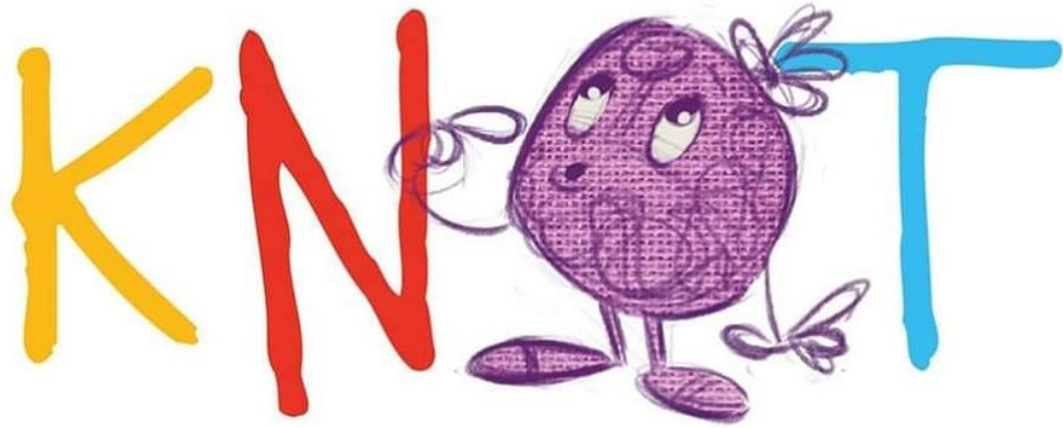


THERE'S A



INSIDE MY TUMMY

RESOURCE PACK

To help children recognise and manage feelings of worry

This pack is designed to support 'There's a Knot Inside My Tummy' animated video (see below.) It is for parents, carers, teachers and anyone else working or caring for children, to guide and inspire further learning opportunities.



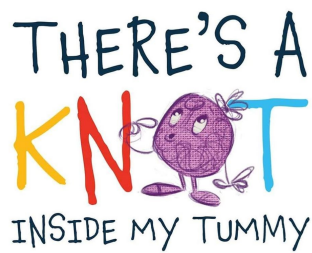
Written by Jennifer Notman

Illustrations by Lou Kneath



Watch the video here:

<https://vimeo.com/409288712>



BACKGROUND

'There's a Knot Inside My Tummy' was written by Jennifer Notman, Founder of Rainbow Jelly Productions. Jennifer, a Cumbrian teacher, entertainer and mummy felt compelled to help children struggling with worry during the COVID-19 pandemic. She drew upon knowledge and experience from her psychology degree, mental health work, teaching and entertainment to create a catchy rhyme based on real anxiety management techniques.

Lou Kneath, CEO of Plus3k.tv felt the same passion to help little ones through this crisis and with her team, brought the words to life through pictures and animation to really communicate the key messages to children.

Both Jennifer and Lou were driven to produce something positive, fun and helpful for children and their families, now and in the future. Together they have produced fantastic tools to engage children and help them recognise and manage feelings of worry.



Rainbow Jelly Productions provides interactive entertainment and education for children and families with a mission to keep the magic of childhood alive. Through imagination and creative play they aim to inspire children to love learning, have fun and feel confident in expressing themselves.



Plus3k.tv is a Cumbrian animation studio dedicated to telling stories that matter with original productions and working with brands and organisations to educate, entertain and communicate their key messages.

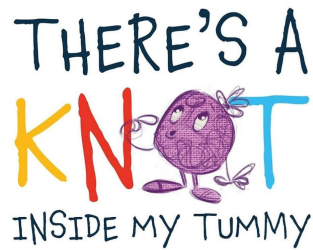
We hope you find these resources helpful. Any feedback would be gratefully received and would really help us in developing future projects to help children with their mental health.

