

# Wibbly wobbly worry pack ideas to make the book work for you

Exercises for children that involves dance therapy.

**Mirror Dance:** Children can pair up and take turns being the leader and follower. The leader will create a dance move, and the follower will mimic the move in the mirror. Then, they can switch roles and repeat the exercise.

**Emotion Dance:** Encourage children to express different emotions through movement. Play different types of music that match the mood and ask them to improvise a dance that expresses the emotion.

**Animal Dance:** Children can choose an animal and try to imitate its movements through dance. They can experiment with different animals and try to create their own unique animal-inspired dance moves.

**Freeze Dance:** Play some music and ask children to dance. When the music stops, they have to freeze in whatever position they are in. This exercise helps with body awareness and impulse control.

**Group Dance:** Choose a song that everyone knows and choreograph a simple dance routine together. This exercise promotes teamwork and cooperation.

**Sensory Dance:** Provide different props such as scarfs, ribbons, or hula hoops, and ask children to move and dance with them. This exercise promotes sensory integration and creativity.

**Storytelling Dance:** Choose a story and ask children to act it out through dance. This exercise promotes imagination and creativity.

Remember, the key to making dance therapy exercises effective is to create a safe and non-judgmental environment where children can feel free to express themselves through movement.

## Exercise about the importance of your thought becoming your feelings

Ask the children to sit in a comfortable position and close their eyes. Ask them to take a few deep breaths to help them relax.

Next, ask them to think of a happy memory, such as a time they had fun with their family or friends, or a time when they achieved something they were proud of. Ask them to visualize this memory in as much detail as possible, including the sights, sounds, and feelings associated with it.

Once the children have visualized the happy memory, ask them to pay attention to how they feel. Encourage them to notice any sensations or emotions that they are experiencing.

Next, ask them to think of a negative thought or belief they may have, such as "I'm not good enough" or "I'll never be able to do it." Ask them to visualize this negative thought as a dark cloud hovering above them.

Then, ask them to imagine that the negative thought is gradually becoming smaller and smaller until it disappears completely. Encourage them to replace the negative thought with a positive one, such as "I am capable of doing it" or "I am a valuable person."

Finally, ask the children to visualize themselves achieving something they want, such as getting a good grade on a test, making a new friend, or learning a new skill. Encourage them to imagine the positive thoughts associated with this accomplishment and to notice how those thoughts make them feel.

By practicing this exercise, children can learn to recognize the power of their thoughts and how they can influence their emotions and behavior. They can also learn to replace negative thoughts with positive ones, which can help improve their overall well-being and self-esteem.

# A simple guided meditation for a social worker to read to the children.

Ask the children to find a comfortable spot to sit or lie down. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the children to imagine that they are standing on a soft, green meadow on a clear night. They can feel the cool grass beneath their feet, and the gentle breeze blowing in their hair.

Next, ask the children to look up at the night sky and imagine that they can see millions of stars twinkling in the dark sky. The moon is shining brightly, and they can see the craters and mountains on its surface.

Then, ask the children to imagine that they can fly up to the moon. They can feel themselves soaring higher and higher, up towards the moon. They can feel the wind rushing past them, and the stars whizzing by.

As they approach the moon, encourage the children to imagine that they can land softly on its surface. They can feel the soft dust beneath their feet and look around at the vast landscape.

Now, ask the children to imagine that they can jump and bounce on the moon's surface, just like astronauts do. They can feel themselves leaping high into the air and floating back down to the ground.

Encourage the children to explore the moon and imagine what it might be like to live there. They can imagine building a lunar base or having a moon picnic.

Finally, ask the children to take a deep breath and imagine that they are returning to Earth. They can feel themselves gently floating back down to the meadow where they started.

Ask the children to take a moment to appreciate how calm and peaceful they feel. They can imagine that they are carrying this feeling of calm and happiness with them as they go about their day.

By practicing this guided meditation, children can learn to use their imagination to create positive, happy experiences that help them feel relaxed and calm. The magical, mystical imagery of the moon

and space can make this meditation exciting and engaging for children, while also promoting feelings of wonder and curiosity.

## Another guided meditation that would help a child with anxiety

Ask the child to find a comfortable spot to sit or lie down. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the child to imagine that they are standing on the shore of a calm and peaceful lake. They can feel the warmth of the sun on their skin and the gentle breeze blowing in their hair.

Next, ask the child to imagine that they are holding a small boat in their hand. This boat represents their worries and anxieties.

Encourage the child to place their worries and anxieties inside the boat. They can imagine putting all their fears and concerns inside the boat, knowing that it will keep them safe.

Then, ask the child to place the boat on the surface of the lake. They can watch as it begins to float away from them, gently bobbing up and down on the calm waters.

Encourage the child to focus on their breath and imagine that they are breathing in calm, peaceful energy and breathing out any remaining worries and anxieties.

As the child watches the boat float away, encourage them to imagine that their worries and anxieties are slowly disappearing. They can watch as the boat becomes smaller and smaller until it eventually disappears from sight.

Finally, ask the child to take a deep breath and imagine that they are filled with a sense of calm and peace. They can imagine that they are carrying this feeling of relaxation with them as they go about their day.

By practicing this guided meditation, children can learn to visualize their worries and anxieties as something separate from themselves, which can help them feel more in control. The calming imagery of the lake and the boat can promote a sense of relaxation and peacefulness, while also helping the child to let go of their worries and anxieties.

