



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

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**, and our copyright labels must remain on the resource.

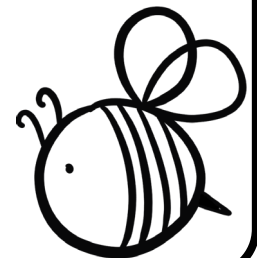
Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

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

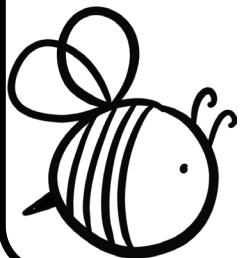
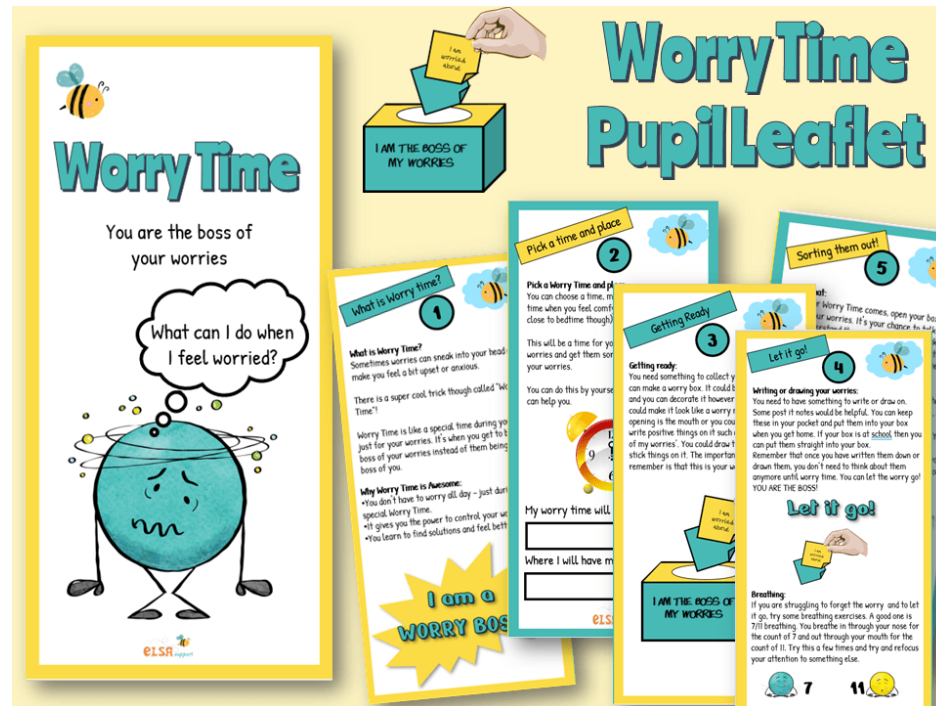




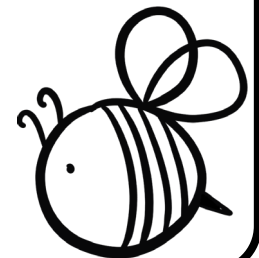
Other resources you will LOVE!



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



www.elsa-support.co.uk



Instructions:

Print and cut off all of the white edges carefully.

Fold Lengthways (Hot Dog Fold)

Place your paper in landscape orientation.

Fold it in half lengthways (so it looks like a long, thin strip). Crease well and then unfold.

Fold Widthways (Hamburger Fold)

Fold the paper in half widthways so that it forms a smaller rectangle.

Crease well.

Fold Again

Fold it in half again widthways, bringing the edges together.

This should create a smaller, compact rectangle with four layers.

Make a Cut

Unfold the last fold, so you have the paper folded in half widthways.

Find the centre crease.

Cut along the centre crease from the folded edge to the middle of the paper. Do not cut all the way through!

You should now have a slit in the centre of your paper.

Create the Booklet Shape

Unfold the paper completely.

Fold it lengthways again along the first crease (hot dog style). Hold the edges and gently push towards the centre.

The slit in the middle will open up, creating a star shape.

Keep pushing until the pages fold into a small booklet shape.

Flatten and Crease

Once you have the booklet shape, press all the folds neatly to create a firm booklet.

You now have an 8-page mini booklet ready to use!

Worry Buster

A little guide to help when you're feeling worried

ELSA support



It's ok to feel worried.
You are never alone.
This little booklet is here to help you
feel calmer.

ELSA support



Who can help?

You don't have to manage worries
alone.
A grown-up, teacher, or friend can
help you feel safe and supported.



What helps worries feel smaller?

Talking to someone
Slow breathing
Listening to music
Moving around
Holding something soft



What is a worry?

Worries are thoughts that make us feel
nervous or unsure.
Everyone has them sometimes, even
adults!



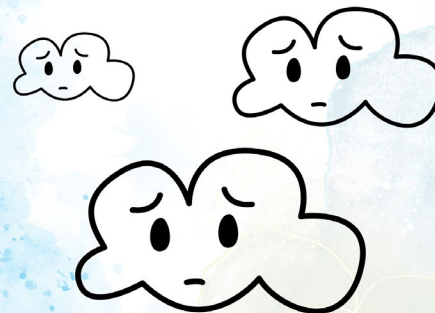
What does worry feel like?

Worries can make your tummy flip,
your heart beat fast, or your head feel
busy.
That's your brain trying to protect
you!



Can worries grow?

Yes! When we think about worries a
lot, they can feel bigger.
Talking about them can help them
shrink.



Can I do anything about it?

Some worries we can fix.
Some worries we can't fix and that's
ok too.
We can still find ways to feel better.

