



Barefoot Books
step inside a story

..... Barefoot At-Home Activities Kit

Managing Anxiety

Here are some ideas for simple activities you can do to ease anxious feelings.

- 1 Shed Your Troubles: Worry Dolls**
Create worry dolls and use them to help take away your worries.
- 2 Special Place: Relax**
Imagine a special place where you feel safe, loved, happy and relaxed.
- 3 Joyful Jellyfish: Let Your Fears Float Away**
In this mindfulness activity, imagine yourself as a jellyfish and let your worries glide right off your body!
- 4 Safekeeping: Set Your Worries Aside**
Use this exercise to write down your worries and put them away.
- 5 Mind Bubbles: Blow Your Worries Away**
Blow imaginary worry bubbles away with this mindfulness activity.



Shed Your Troubles

Worry Dolls (*Guatemala*)



Originating in Guatemala, **muñecas quitapenas** (*moon-YAY-kas kee-ta-PEN-as*) – “worry dolls” or “trouble dolls” – are tiny dolls children can put under their pillows when they sleep. According to a Maya legend, the dolls take your worries from you and help you sleep peacefully.

Worry Dolls



Guatemala

- 1 Cut a strip of paper about 2 in (5 cm) wide and 12 in (30 cm) long.
- 2 Roll the strip of paper into a tight cylinder to create the doll's body. Tape down the end of the roll so it doesn't unfold.

You'll Need:

- thick paper (standard letter or A4 size)
- fabric scraps
- yarn / wool
- thin-tipped marker
- glue
- scissors
- tape



- 3 Wrap small pieces of fabric around the body for clothing. You can tie, glue or tape them on. Then glue on yarn for hair.
- 4 Draw on the eyes and mouth with a thin-tipped marker.
- 5 One sheet of paper makes about four dolls. Give the dolls out to your friends, letting them know that you are thinking about them and care about their worries.

Using Your Worry Doll

Take your doll to bed with you at night. Tell it the worries you would like it to take away. As you put the doll under your pillow, try the tradition of rubbing its tummy a few times so that your concerns don't hurt it. Before you go to sleep, tell it some good things too — try to remember three specific things you were grateful for that day.



Special Place

TIME IN



Relax

SPECIAL PLACE



Sit back and relax. Breathe deeply and slowly. Close your eyes and go inside. Feel your breathing and let go of everything else . . .

Imagine a place that is special to you . . . where you love to be. It may be outside in nature, inside a house, or from a picture or dream. Wherever it is, go there now. Notice what it looks and smells like; see the textures and hear the sounds. In this special place, it is peaceful and beautiful . . . you feel safe and loved, happy and relaxed. You can feel your heart and know your own mind. You are free to be yourself and you decide who else can come in. You can invite someone you love to join you, or you can just be by yourself. Whatever you choose, enjoy some time for you in your special place.

Joyful Jellyfish

FIND CALM



Let your fears float away

Joyful Jellyfish

- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.
- 2 Close your eyes and notice your tummy rising and falling with your breathing.
- 3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.



- 4 Imagine you are a joyful jellyfish floating in the water.
- 5 Now let your worries glide off your jelly body. Feel them slip away in the water.

- 6 Float freely through the sea — nothing in your way, nothing holding you back.
- 7 When you are done, rise slowly, taking your joyful jellyfish heart with you.



Safekeeping

REST & RELAX



Set your worries aside

Safekeeping

You will need paper and a pen, markers or crayons.

- 1 Write your worry down or draw it on a piece of paper. Or ask a grown-up to write it down.
- 2 Put it in a safe place, such as a special box or drawer where you can find it again.



