Ollie's Worry Wobbles

A gentle activity pack for ages 4–8



Name the worry. Share it. Try one brave step.

Draw • Talk • Breathe • Practice

This pack belongs to: _____

Collyvale
A little place for big feelings.

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For grown-ups

A little help for everyday "what if?" thoughts

Worries are a normal part of growing up. Children may feel them in their tummy, chest, hands or head.

1. Listen first

Get down to their level. Give them time. "That sounds like a worry. Tell me more."

2. Name it together

"Is that a what-if thought?" You do not need to rush to fix it.

3. Make a small worry time

Try five to ten minutes each day. Read the worry slips together.

4. Praise trying

Notice every little brave step. "You tried, even though it felt hard."

Remember: listening often helps more than reassuring.

Children usually need to feel heard before they can think about solutions.

Collyvale is a storybook world, not medical or mental-health advice. If worries are frequent, intense or getting in the way of school, sleep or play, talk to your child's school or pediatrician. healthychildren.org also has helpful information.

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Ollie's Brave Face

A little Collyvale story



Ollie put his chin up. He tucked his hands into his pockets. "I'm fine!" he said. But his tummy was doing a wobble.

Bella noticed his Brave Face. "Is there a worry hiding in there?"

Mom sat beside him. She listened without hurrying. "What if I get it wrong tomorrow?" Ollie whispered. "That sounds hard," said Mom.

They talked about one little step he could try. The worry was still there. But it felt a little smaller.

Talk together: Who helps you when a worry feels big?

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Where do I feel my worry?

Color the places where you notice a wobble.



A worry can feel different for everyone. What does yours feel like?

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Draw your Worry Wobble

If your worry were a silly creature, what would it look like?

My worry creature is called:

Give it a funny name. Worries often feel smaller when we can see them.

You can show your drawing to someone you trust.

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My Worry Jar

Draw or write a worry. Share it with a grown-up at worry time.



Cut along the dotted lines

My worry:

My worry:

My worry:

