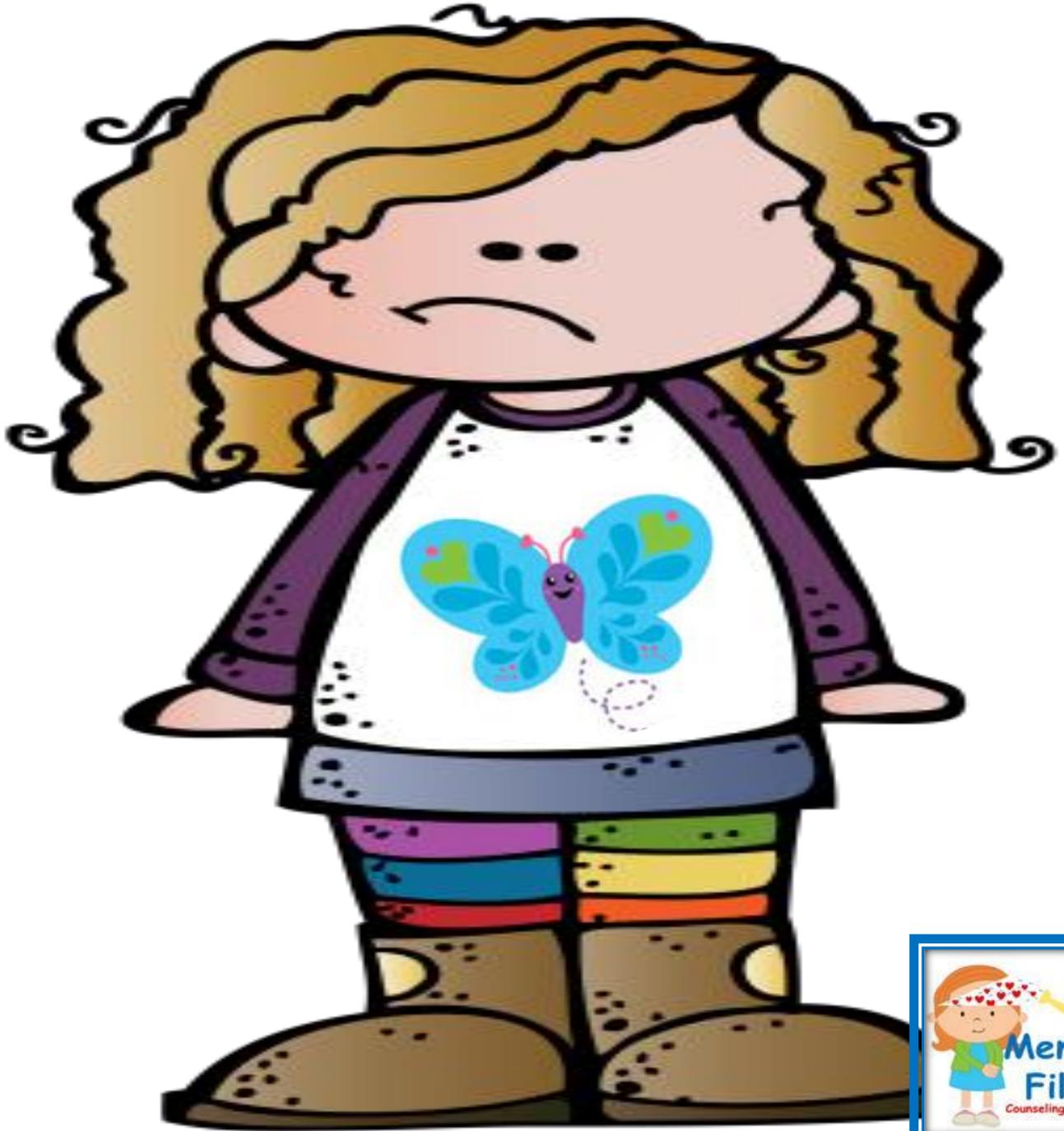


Butterflies

in My Belly

Activity for Worries



This activity will help your kids begin talking about their problems and worries related to stress, as well as come up with helpful strategies and solutions to take care of themselves.

It is called “Butterflies in My Belly” because when someone is worried or uneasy about something, their stomach might feel funny or tickle, as if butterflies are fluttering in your belly. The butterflies are important to pay attention too because they are signs we are not feeling well, and we need to try something to improve our mood.

DIRECTIONS:

Write down worries inside the boxes underneath each butterfly. Write bigger worries on the larger butterflies, and smaller worries in the smaller boxes. Feel free to print out a few pages worth of butterflies to inspire expression. Use the black line butterflies to color.

After discussing the worries identified, explore coping skills that have been used or could be used to help make themselves feel better, who could help them feel better and how, and what advice the loved ones would give them could they help solve their problems and worries.

Using the other pages of empty boxes, draw pictures or write of words detailing their solutions. Next, cut out and paste the helpful strategies to glue on top of the worries under the butterfly. Make sure the worries are completely covered up and not visible. Students may use multiple strategies for each worry by placing them next to each other, (outside of the box under the butterfly).

Finally, after processing the activity, including practicing proactive visualization of the strategies, recommend placing completed butterfly pages in a place that can be viewed frequently to practice when feeling worried and anxious.

