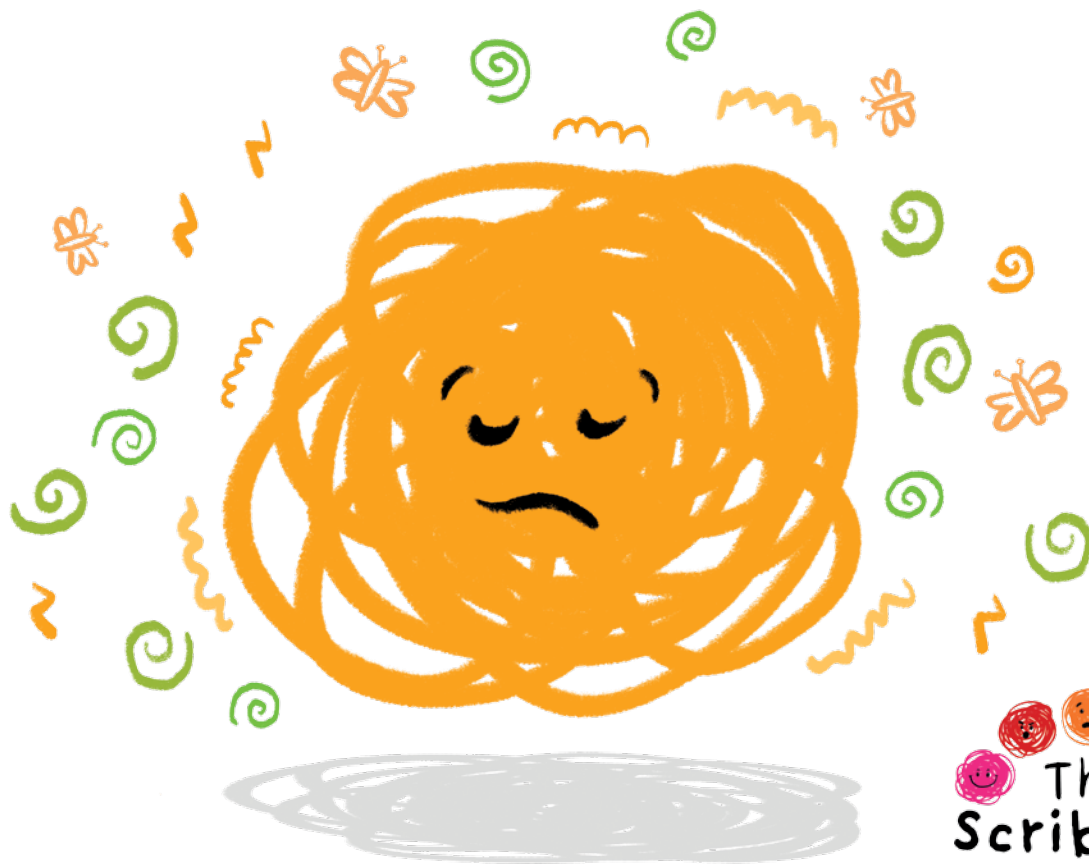


All About Worried Scribble

Untangling big emotions – one scribble at a time



Channon Gray





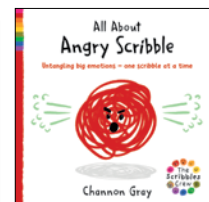
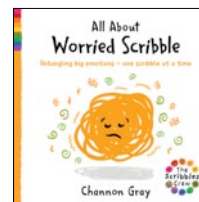
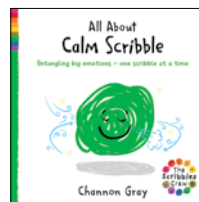
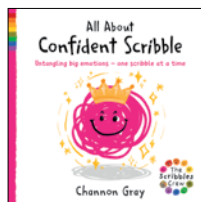
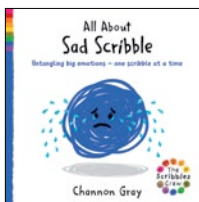
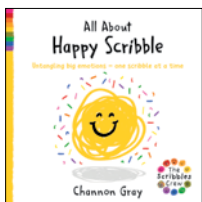
Come and join the Scribbles Crew!

Get to know **Worried Scribble** – find out
how it can make you feel and discover top tips
for the times when worries come to call!



The Scribbles Crew supports children's emotional literacy by
helping them identify, understand and talk about their big feelings.
Each book is packed with simple, practical steps and activities to
build self-awareness, empathy and resilience, and develop
self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



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activities, sing-along songs and teaching resources
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I feel...



happy



calm



sad



angry



worried



confident



scared



surprised



disgusted



unsure



excited



embarrassed



panicked



focused



disappointed



silly



friendly



jealous



bored



muddled



tired



unwell



hungry



hot or cold

How do I say
“I feel worried” in Makaton?

I feel



Take one hand with your
thumb and middle finger
pointing to your face and lift
your hand and say, “I feel”.

worried.



With a worried look on your
face, tense your hand and
make small circles above your
forehead and say, “worried”.

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All About Worried Scribble

Written and illustrated by
Channon Gray



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Worry is sneaky.

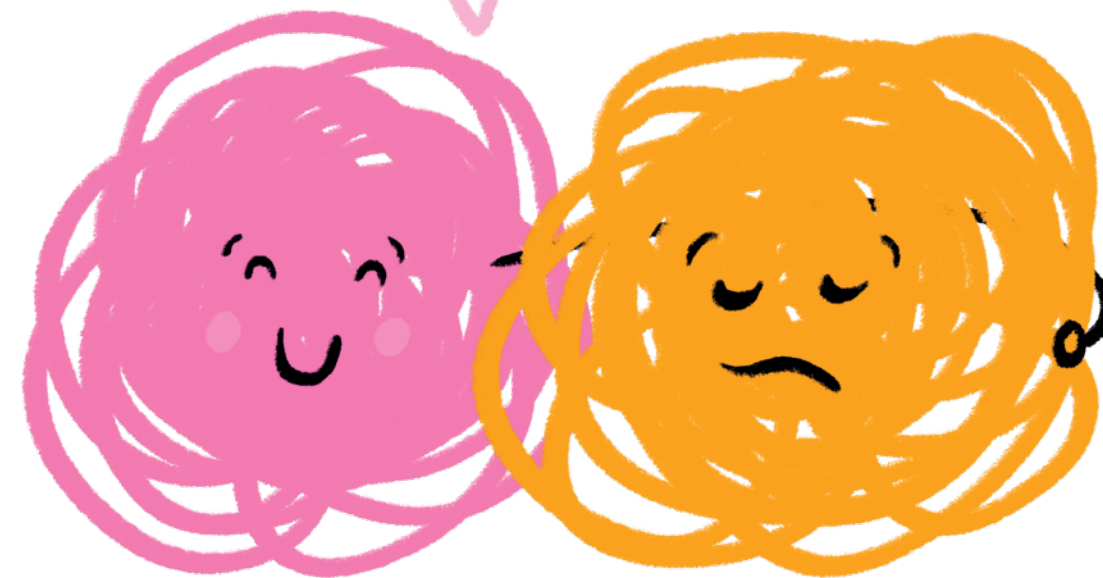
Uhh! I am
Worried Scribble.



It can make our thoughts
turn all tricky and queasy.

Feeling worried is normal...

This feeling will pass!



Yo! I am
Friendly Scribble.

...although it can quickly
feel pretty uncomfortable.

Worry can sometimes feel
like it has come out of
nowhere!



Other times, it comes from shining a light
on worrying thoughts that can

pop up



anywhere.

It might be that
those thoughts feel



or not knowing
what
might
happen
next.

Or from feeling

Eek! I am
Scared Scribble.



frightened,



scared,

panicked or perplexed.



Gasp! I am
Panicked Scribble.

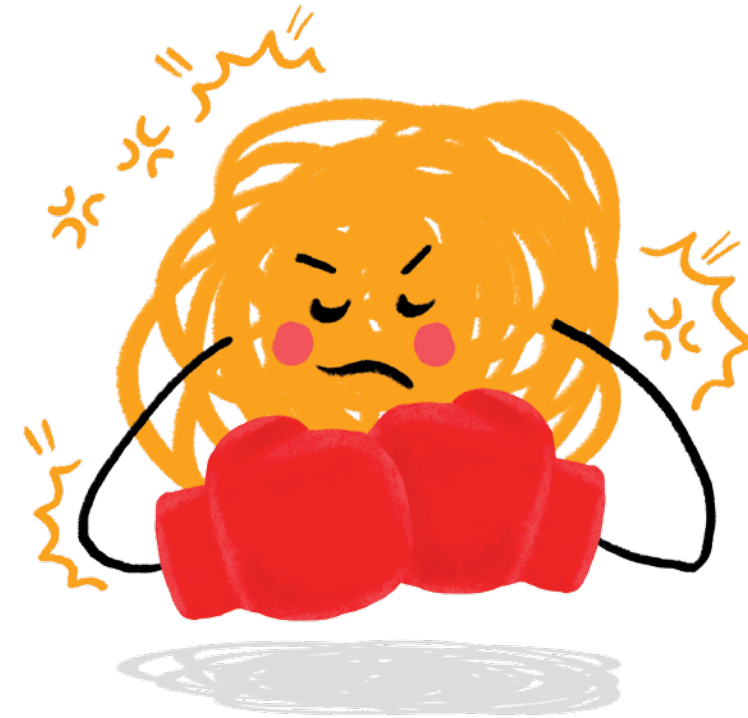


Being worried feels and looks
different for everyone.

It might make
you want to



freeze,



fight



or take **flight**
and run.

It is important to give our feelings, like worry, a name...

What are you feeling?
I am Name-It Scribble.



...so we can understand them,
and not just carry on feeling the same.

Feeling worried can keep us safe from danger
and stop us from getting hurt.

Worry reminds us to

pause, think



and stay
alert.



Stop, pause and breathe!
I am Stop Scribble.

