

# MONTHLY MISSION

## CALMING WORRY

### WEEK ONE:

- Imagine a worry-free day. Share about it
- Create a relaxation corner at home
- Share something that's worrying you
- Get outside - take a family walk.
- Read a book or watch a clip about worry
- Add 3 things to your worry-coping list
- Spend 10 minutes being silly together

Write your affirmations here

### WEEK TWO

- Call or video chat with loved ones
- Recall 3 worries you have overcome
- Write and share a story about worry
- Learn 3 calming breathing techniques
- Turn on your favourite music and dance!
- Read a book to relax
- Learn about 'worry time' - could it help?

### WEEK THREE

- Practice deep breathing together for 5 mins
- Reward yourself for managing a worry
- Draw yourself overcoming a worry
- Write a note to someone who's worried
- Enjoy a favourite family activity together
- Share what helps you with your worry
- Listen to 5 minutes of calming music

### WEEK FOUR

- Plan a family fun day - and make it happen!
- Memorise 3 worry-busting affirmations
- Treat yourself to something nice
- Explore journalling - could it help?
- Talk to someone about your worry
- Give yourself a 1-minute hug!
- Celebrate! Choose your next Monthly Mission!