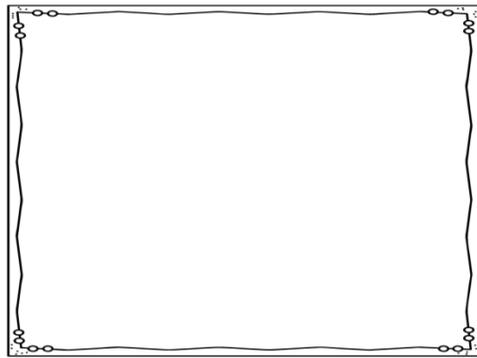
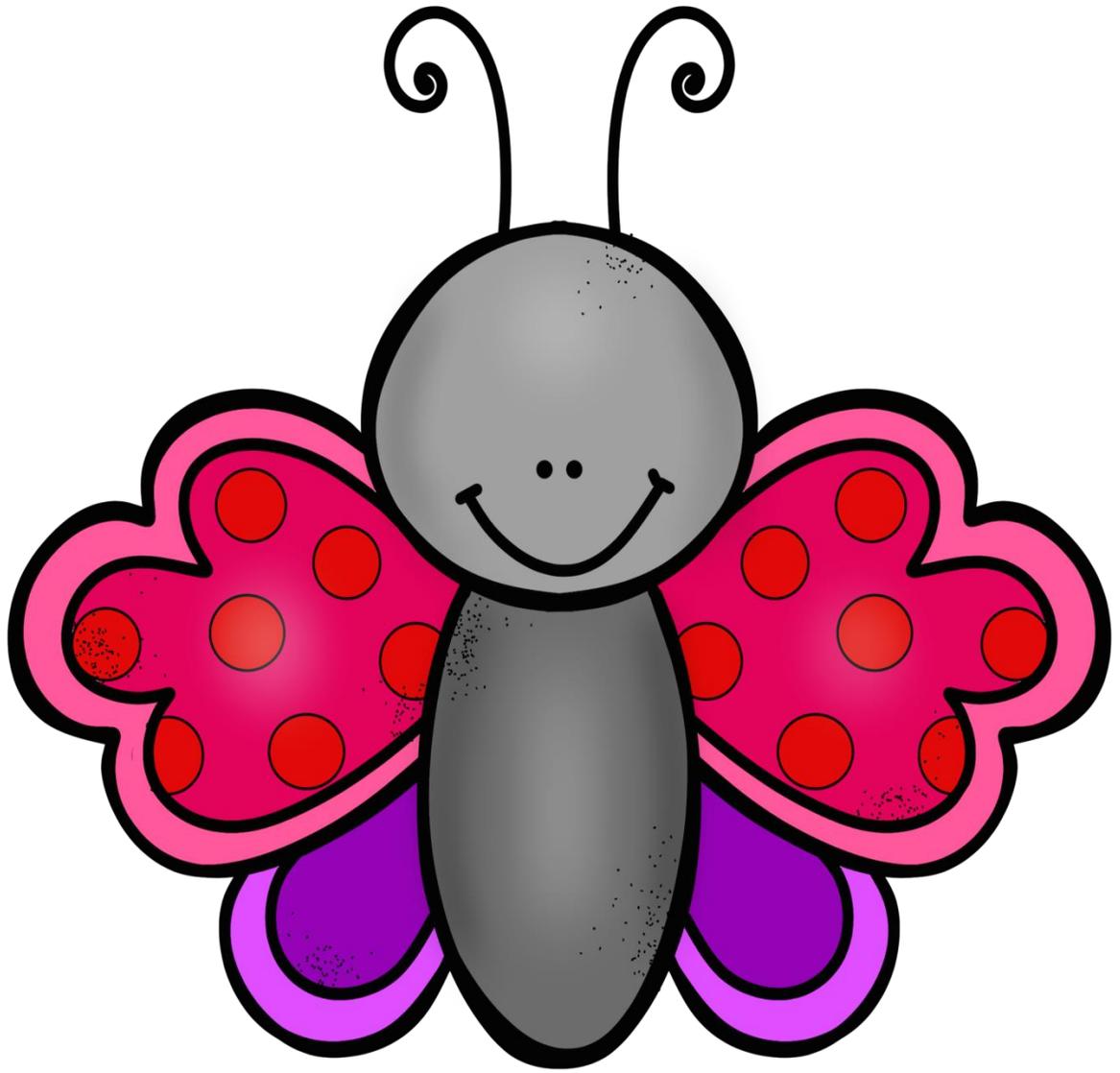
For extra fun and creativity, you can cut out the butterflies individually and attach a string or ribbon to both the strategies in the box and the butterfly & display on a mobile.