Please email
info@rainbowjellyproductions.co.uk

#KnotInsideMyTummy



Watch the video here:
<https://vimeo.com/409288712>



KEY MESSAGES

'There's a Knot Inside My Tummy' is a catchy rhyme designed to appeal to young children and help them remember key messages about anxiety. It provides child-friendly images and vocabulary to help children recognise and communicate their feelings of worry as well as empower them to manage these feelings effectively.

Knots are a funny feeling in your tummy and it usually means you are feeling worried.

Knots are a natural feeling. It's ok to feel worried sometimes.

Knots are not very nice but there's always something you can do to help you feel better.



The key messages are there to help children manage their own uncomfortable feelings in a beneficial way - by feeling emotions, thinking and talking about them and doing something positive to feel better.

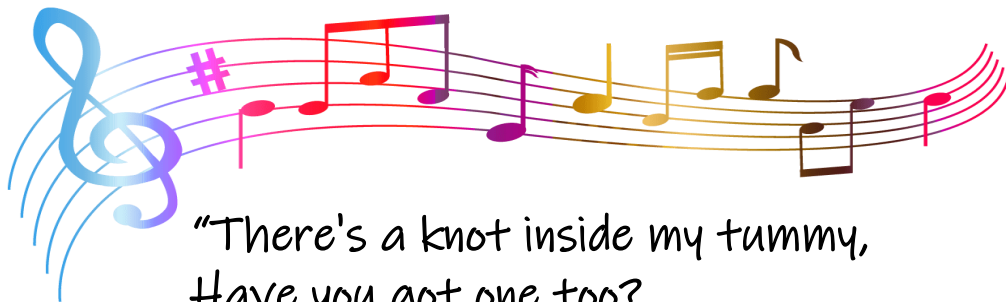


Watch the video here:
<https://vimeo.com/409288712>

#KnotInsideMyTummy

THERE'S A KNOT INSIDE MY TUMMY

THE KNOT SONG



"There's a knot inside my tummy,
Have you got one too?
It's ok it happens,
And there's something we can do!"

Practice the Knot Song! Maybe you could try singing it with silly voices and funny faces.



Watch the video here:

<https://vimeo.com/409288712>

The key messages are repeated in the catchy chorus and each verse explains a different anxiety management approach. These are based on 'grounding techniques', which help you separate and move away from uncomfortable feelings.

Knots can make you feel a bit strange and funny and it can be tricky for your brain to learn new things when you feel this way. So, it's a really good idea to practice techniques when you feel ok so that you know just what to do when a knot appears.

THE POWER OF IMAGINATION

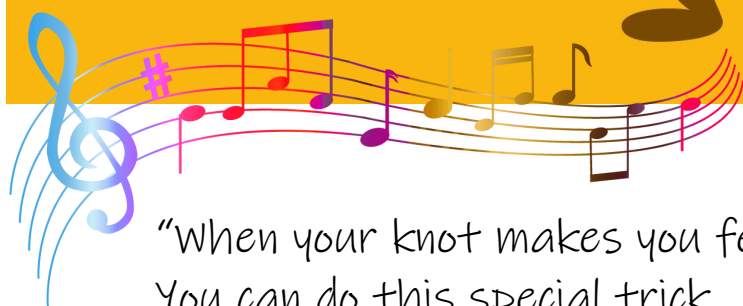
Imagination is a magical superpower that we all have. It's almost like dreaming when you're awake. You can use the power of your imagination to help undo your knots. The verses in the knot song will help you remember what to do.



Pull out your knot and swing it about.



<https://vimeo.com/409288712>



"When your knot makes you feel sick,
You can do this special trick,
Pull out your knot and swing it about."
Let it go! Now it's out."



CAN YOU IMAGINE?

Try to imagine your knot inside your tummy. What does it feel like? What does it look like? What does it sound like? Think about all of your worries tied up and trapped in your knot. Imagine pulling your knot out of your mouth, swing it about like a cowboy "yeeha!" Release all your worries and throw them far away into the air!

