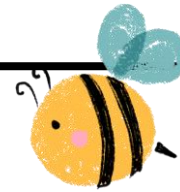


## TERMS OF USE



This resource is **copyright ©ELSA Support**

All free products on this site are subject to a **Creative Commons copyright licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit (**That is ©ELSA Support**)

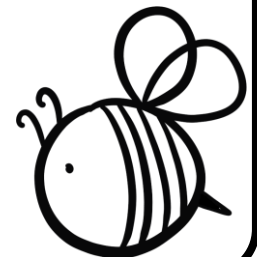
Non-Commercial: You may **not** use this work for commercial purposes (**You cannot sell this work or use it for financial gain**)

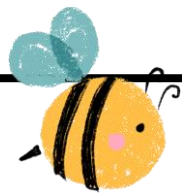
No Derivative Works: You may **not** alter, transform, or build upon this work (**You must not change our work in anyway**)

**Thank you for abiding by copyright law.**



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)





Other resources you will LOVE!

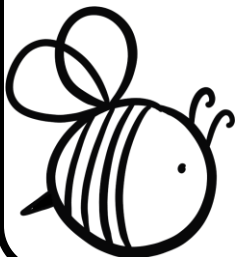


Please click the image to take you to this related and relevant resource:

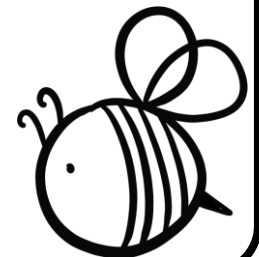


## Home Learning Social and Emotional Bundle

- Affirmations Activity Pack
- Reflective Journal
- Self esteem workbook
- Comic strips
- Mindful time colouring sheets
- Mindfulness challenge cards
- Express yourself art doodling
- Mindful Moments Positives journal KS2\3
- Mindful Moments Positives journal KS1
- Mindful Mandalas
- Good Mental Health workbook



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



## **Distract yourself?**

What can you think about instead of the worry?

What can you do to occupy yourself instead of worrying?

When anyone worries about something it can be really helpful to take your mind off the worry and think or do something else.

It is amazing how powerful this simple tool is.

Later on you may even forget the worry or that worry doesn't seem quite so big now.



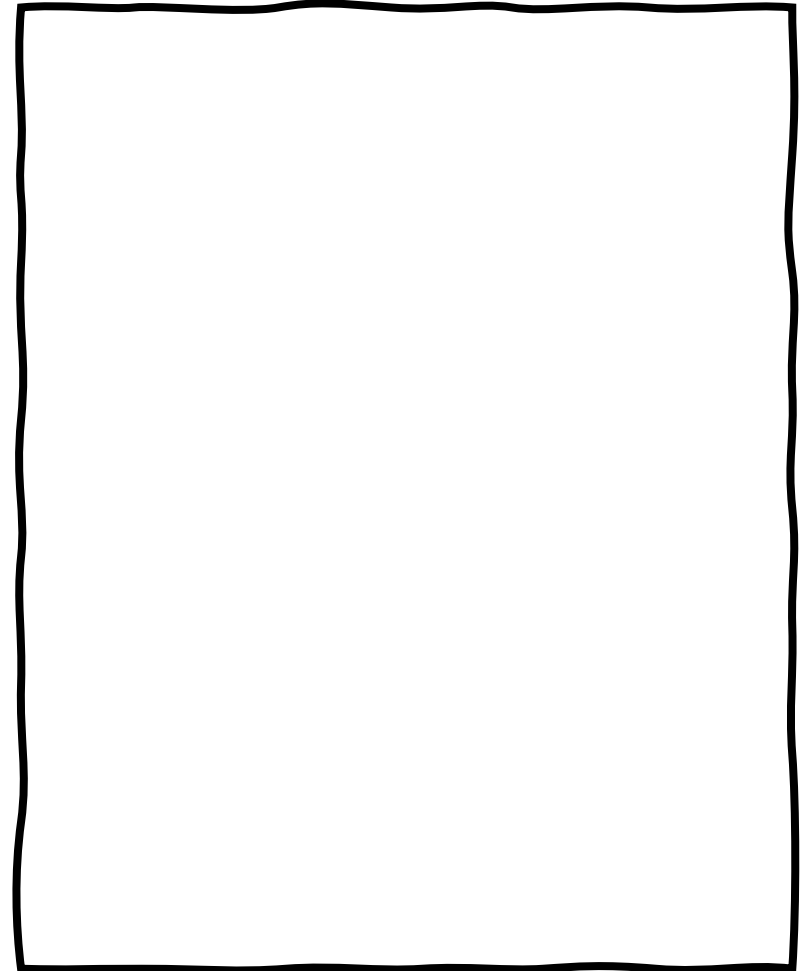
# If you are worried

Think or do something else. It really works! Distract yourself with something positive.