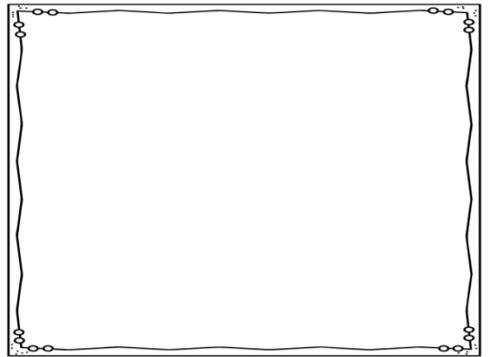
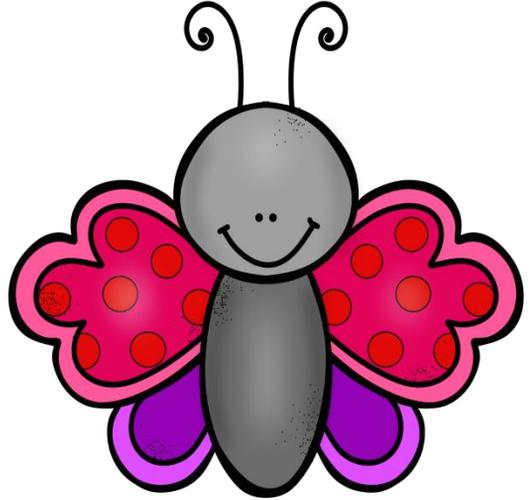
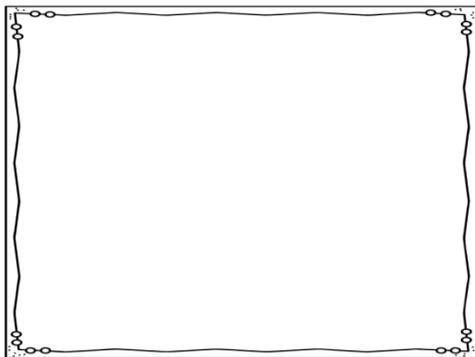
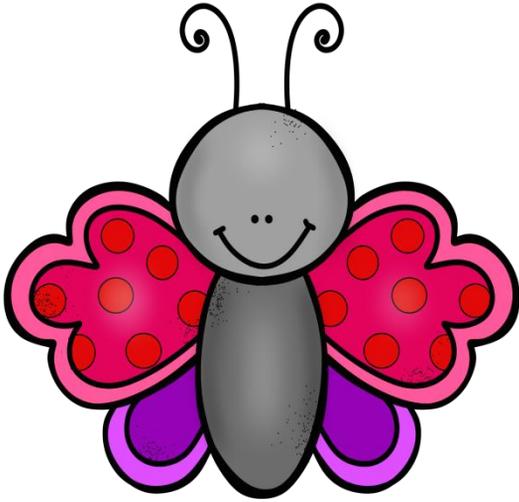
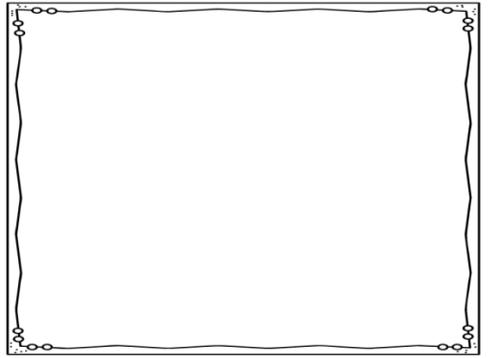
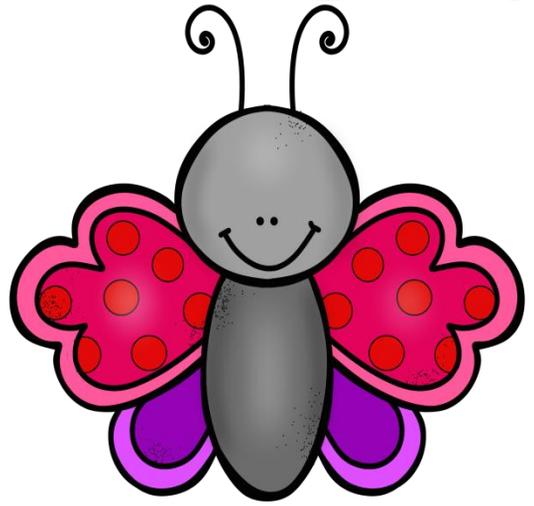
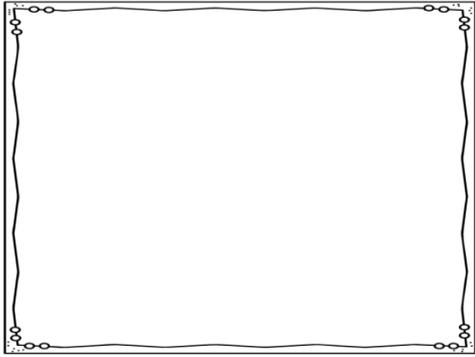
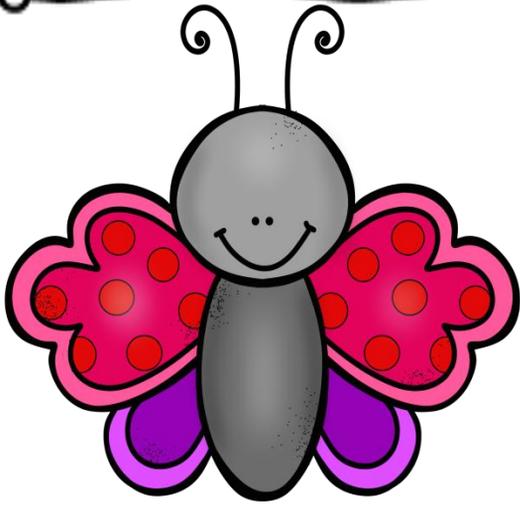


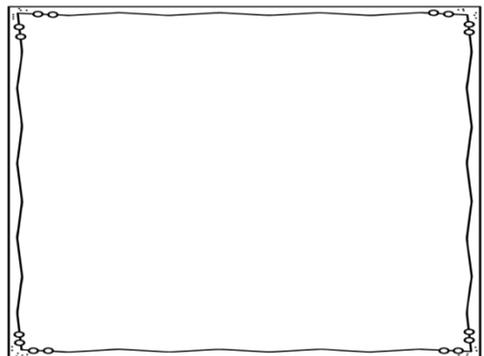
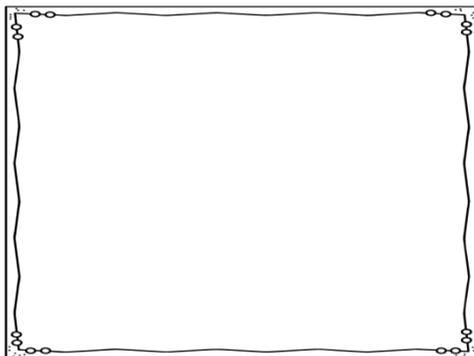
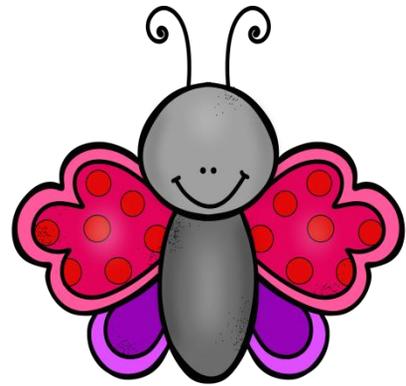
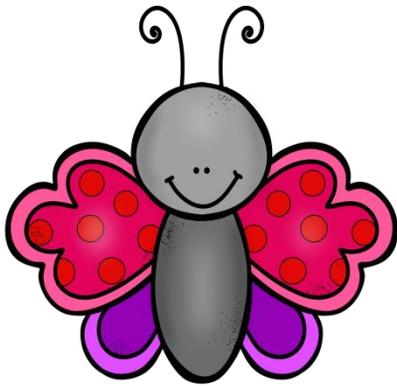
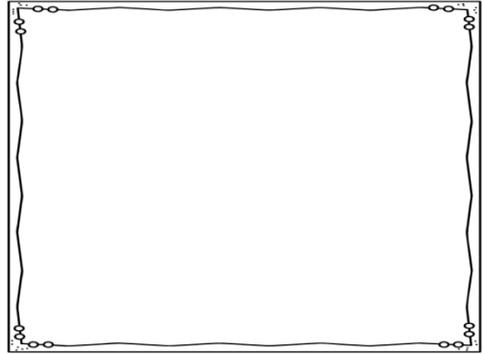
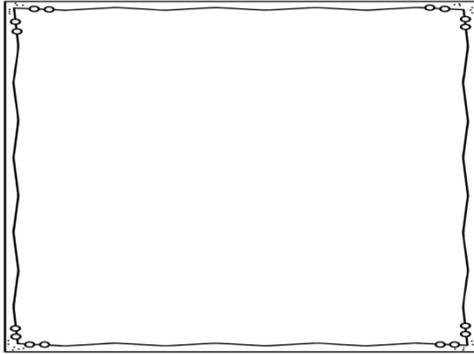
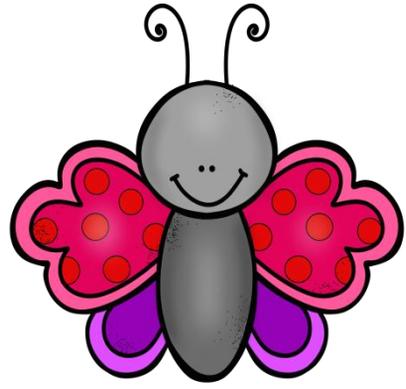
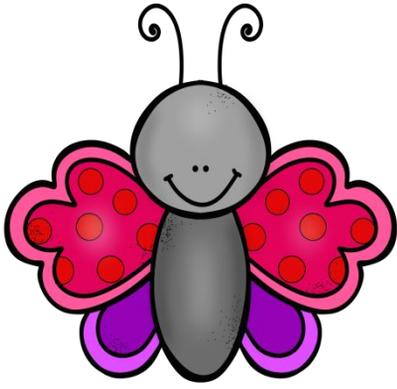
After choosing the preferred butterflies,
write or draw worries in each box.

