

Unworry Island

Sometimes things happen in the world around us that cause us to feel worried, upset or stressed. We may not be able to control the things that cause us to feel this way but we can help to manage these feelings.

To help us with this, you are going to create your own Unworry Island! This is a place that you can imagine and visit anytime you would like to. It is a place you can go where you do not have worries. It doesn't have to be realistic, it can be absolutely anything you want it to be as long as there are no worries there!



Whilst you create your island think about the following questions:

Where would you stay? A hut? A treehouse? An igloo?

What would the weather be like?

Who else is there with you?

What do you eat there?

Are there any animals or wildlife?

How would you get there?

How would you relax when you are there?

Remember, this island is somewhere you can go to when you feel worried or overwhelmed. Take a moment, close your eyes and imagine you are there.

Mindfulness activity

Find a relaxing place, sit comfortably and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.

Take another slow deep breath, imagine the air moving slowly down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

