



TODAY'S TOPIC:
The Opposite of Worry

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What are some things I can do when I feel worried?

Lesson

Materials	Things to Prepare	Today's Goal
•	• N/A	Know that worry is normal, but there are things you can do to manage it.

SAY: Lately, I've noticed I've been worried about some things. (make up your own examples or use these - Like if I forgot to do something or if my cat is feeling okay).

ASK: Do you ever feel worried? How does it make you feel? I've noticed it does not feel good to worry. It makes me not sleep and it makes my tummy feel funny and it is hard to concentrate.

SAY: But, here's the thing about worry. It is completely normal to worry about things.

SAY: Another thing - Everybody worries sometimes. It is what you do with your worries that makes a difference and can help you feel better.

SAY: One of the best things you can do if you feel worried is talk to someone. Some people think, oh, if I talk about my worries, they will get worse, but that isn't true. Talking about your worries with people does not make them bigger, it actually helps.

ASK: Who are some people you might talk to? My friends, my parents or other family, my teacher or other people at school. People in your spiritual community.

SAY: I've also noticed that worry is always about things that have not happened yet. It's about things in the future. I feel scared about something that might

happen, but it hasn't actually happened. I might worry what someone will think about me or what they will say or whether or not something will happen, but I am basically making a story because none of those have actually happened.

SAY: When you feel worried, your feelings are real. And you have some choices what to do. One option is to imagine in your mind the opposite of what the worry is. So if I am worried about my cat getting lost, I can picture my cat happy at home playing with his toys and cuddling in my lap. This kind of imagining is a form of mindfulness. I like to think mindfulness is the opposite of worry. It lets me stop feeling scared and relax.

SAY: So things you can do when you are worried. We already talked about two – talk to someone and picture it being okay and the way you want in your head.

SAY: Here are two more. Pretend to put your worries into your hands and then make a fist. Imagine all your worries in your hand and squeeze your hand tighter and tighter. Your hand might feel like it's getting hotter and hotter. Then open your hands and let all those hot worries go. You can do this as many times as you want. (Practice this together.)

SAY: The last one is worry bubbles. Imagine you have a bubble wand. Picture blowing a bubble with your bubble wand and imagine your worry is leaving your body and filling up the bubble. You can imagine what it looks like inside the bubble. Now imagine the bubble pops and disappears, taking your worry along with it. You can keep blowing bubbles until you are ready to go on with your day. (Practice this together. You can even use real bubbles if you want.)

AFFIRMATION – I have the power to let my worries go and relax.repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel https://www.youtube.com/channel/UCUc3XHIHB9TF4FENneYoO_Q . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.