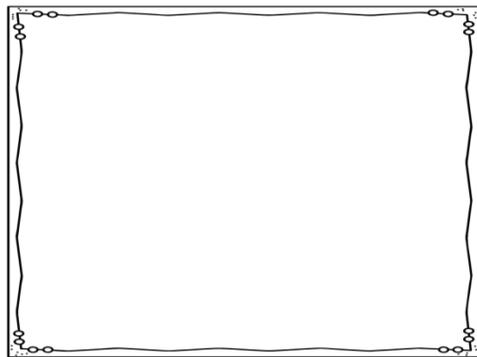
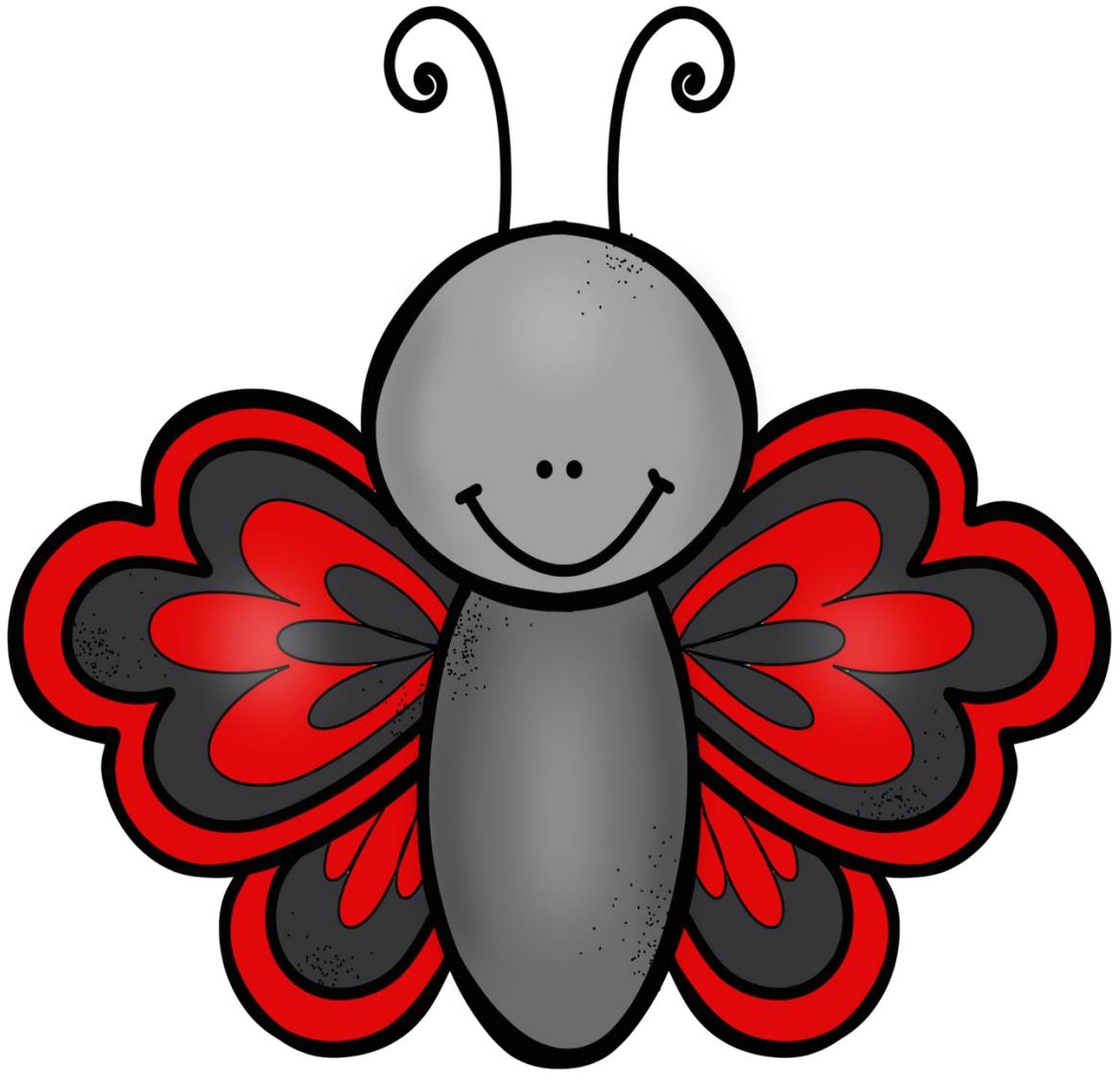
The size of the butterfly represents the size of the worry.

