

Worried Feelings Story Massage

By Una Curran

www.storymassage.co.uk

	You have an amazing mind and body that work together to keep you safe and healthy.
	Your mind is always busy having lots of different thoughts every day.
	Some thoughts might be about what toys or games to play with at home.
	Some thoughts might be about your friends or your family and how you miss them.
	Some thoughts might make you feel angry as you can't go to your favourite places.
	If you feel nervous or worried you could try to take a few deep breaths in and out.
	If you feel worried you could try drawing, playing with your favourite toy or having a run outside. That might help you.
	If your worry won't go away you can tell your parents and they will find a way to help you.
	Remember you are strong. You are safe You are loved