THE SCIENCE BIT

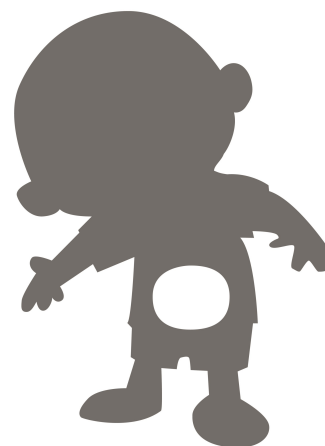
When you feel worried, your body makes a special potion called adrenaline. It's like a supercharged boost of energy that makes your heart and breathing race fast. This can sometimes make you feel sick.

AN EXTRA TRICK

If you need help pulling out your knot, perhaps a worry fairy can help or maybe a superhero! They are gentle yet very strong.



THERE'S A
KNOT
INSIDE MY TUMMY



#KnotInsideMyTummy

Crying makes your knot come undone.



<https://vimeo.com/409288712>



"When your knot makes you cry tears,
Let them wash away your fears.
Crying makes your knot come undone.
The worry fades and you have won!"



THE SCIENCE BIT

Crying is a natural response to any distress. It's your body's clever way of washing away your worries and sadness. It's ok to cry. In fact it is good to cry!

CAN YOU IMAGINE?

Knots can make dark clouds appear in your mind. Crying tears empties the dark clouds. Then after the rain shines a new rainbow of hope, to make you feel bright again. If your knot makes you cry, keep crying! Imagine your tears washing away your knot and all your worries.

AND...

Crying is a good way to show other people that you are sad. This can help you talk to someone about your worries. Talking about your worries is very important too.

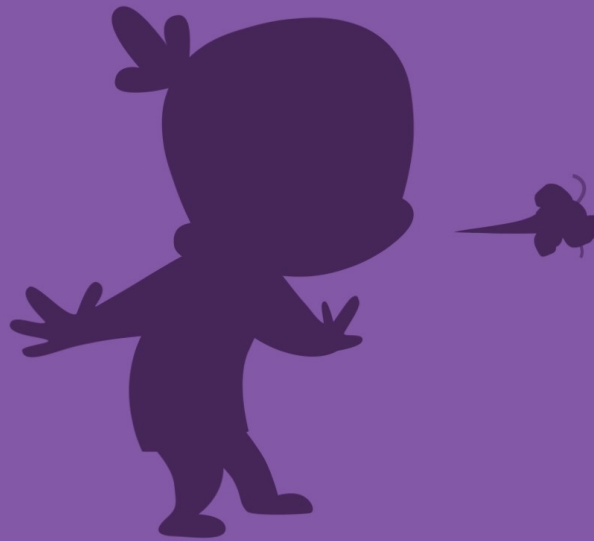


#KnotInsideMyTummy



THERE'S A
KNOT
INSIDE MY TUMMY

Take a deep breath!



<https://vimeo.com/409288712>



"When your knot makes you feel cross,
You can show it who is boss!
Take a deep breath in through your nose,
Let it out and off it goes!"



DEEP BREATHING is magic! It's a super way to get rid of any knot, not just when you feel cross.

1. Put your hands on your tummy.
2. Take a slow, deep breath in through your nose. Count slowly 1,2,3
3. Fill your tummy with lots of air. When you do it right you should see and feel your tummy grow as it fills with air, like a balloon! (This can take some practice.)
4. Pause and hold your breath for a moment.
5. Let the air out through your mouth and blow your knot away!
6. Repeat until you feel calmer.

CAN YOU IMAGINE?

Imagine a bright and beautiful rainbow.

Breathe in one lovely colour at a time and breathe out a piece of your knot each time too. Fill your body with all the beautiful colours of the rainbow to help your mood feel bright again.



REMEMBER, sometimes knots can make you feel very cross and want to do naughty things like shout, break things or even hurt people! Feeling cross is ok but doing naughty things is not ok. Remember, there's something you can do to get rid of your knot and it's cross feelings.

