

Resource Guide

Are you a teacher/counsellor? The following exercises are fun and informative and can be done in a classroom/group setting. Once the children are familiar with *Butterflies in My Belly*, these exercises are a great way to promote discussion and learn about anxiety. The exercises are helpful for any child. And if a child is experiencing more serious signs of anxiety, you can always refer parents for professional counselling. *The counsellors here at Catholic Family Services Bureau are skilled in working with children and families.*

Are you a parent? The following worksheet can be done at home to normalize anxiety and begin to open up discussion with your child. It also provides coping strategies. Once the child is familiar with *Butterflies in My Belly*, the exercises will be fun and easy to complete. If you have any further concerns about your child's anxiety, please seek professional counselling. *The counsellors here at Catholic Family Services Bureau are skilled in working with children and families.*

Are you a child? Once you have read *Butterflies in My Belly*, you can have some fun with the following exercises. If you are feeling a lot of anxiety and those butterflies just won't settle down and behave, be sure to tell your Mom, Dad, caregiver, or another adult. *The counsellors here at Catholic Family Services Bureau are skilled in working with children and families.*

Exercise Sheet

Exercise #1

Have you ever felt a funny feeling in your belly like Tommy has? Did this feeling happen when you were worried about something at school or at home? What did it feel like to you? Maybe you can come up with another way to describe the feeling like... jumping beans in my belly. Take 10 minutes and draw or print out how you would describe those funny feelings in your belly. There are no right or wrong answers. Just use that great imagination of yours!



Exercise #2

Here is an exercise to help you calm down and get rid of those funny feelings in your belly. Remember in the book how Tommy likes soccer? Pretend there is a soccer ball in your belly and when you inhale or breathe in, push the soccer ball out, and when you exhale or breathe out, the soccer ball shrinks or deflates. Repeat this at least five times and soon you will feel good, like Tommy did at the end of the story!



Exercise #3

Tommy came up with a sentence to make himself feel better. Tommy told himself, "There's nothing to be scared of." These sentences are called affirmations. Make up an affirmation or sentence to make yourself feel better and to help you believe in yourself.



Exercise #4

Remember in the story how Tommy had a helper in his gym teacher, Mr. Hanson. Who would be your helper person? Take a couple of minutes and draw or print out a description of the helpers in your life.