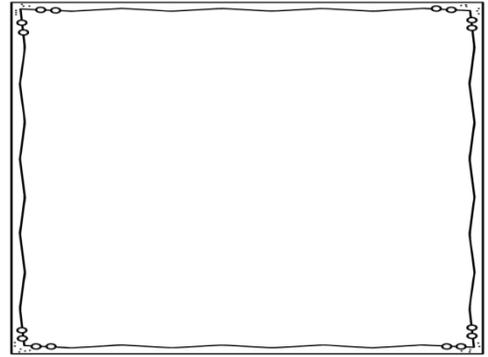
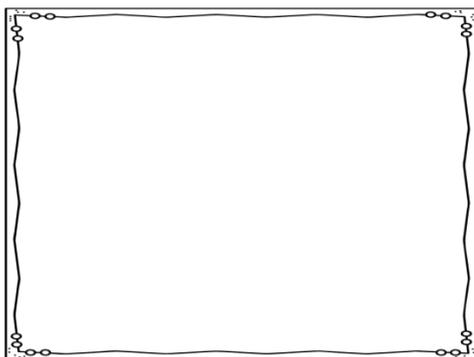
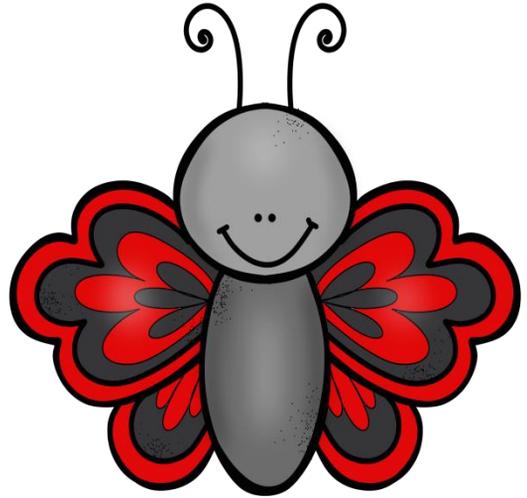
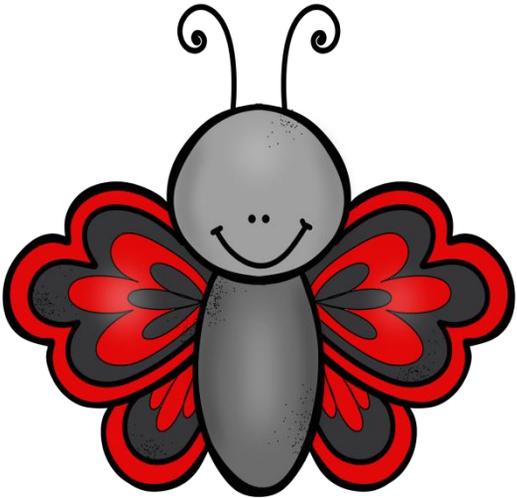
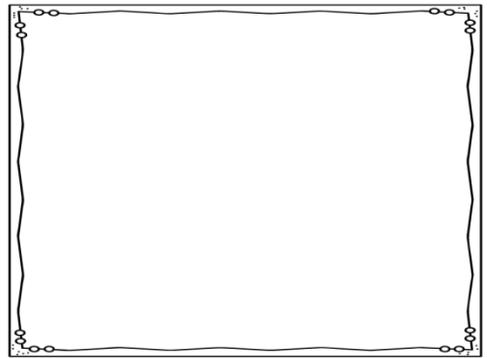
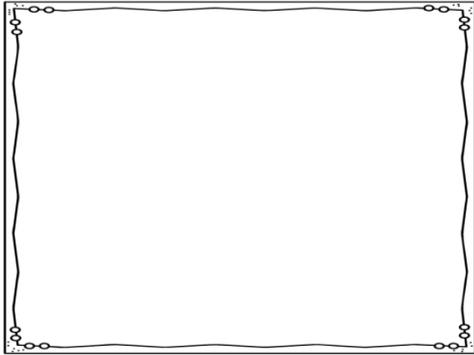
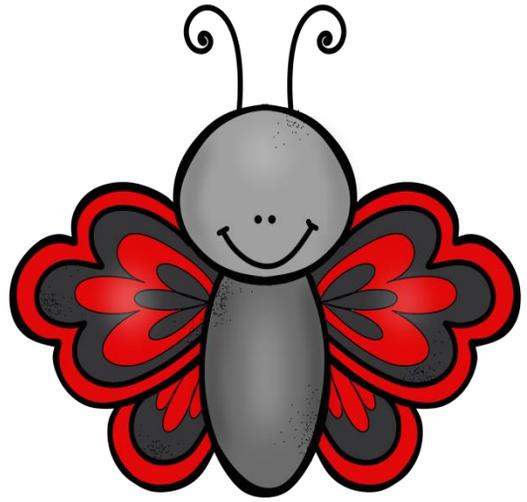
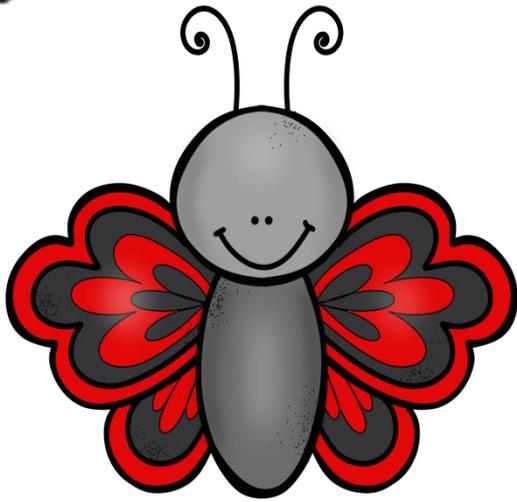