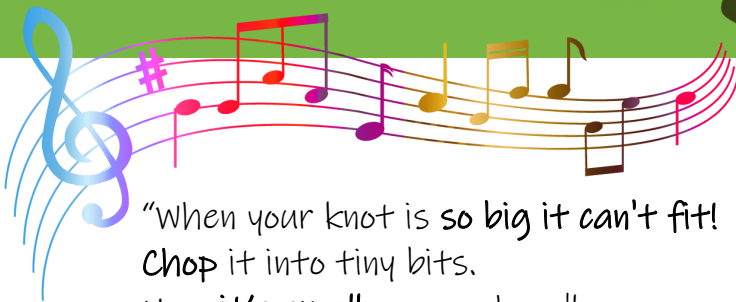


#KnotInsideMyTummy

Chop it into tiny bits.



<https://vimeo.com/409288712>



"When your knot is so big it can't fit!
Chop it into tiny bits.
Now it's small you can handle one,
One at a time until they're done."

TRY THIS...

Scribble or write all your worries on a piece of paper and chop it up with real scissors.



Scribbling in itself is a great way to undo knots. Grab some paper and scribble all over it. Try using different colours too. It might show you and others what your knot looks like.

Get a long piece of string or wool. Make it look like your knot then hold it tight. Close your eyes and imagine all your worries tangled up in the knot. Pull bits out and chop them up with real scissors.



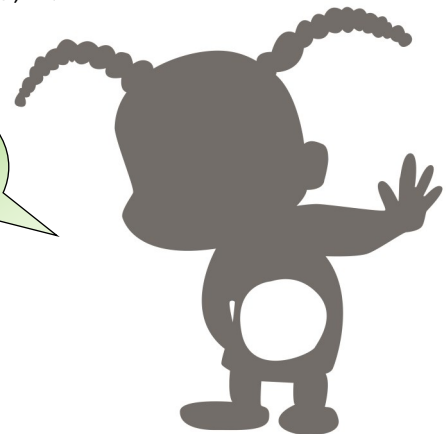
CAN YOU IMAGINE?

Sometimes we have so many worries, our knots can feel humongous! Close your eyes and think about your giant knot all tangled up with worries. Imagine holding a pair of scissors or even a pirate's sword! Then using your super imagination chop your knot into tiny bits. It doesn't seem so big now!



REMEMBER it's really important to talk about your worries. Scribbling, writing or chopping your worries might make them easier to talk about. Talk to a trusted friend or grown up. They might help you fix some of your worries, one at a time.

It's good to talk



THERE'S A
KNOT
INSIDE MY TUMMY

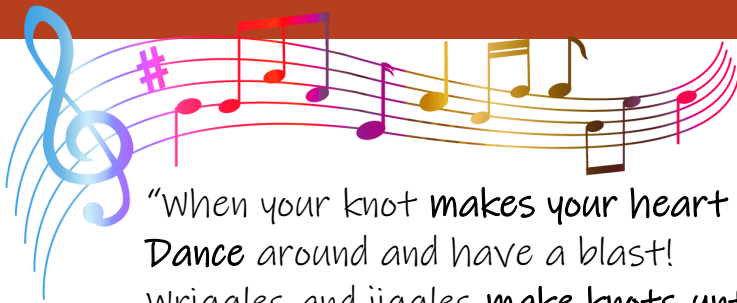


#KnotInsideMyTummy

Dance around and have a blast!



<https://vimeo.com/409288712>



"When your knot makes your heart beat fast,
Dance around and have a blast!
Wiggles and jiggles make knots untie.
So you can wave your knot goodbye."



THE SCIENCE BIT

When you feel worried, your body makes a special potion called adrenaline which gives your body a supercharged boost of energy! Moving your body can use up this energy and can also help your body make a happy potion too.

