








FEARS & WORRIES








WILL OTHER GROWN UPS
I LOVE BECOME SICK

-  Talk to your grown ups
-  Tell Pip your thoughts, or write Pip a letter
-  Write a story about your fears
-  Share your story with a grown up or a friend
-  Make a picture about your fears and worries



SOMETIMES I HAVE TUMMY PAINS

-  Do an activity (film, book, game, music) to distract your sad and worried tummy
-  Tell a grown up and look together at the 'Where Does It Hurt' activity in Pip's Kit
-  Use Pip as a pillow and lie on your right side with your knees curled up
-  Wrap a hot water bottle in a towel and place it on your tummy
-  Try different ways of breathing. 'Breathing & Balancing' activity in Pip's Kit



I CAN'T SLEEP

Make a bedtime routine.

Look at the 'My Sleeping Brain' activity in Pip's Kit

Write a list of relaxing activities to do every night before bed, like read a book to Pip or have a bath

Try belly breathing





'Breathing & Balancing' activity in Pip's Kit

See if you can get rid of some worries (or put them aside for a bit). Look at the 'Worry Box' and 'Worry Chatterbox' activities in Pip's Kit

Listen to music or the sound of rain, or stories while lying in bed



I WORRY THAT I AM DIFFERENT FROM EVERYONE ELSE

-  Talk to your teachers and your grown-ups about how you think you are different
-  Try to write down what makes you feel different from everyone else
-  Talk to a special friend—do they think you are different?
-  Write down ways in which you are the same as your friends






I DON'T KNOW HOW TO ACT
OR WHAT TO SAY WHEN
I AM WITH MY SICK PARENT

- Remember they are the same person. You don't have to act any different.
- Show them your school work, art pieces or tell them about what you did at school
- Start doing some of the things in Pip's packet of activities with your parent
- Tell them about Pip, the adventures Pip has been on
- Sometimes you might feel cross or upset with them, or say something unkind. That's Ok—it doesn't mean you love them any less







WHO WILL LOOK AFTER ME?

 Talk to your grown ups

 Ask your grown up to do the 'My Paperchain' activity in Pip's Kit



I AM WORRIED THAT I WILL
NEVER FEEL NORMAL AGAIN

-  Talk to your grown-ups
-  Write or draw some of these worries. Look at the 'Worry Box' and 'Worry Chatterbox' activities in Pip's Kit
-  Talk to a special friend and ask them to plan some activities that you love
-  Take a small time each day to try and focus on doing something fun with Pip



WHAT IF I CAN'T GO TO SPORTS OR ACTIVITY CLUB?

- Ask a grown up to see if a friend's parents can take you and pick you up
- Tell your club leader and they might be able to give you some activities to do at home
- Try and ask a grown up to organise to play/practice together another time
- Make your own activity club at home with Pip