I can think  
about...



I can do this...



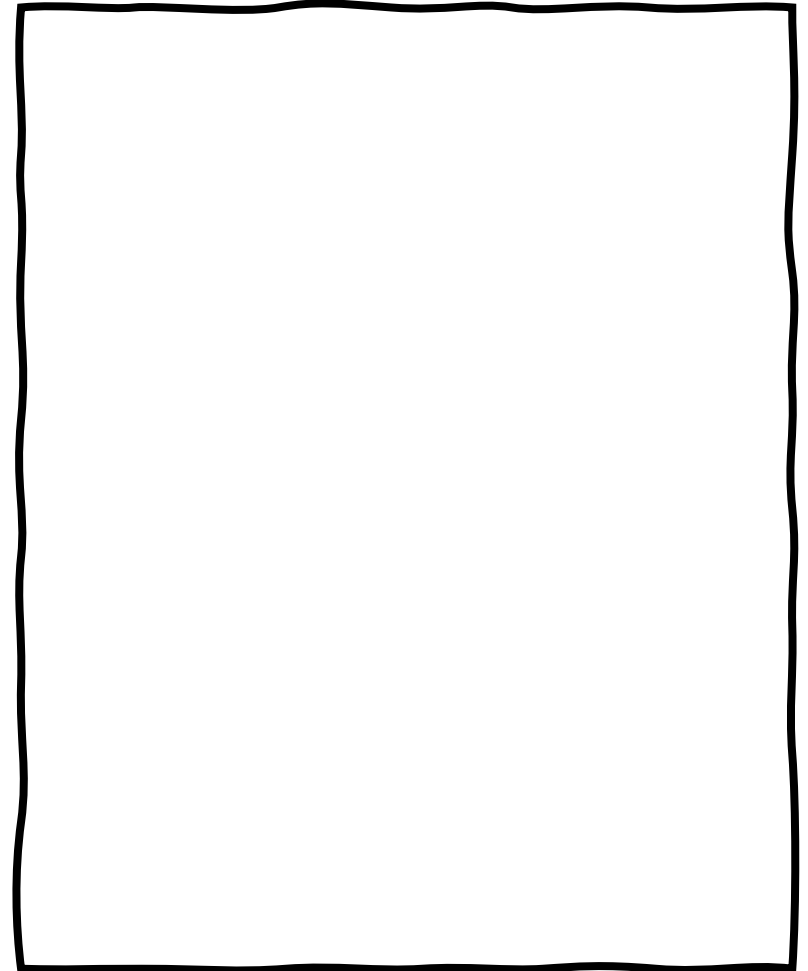
# If you are worried

Think or do something else. It really works! Distract yourself with something positive.

I can think  
about...



I can do this...

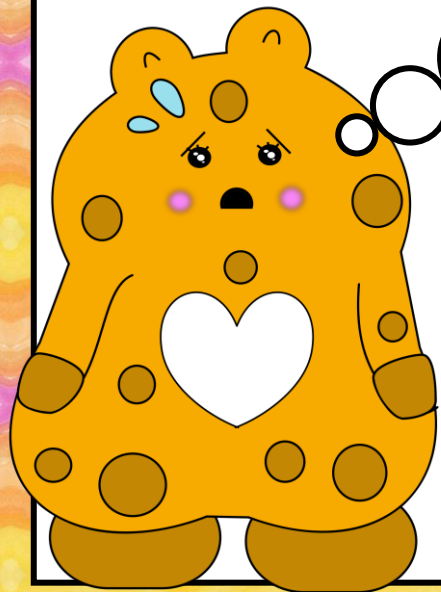


# If you are worried

Think or do something else. It really works! Distract yourself with something positive.

I can think  
about...

I can do this...



# If you are worried

Think or do something else. It really works! Distract yourself with something positive.

I can think  
about...

I can do this...