KNOT DANCE GAME

(a bit like musical statues)

Dance around to the Knot Song - when the music stops, freeze in a given expression (e.g. feel sick) then, on signal, perform the action in the song that makes you feel better (e.g. swing it about)

Feel sick - swing it about

Cry - keep crying

Cross - deep breath

Big knot - chop

Heart beat fast - dance around

Won't go away - do something fun



MOVE YOUR BODY

The more you wriggle, the more you can jiggle your knot undone. Play your favourite sport, ride a bike, run, skip or jump!

Put your hand on your heart. Can you feel it beating?

Wow - Your heart is keeping you alive!



#KnotInsideMyTummy

REMEMBER TO REST

Once you've used up all your extra energy, it is also important to have a good rest.

THERE'S A
KNOT
INSIDE MY TUMMY

Do something fun like draw or play



<https://vimeo.com/409288712>



"If your knot won't go away,
Do something fun like draw or play.
While you're busy your knot can hide,
Til you can take it in your stride."

THE SCIENCE BIT

Doing something fun can help distract you and help you forget your worries for a while...or even completely!

If your worries do come back again just remember the knot song.

TRY THIS

Write or draw your worries on a piece of paper. Put it away somewhere then go and have fun! Choose a 'worry time' to look at your worries again. You might be able to deal with them then or even find they have gone!



WHAT MAKES YOU HAPPY?

Playing with your favourite toy?

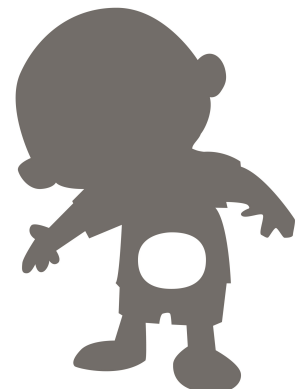
Playing your favourite game?

Reading your favourite story?

Drawing or writing?

Spending time with family and friends?

Use the worksheet in this pack (the one with the hearts) to draw or write all of your favourite things that make you happy. Next time you feel a knot you'll know what to try.



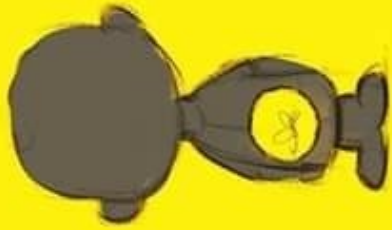
THERE'S A
KNOT
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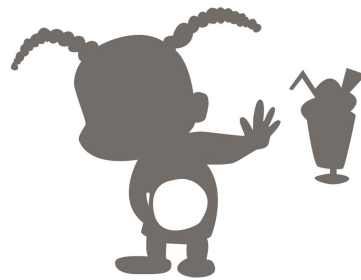
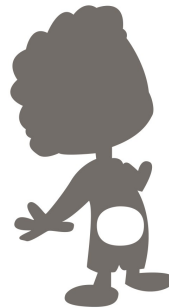
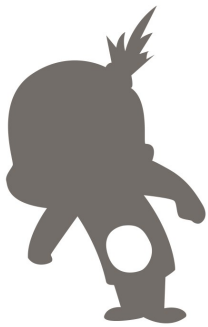
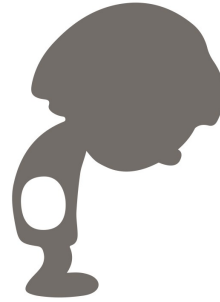
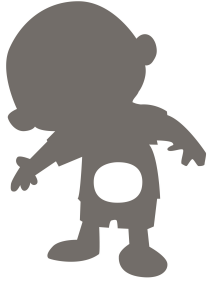
#KnotInsideMyTummy