## Exercise on relaxation that can help children feel calmer and more peaceful:

Ask the children to find a comfortable spot to sit. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the children to focus on their breath. Ask them to imagine that they are breathing in calm, peaceful energy and breathing out any stress or tension.

Next, ask the children to imagine that they are in a beautiful garden. They can visualize the colors of the flowers, the smell of the grass, and the sound of birds chirping in the trees.

Encourage the children to imagine that they are walking through the garden, taking in all the sights and sounds around them. They can feel the soft grass beneath their feet and the warm sun on their skin.

Then, ask the children to find a quiet spot in the garden, such as a bench or a patch of grass. Encourage them to sit or lie down and continue to focus on their breath.

Next, ask the children to imagine that they are scanning their body from head to toe. They can imagine that each part of their body is becoming more and more relaxed with each breath they take.

Starting at the top of their head, ask the children to imagine that a warm, soothing energy is flowing down their body. They can visualize this energy as a golden light or a warm, comforting blanket.

Encourage the children to take their time with this exercise, allowing themselves to sink deeper and deeper into a state of relaxation.

Finally, ask the children to take a deep breath and imagine that they are filled with a sense of calm and peace. They can imagine that they are carrying this feeling of relaxation with them as they go about their day.

By practicing this relaxation exercise, children can learn to use their imagination to create a sense of calm and peace within themselves. The soothing imagery of the garden and the warm energy flowing through their body can help them feel more relaxed and at ease.

## Another relaxation exercise that's a bit different:

Ask the children to find a comfortable spot to sit or lie down. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the children to focus on their breath. Ask them to imagine that they are breathing in calm, peaceful energy and breathing out any tension or stress.

Next, ask the children to imagine that they are standing on a warm, sandy beach. They can feel the sun on their skin and the sound of waves crashing against the shore.

Encourage the children to imagine that they are walking towards the water's edge. They can feel the cool water lapping at their feet and the sand sinking beneath their toes.

Then, ask the children to imagine that they are wading out into the water. The water is warm and soothing, and they can feel it washing away any stress or tension they might be feeling.

Encourage the children to imagine that they are floating on their backs in the water. They can feel weightless and free, the gentle movement of the water rocking them back and forth.

As they float, encourage the children to focus on their breath. They can imagine that they are breathing in calm, peaceful energy and breathing out any remaining tension or stress.

Finally, ask the children to take a deep breath and imagine that they are filled with a sense of calm and peace. They can imagine that they are carrying this feeling of relaxation with them as they go about their day.

By practicing this relaxation exercise, children can learn to use their imagination to create a sense of calm and peace within themselves. The soothing imagery of the beach and the warm water can help them feel more relaxed and at ease, while also promoting feelings of freedom and weightlessness.

## Exercise about colour breathing and why colour breathing helps.

Ask the children to find a comfortable spot to sit or lie down. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the children to visualize a bright, colourful light above their head. This light is made up of all the colours of the rainbow.

Encourage the children to imagine that they are breathing in this light through their nose. As they inhale, the light enters their body and fills them with energy and positivity.

Next, ask the children to imagine that they are exhaling any negative thoughts or feelings they might be holding onto. As they exhale, they can imagine that the negative energy is leaving their body and being replaced by the bright, colorful light.

Encourage the children to continue breathing in the colorful light and exhaling negativity for several breaths.

Then, ask the children to focus on a specific colour that they feel drawn to. They can imagine that this colour is particularly beneficial for them, whether it's blue for calmness, green for healing, or red for energy.

Encourage the children to imagine that they are breathing in this specific colour, allowing it to fill their body and bring its unique benefits.

Finally, ask the children to take a deep breath and imagine that they are filled with a sense of calm and peace. They can imagine that they are carrying this feeling of positivity and energy with them as they go about their day.

Colour breathing can be a helpful tool for children to manage stress and anxiety, as well as to promote feelings of positivity and well-being. Different colours are associated with different emotions and energies, and by focusing on specific colours during this exercise, children can harness the benefits of those colours. Additionally, the act of visualizing and breathing in colour can help children to focus their minds and calm their bodies.

## Exercise on what I can control verses what I can't?

Ask the children to find a comfortable spot to sit or lie down. Encourage them to close their eyes and take a few deep breaths to help them relax.

Begin by asking the children to visualize two circles. In one circle, ask them to imagine all the things that they can control in their life. In the other circle, ask them to imagine all the things that they can't control.

Encourage the children to take their time with this exercise and to be as specific as possible when thinking about the things they can and can't control.



Next, ask the children to focus on the circle of things they can control. Ask them to imagine that they are taking control of these things and making positive changes in their life.

Then, ask the children to focus on the circle of things they can't control. Encourage them to visualize letting go of these things and accepting that they can't change them.

Encourage the children to repeat the following affirmation: "I can control my actions and my thoughts. I let go of the things I can't control and focus on what I can."

Finally, ask the children to take a deep breath and imagine that they are filled with a sense of calm and peace. They can imagine that they are carrying this feeling of control and acceptance with them as they go about their day.

By practicing this exercise, children can learn to differentiate between the things they can and can't control in their life. By focusing on the things they can control, they can feel empowered and make positive changes. By letting go of the things they can't control, they can reduce stress and anxiety and feel a sense of acceptance. The affirmation at the end of the exercise can serve as a helpful reminder for children to stay focused on what they can control and to let go of what they can't.