

# When I worry - top tips for kids

Information for patients



**Yorkshire and Humber**  
Congenital Heart Disease  
Operational Delivery Network

**LEEDS CONGENITAL**  
**HEARTS**

## When you are feeling worried



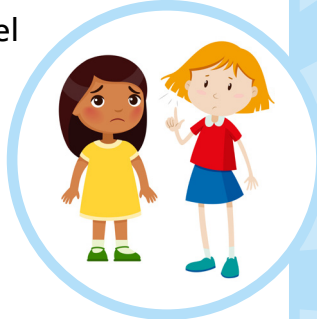
We all worry sometimes.  
Worrying is something we feel  
when our thoughts make us  
feel a bit scared or nervous.

When we feel  
worried, it  
can make  
our body feel  
a bit funny.



It might  
make us feel  
a bit sick, warm  
or shaky.

Worries can  
make people  
feel a bit sad  
and sometimes angry!



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It's OK to feel worried, but we do have some ideas that can help.

Tell an adult or grown up that you can trust (a teacher or parent) about your worries.



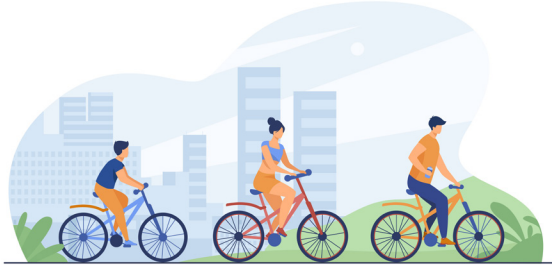
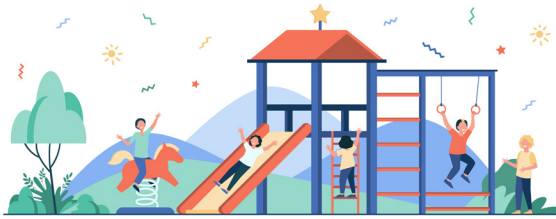
It's OK if you don't want to talk about what makes you worry.

Can you draw or write it instead?



**When you are feeling worried, you could try some of the activities below:**

**Do something fun!**



**Try breathing in and out slowly. Try this five times.**



**Try using your senses:**



Name five things you can see



Name four things you can hear



Name three things you can touch

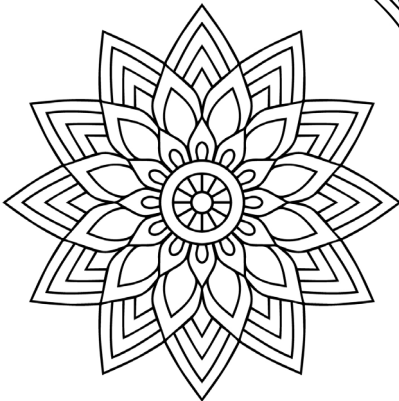
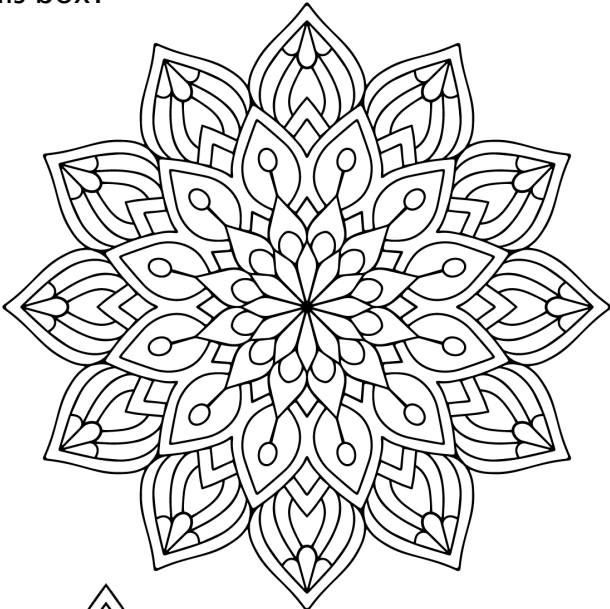


Name two things you can smell



Name one thing you can taste

Do some mindful colouring. Can you colour in this box?



## Other resources:

- Cbeebies ways to help kids keep calm  
<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>
- Cosmic Kids Youtube Channel  
Yoga and Mindfulness for Kids  
<https://www.youtube.com/user/CosmicKidsYoga/featured>
- How to make your own calming mood jar/bottle  
<https://www.bbc.co.uk/cbbc/thingstodo/mood-jar>
- NHS Sleep Tips for Children  
<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>



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## What did you think of your care?

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*Your views matter*



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