LETS TALK KNOTS

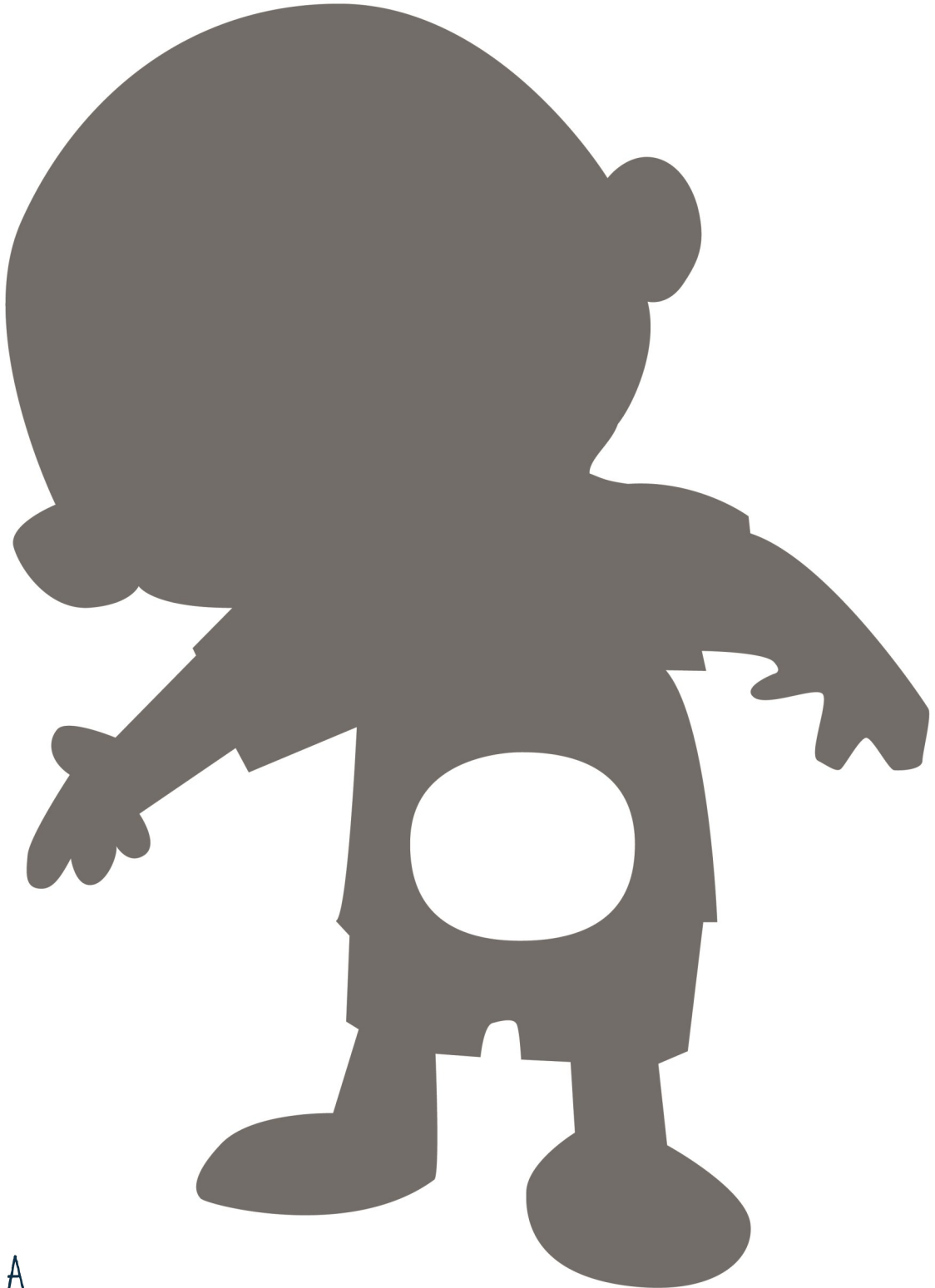
Have you ever had a knot inside your tummy? What did it feel like? What did it make your body feel like? What did it make your mind feel like? Do you have a knot inside your tummy right now? How does your knot make you feel now? What do you think it would look/sound like if you could see/hear it? Can you show your feelings in your face, voice and body?



