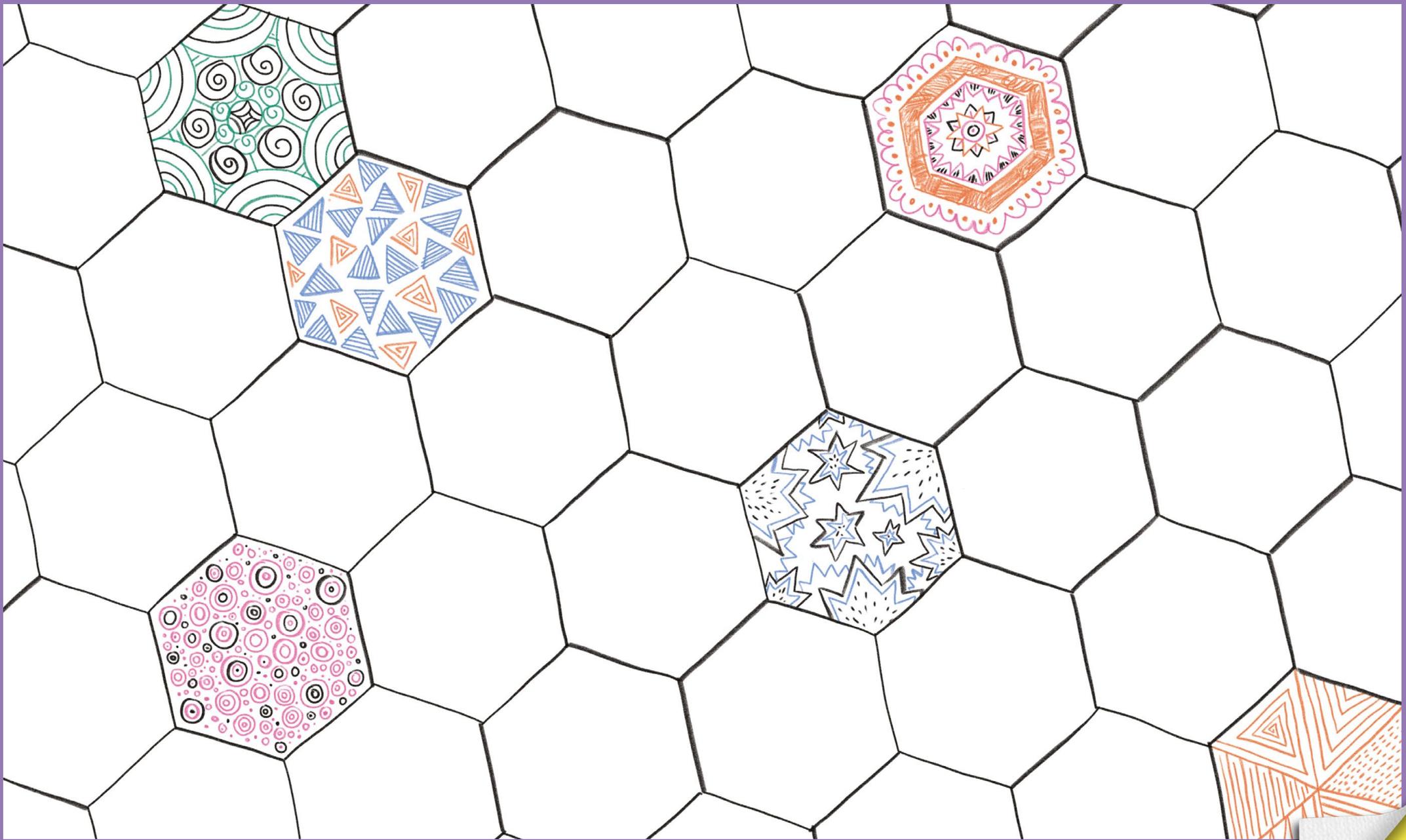


Usborne Activities

Discover more in **The Unhurry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2020. Illustrations by Freya Harrison





Usborne Activities

Discover more in **The unworry Doodle Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

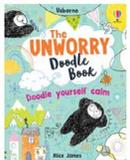
Copyright © Usborne Publishing Limited, 2021. Illustrations and doodles by Harry Briggs



Ahhh. And relaaaaaax.



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



Usborne Activities

Discover more in **The unworry Doodle Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2021. Illustrations and doodles by Harry Briggs

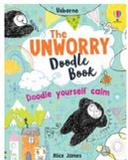


USBORNE



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

Copyright © Usborne Publishing Limited, 2021. Illustrations and doodles by Harry Briggs



Usborne Activities

Discover more in **The unworry Doodle Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.