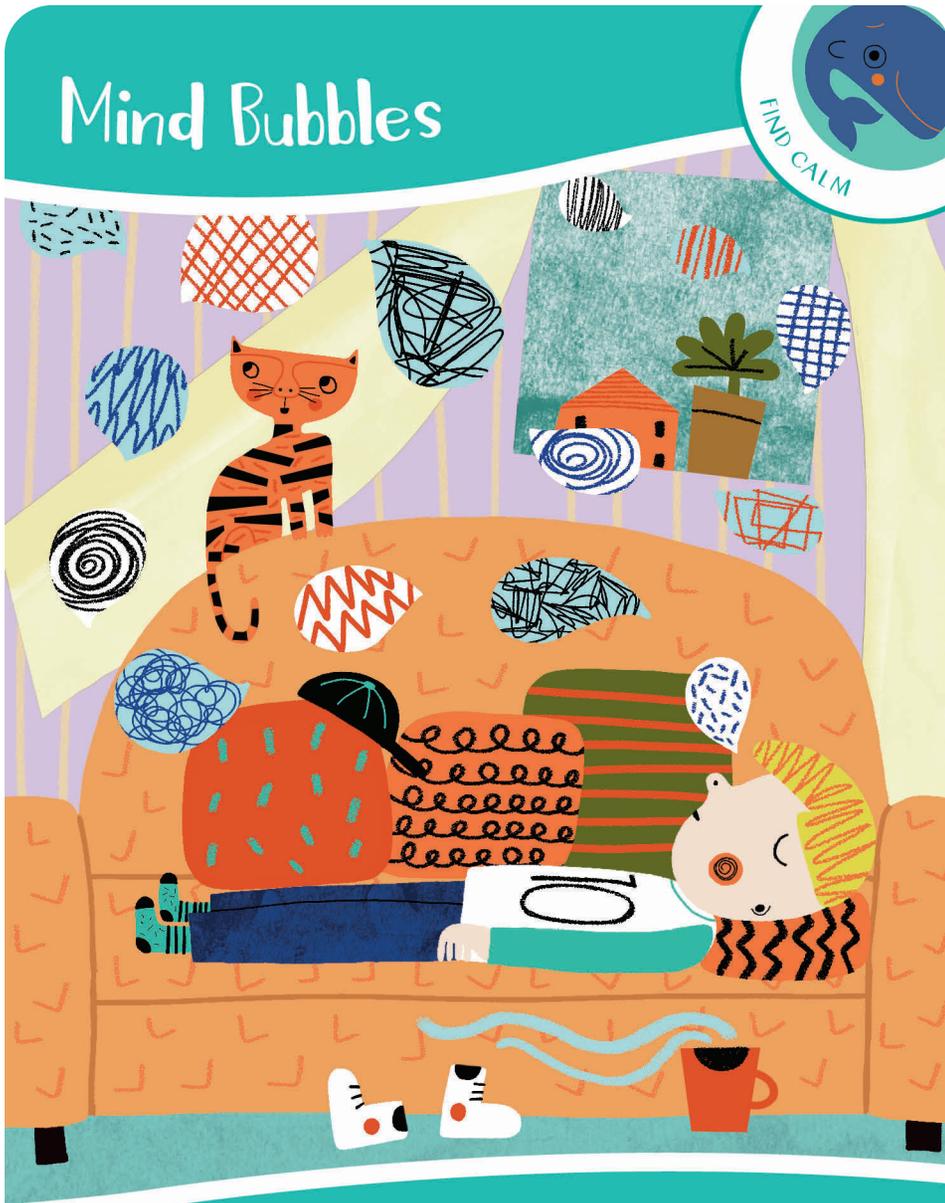
- 3 You don't need your worry when you play, eat or sleep.



- 4 You can throw your worry away if you don't need it anymore.

Mind Bubbles

FIND CALM



Blow your worries away

Mind Bubbles



- 1 Sit mindfully, with your spine straight and body relaxed.
- 2 Imagine you are holding a bubble wand.
- 3 Breathe in deeply, then breathe out as if you are blowing a bubble through the wand.

- 4 Breathe in again and notice your worry. Imagine what it looks like.

- 5 Breathe out and blow your worry through your bubble wand. Imagine it forming a bubble.

- 6 Imagine the bubble pops and disappears.

- 7 Keep blowing out worries until you feel ready to go on with your day.



Tip: You can also try this with a real bubble wand and bubbles!