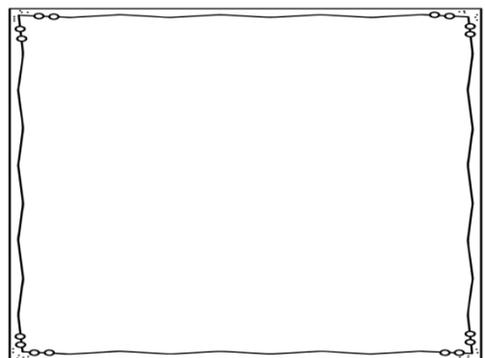
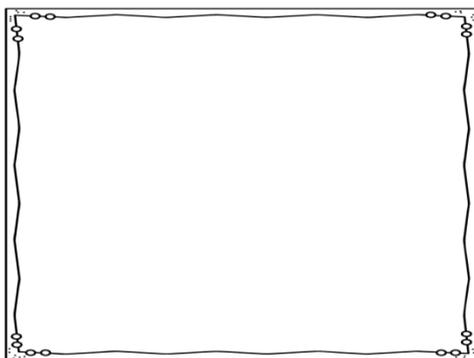
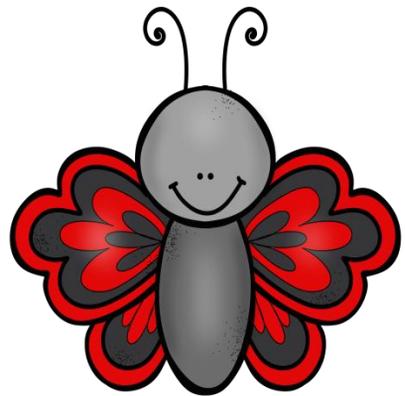
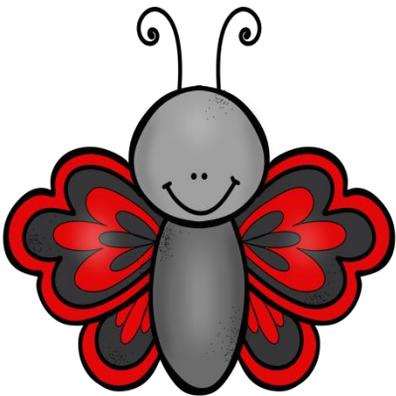
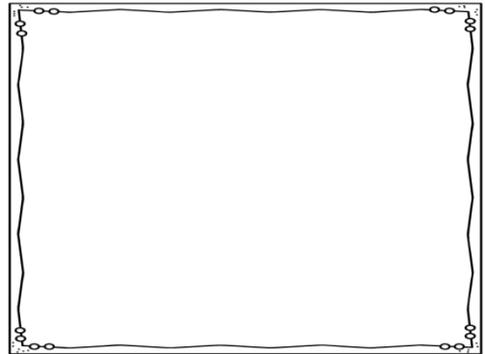
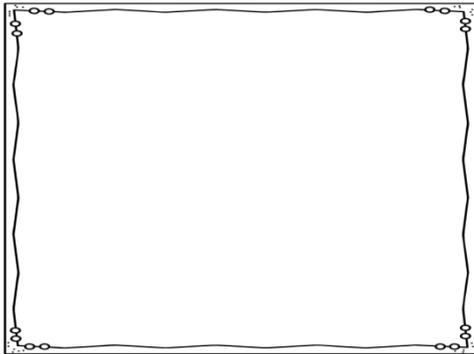
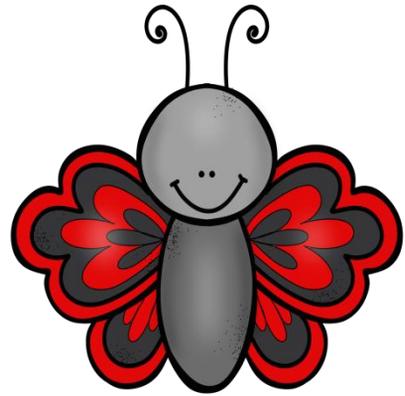
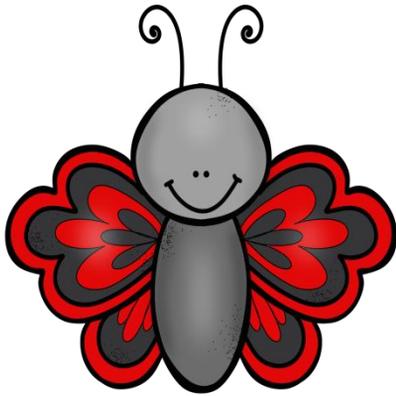


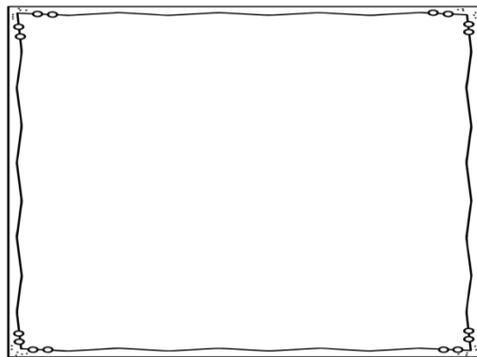
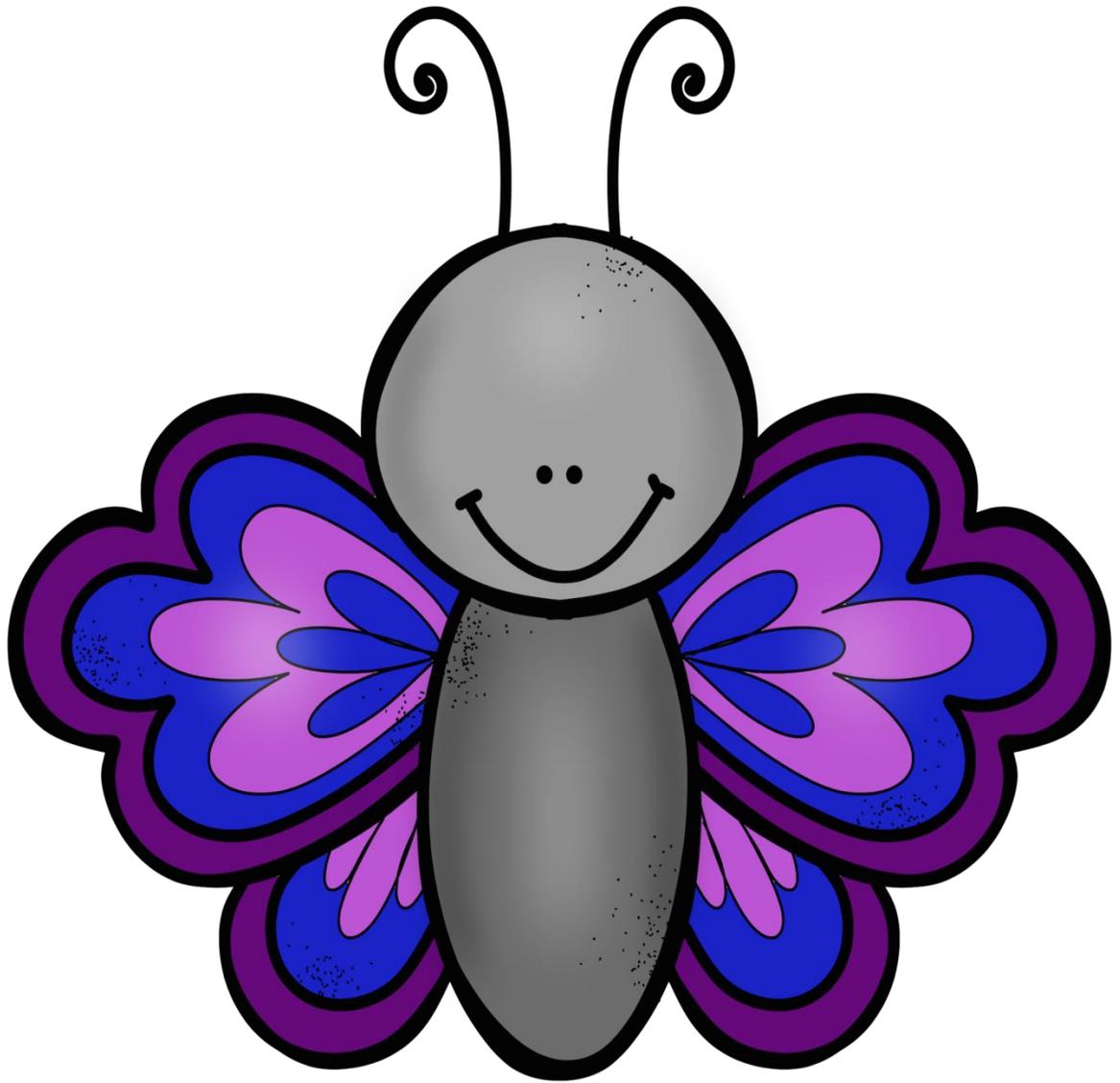


