

WORK YOUR WORRIES

It's not always easy to stop your worries from taking over. Thankfully there are lots of ways to tackle them. Donut used a mantra to help with her worries. Donut's mantra might help you too. Or try one of the exercises below.

Bubble Breathing

Pretend you have a bottle of bubbles. Breathe in through your nose as you bring the imaginary bubble wand to your mouth, thinking of one of your worries. Now blow out through your mouth, blowing that worry bubble away until it pops.

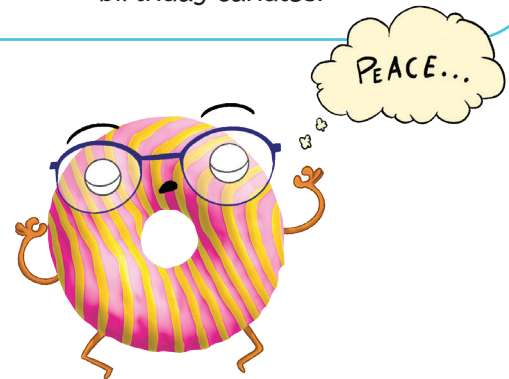


Write It Down/Tear It Up

Write down all your worries on a piece of paper. Then tear that paper into tiny pieces and throw it away.

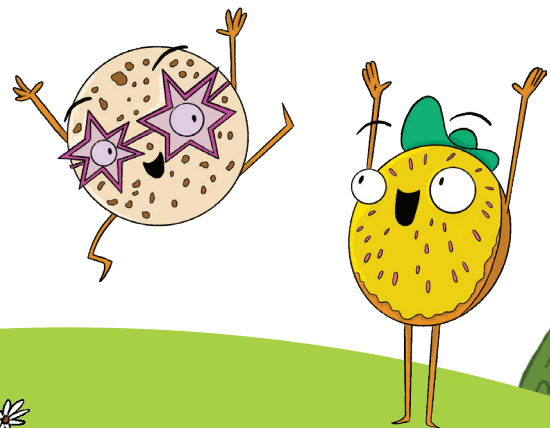
Flower and Candle Breathing

Breathe in as if you are smelling a flower. Then breathe out like you are blowing out birthday candles.



Move It

Any kind of movement helps your body release worries. Take a walk. Do jumping jacks. Practice yoga. Run in place.



Activity from
Donut Worry by
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illus. by Jack Viant

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