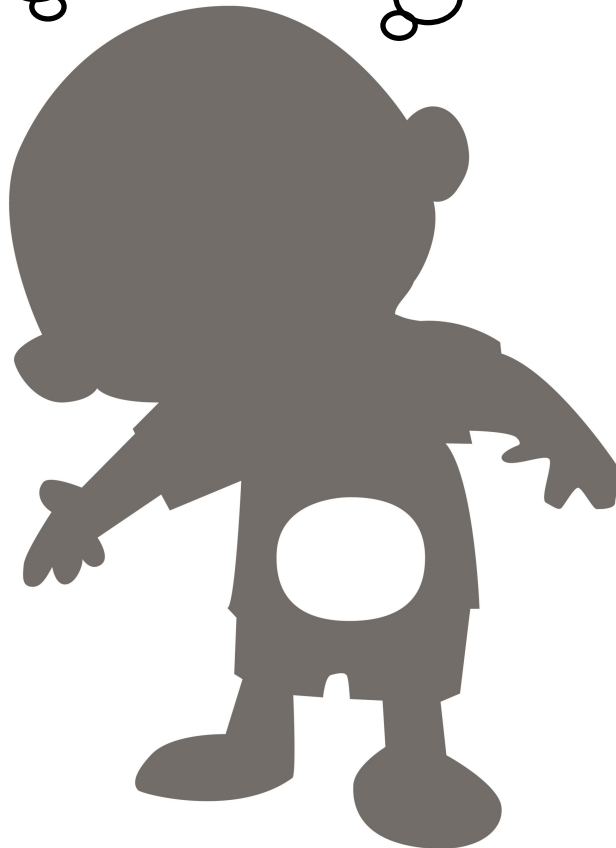
Knots make me feel...