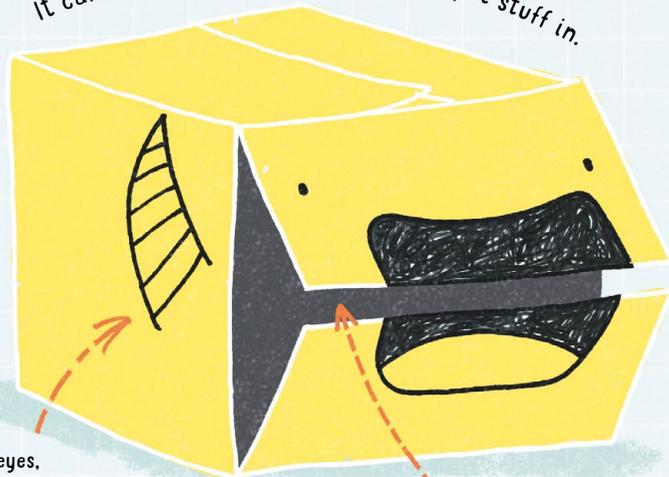
WORRY BOX

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

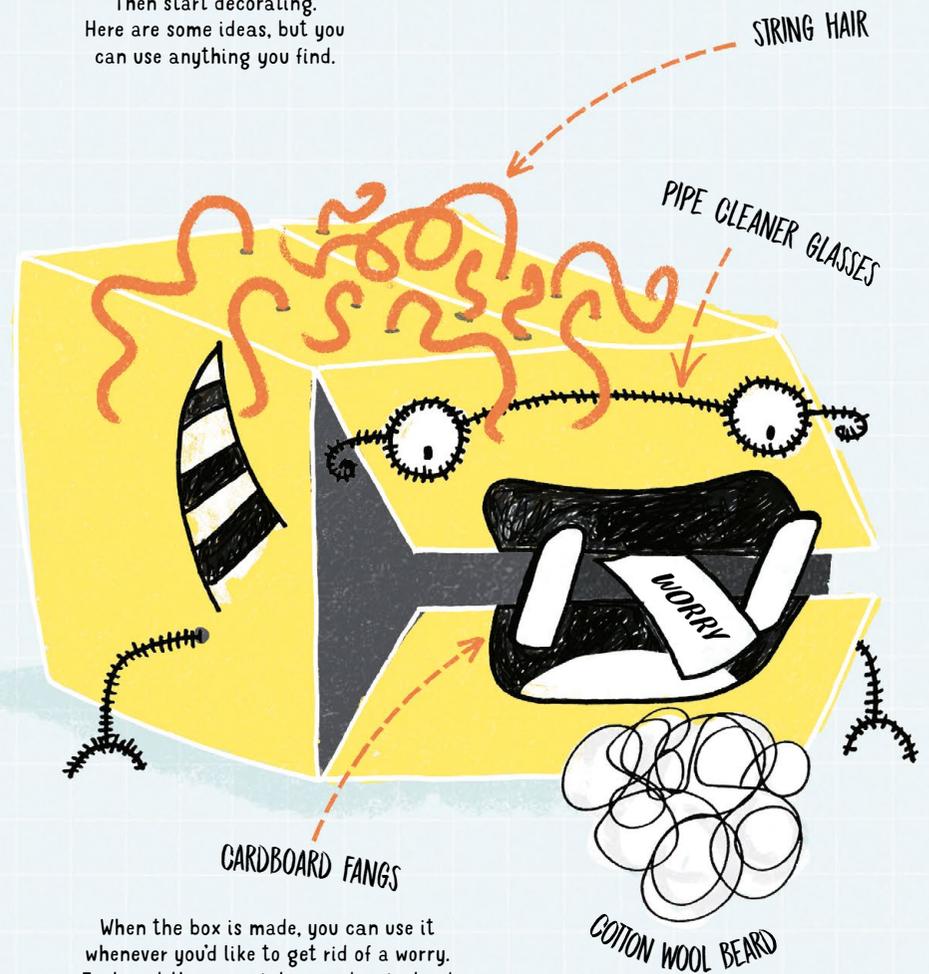
It can be made of anything you can put stuff in.



Add eyes,
and any other
features you like.

The opening will
be the mouth.

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



STRING HAIR

PIPE CLEANER GLASSES

CARDBOARD FANGS

COTTON WOOL BEARD

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.



Usborne Activities

Discover more in **The Unworry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2019. Illustrations by Cristina Martin Recasens

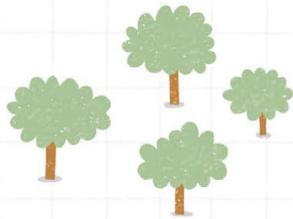


USBORNE

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?

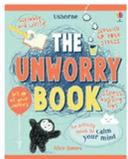
Who else is there with you? Or are you on your own?

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.



Usborne Activities

Discover more in **The Unworry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

Copyright © Usborne Publishing Limited, 2019. Illustrations by Cristina Martin Recasens



LIMERICKS

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

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

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

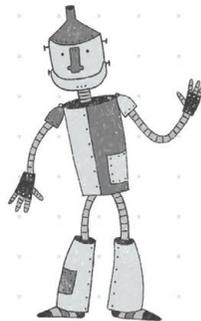
Each of these lines has 5 or 6 syllables.



Limericks are often silly and funny.

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

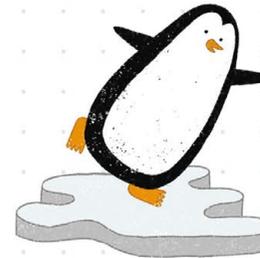
There was a young man made of tin,



There once was an alien called Zars,



An old penguin was skating on ice,



Try a whole limerick with your own first line:

