All About Worried Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



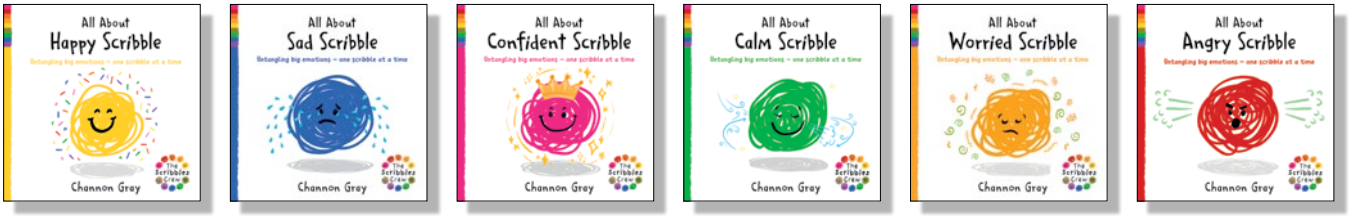
Come and join the Scribbles Crew!



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!



The Scribbles Crew

The Exciting Teacher

Scan the QR code for more great Scribbles Crew activities, sing-along songs and teaching resources specially created by The Exciting Teacher.

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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

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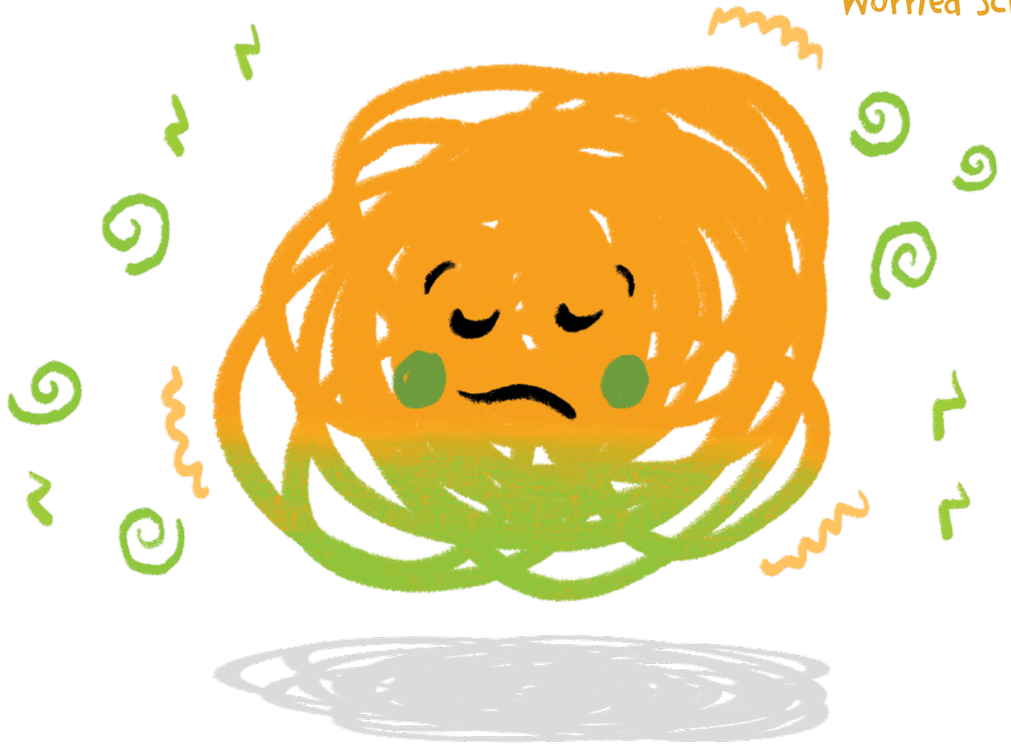


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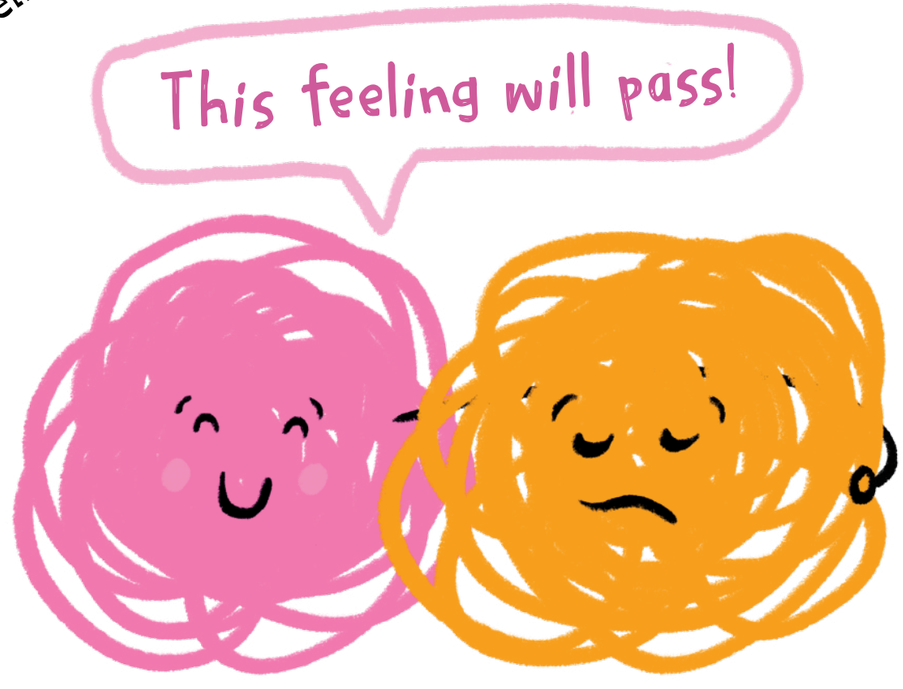
Worry is sneaky.

Uhh! I am
Worried Scribble.



It can make our thoughts
turn all tricky and queasy.

Feeling worried is normal...



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 overwhelming, 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.

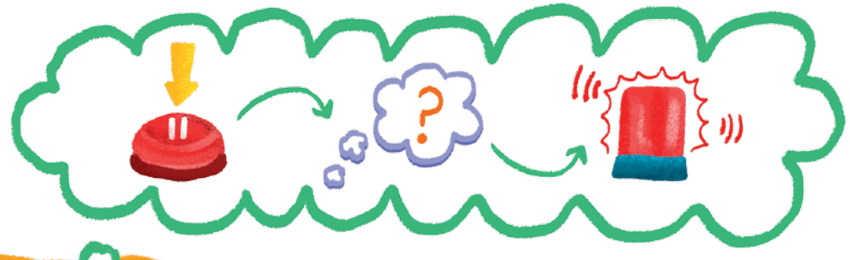


...so we can understand them,
and not just carry on feeling the same.

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.