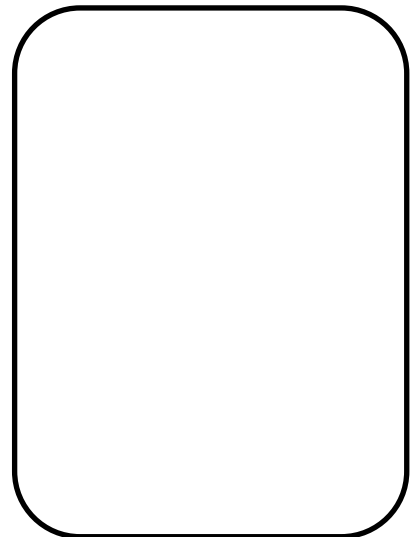
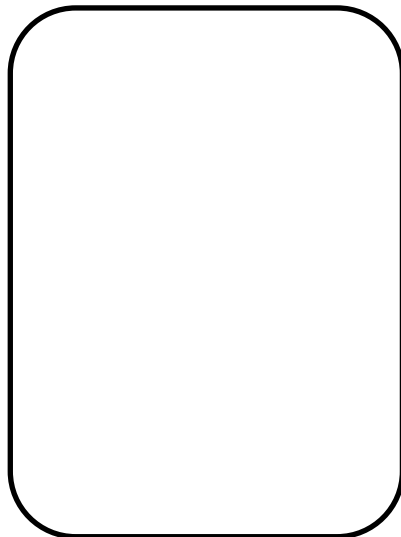
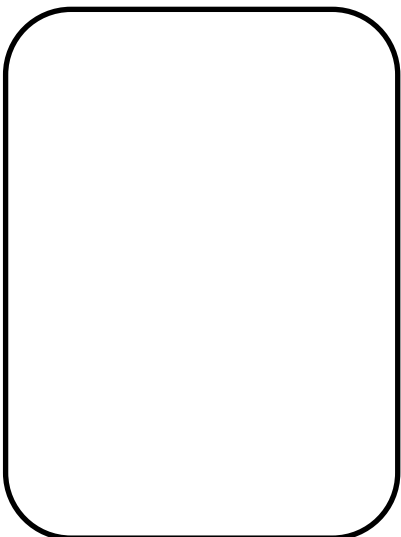
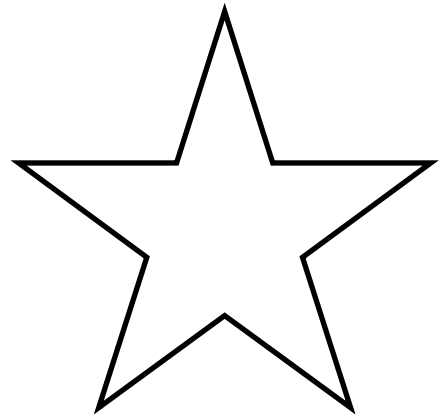
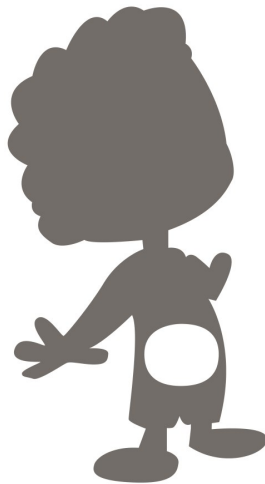
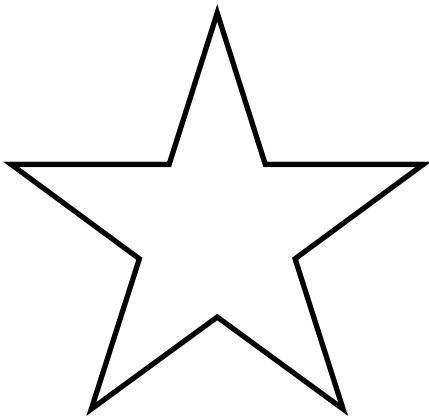
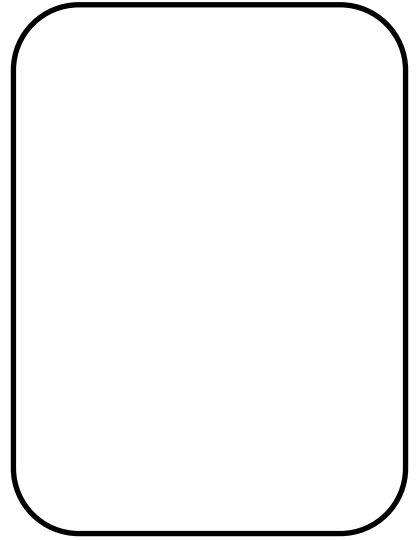
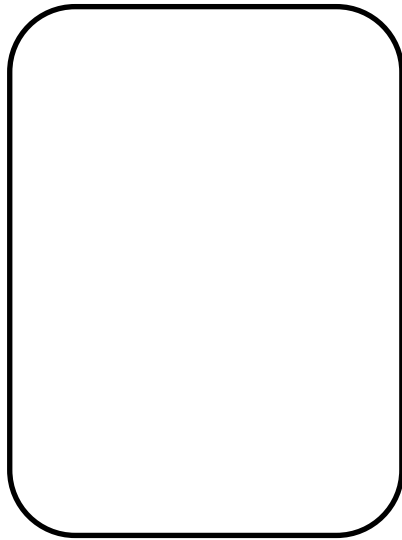
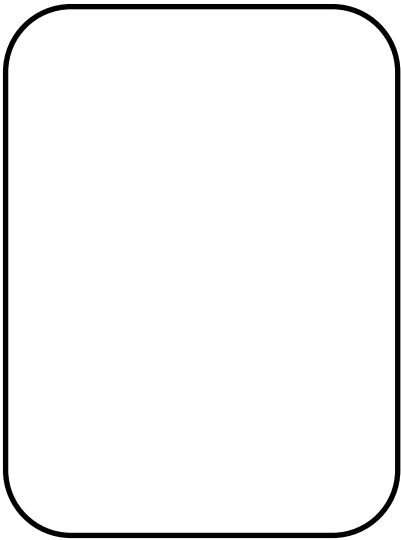
My knot looks like...



Knots make me feel...



When I feel a knot I can...



I am happy when...