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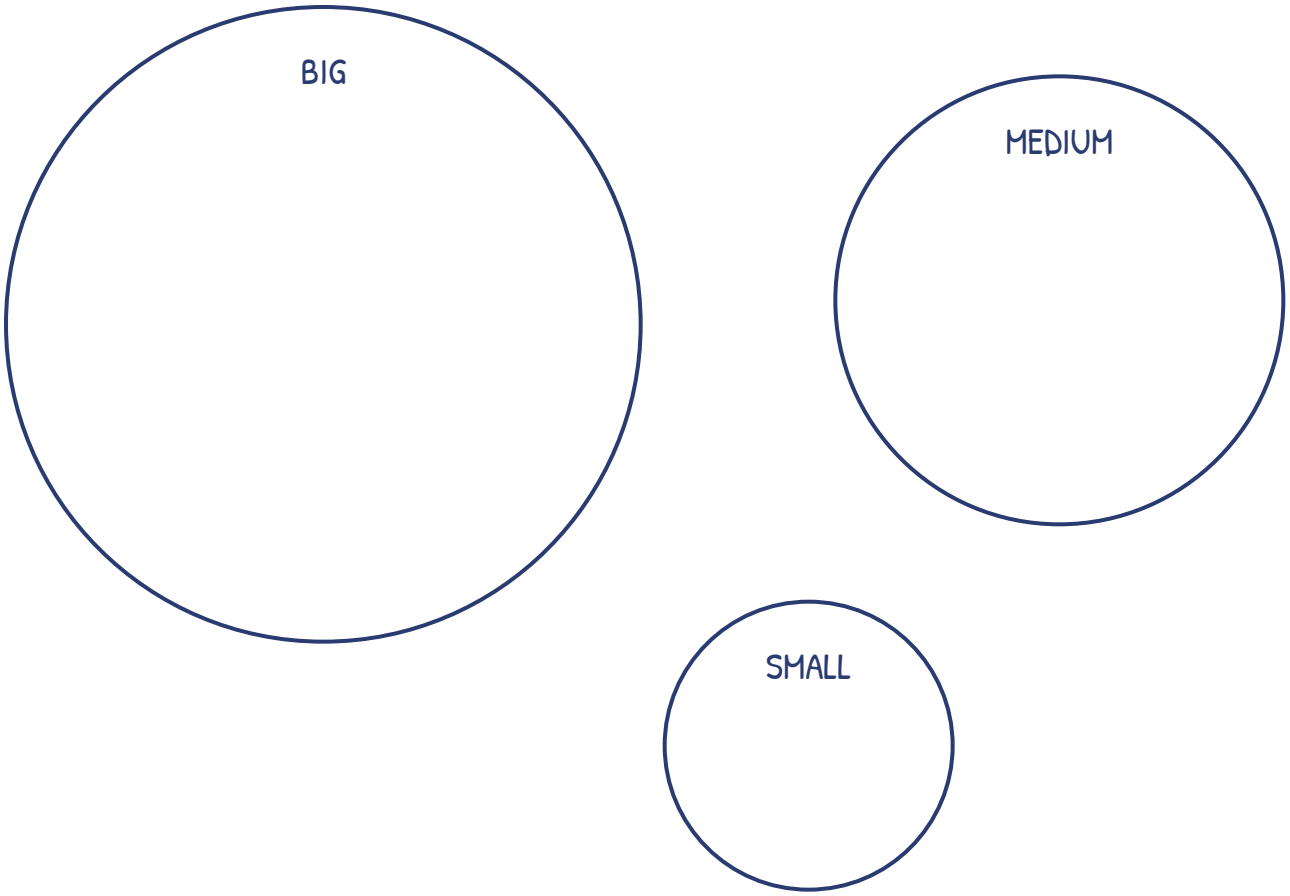
Shrink it

Put a worry into a circle. How big does it feel?



Catch a “what if…?”

A grown-up can help with the writing.

My biggest “what if…?” is

What will most likely happen?

If it did happen, what could help?

A big worry deserves kindness too.

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Calm tools

Try one together. You can practice when you feel calm, too.

Balloon breathing

Imagine a balloon in your tummy. Breathe in gently... and let the air out slowly, like a balloon floating away.

I tried it: ☐ ☐ ☐

Squeeze and let go

Squeeze your hands into fists for a moment. Now let go. Notice how your hands feel.

I tried it: ☐ ☐ ☐

Five things I can see

Look around. Name five things you can see. Take your time. There is no rush.

I tried it: ☐ ☐ ☐

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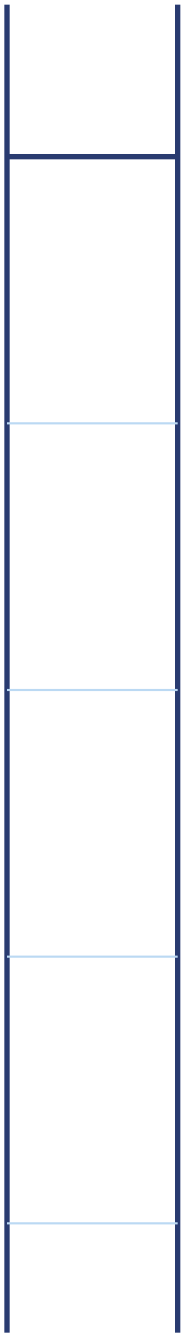
My brave steps ladder

Choose five tiny steps. Color a star when you try one.



Step 5

Step 4

Step 3

Step 2

Step 1

Start at the bottom. You can ask a grown-up to help choose your steps.

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My worry got smaller!

Color Ollie, then fill in your certificate.



My Brave Step Certificate

This belongs to: _____

I tried: _____

_____

Date: _____

Every little brave step counts!

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