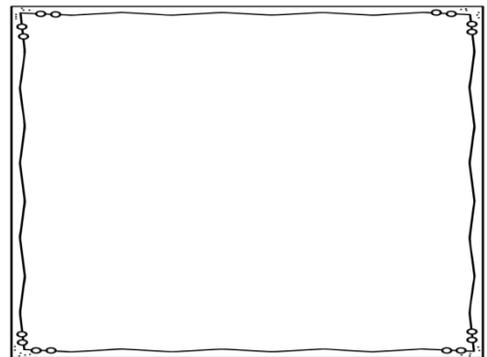
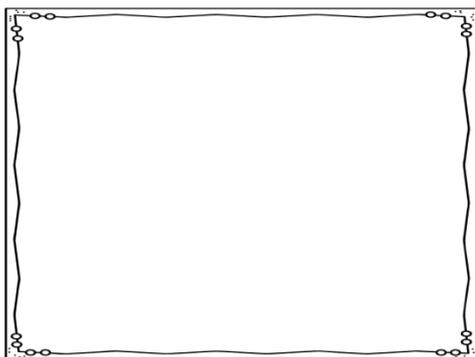
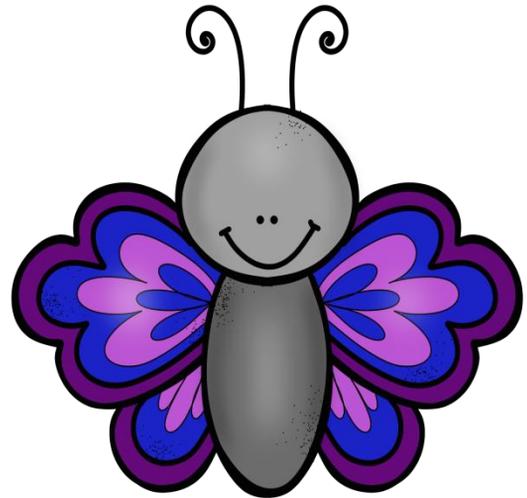
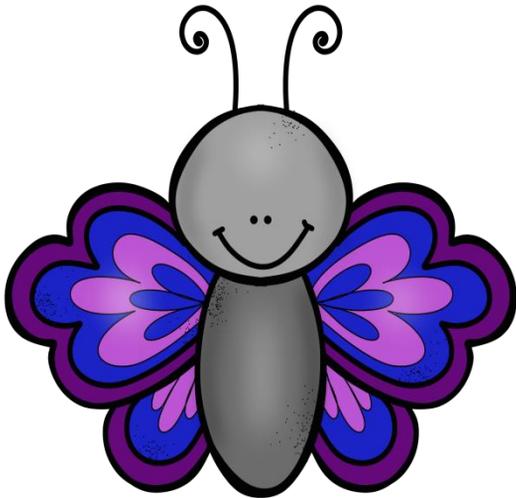
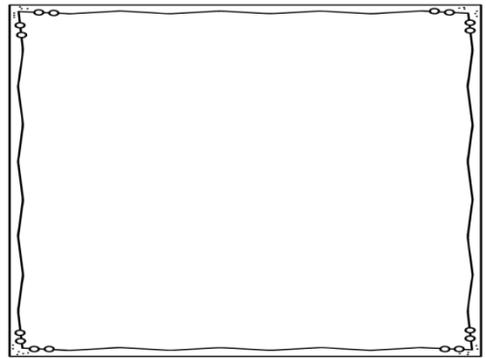
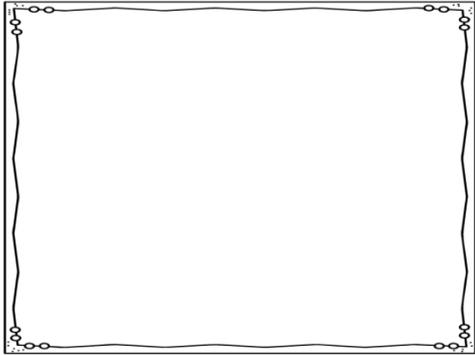
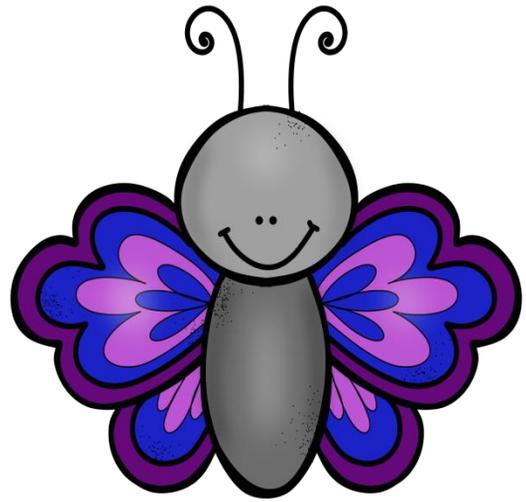
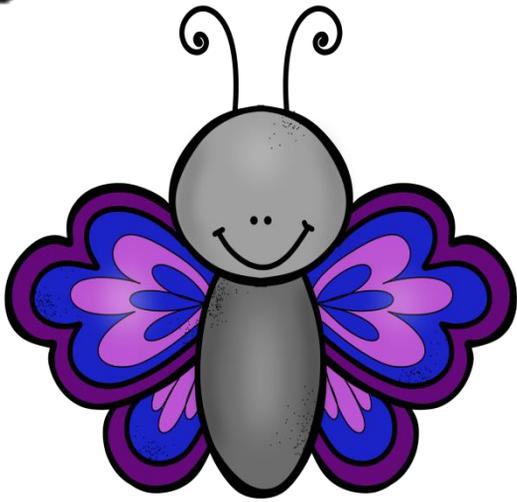


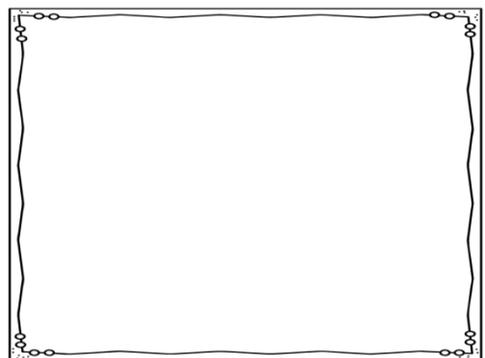
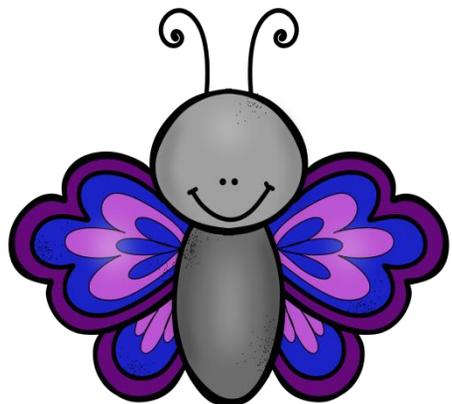
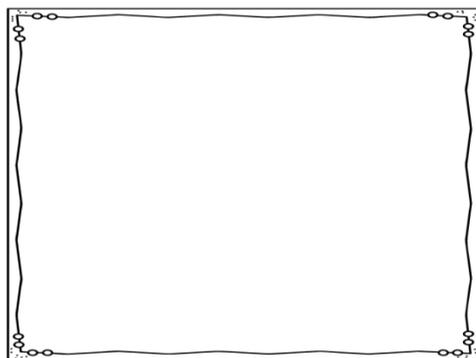
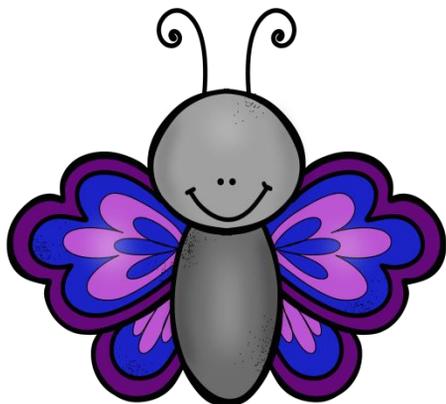
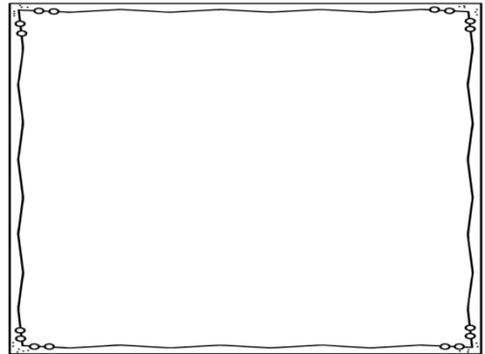
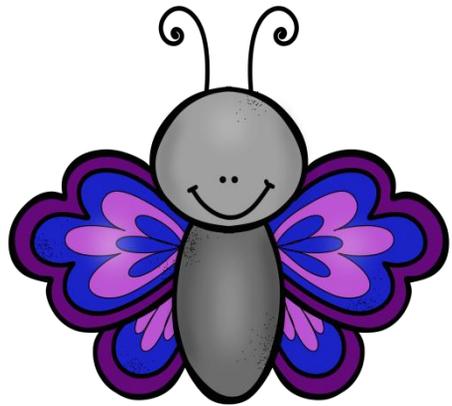
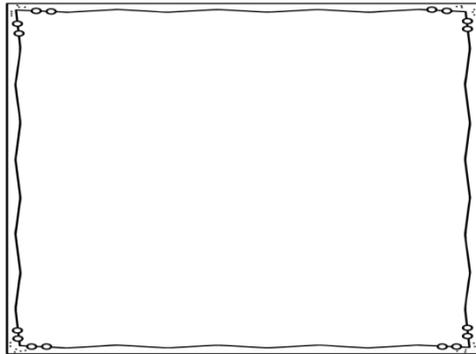
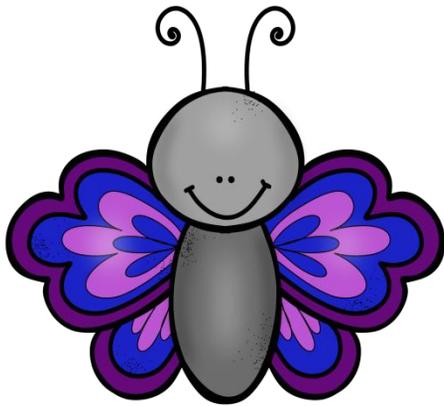


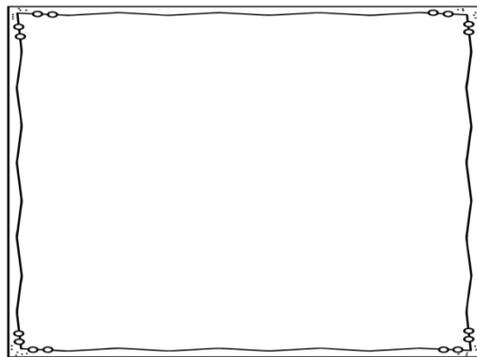
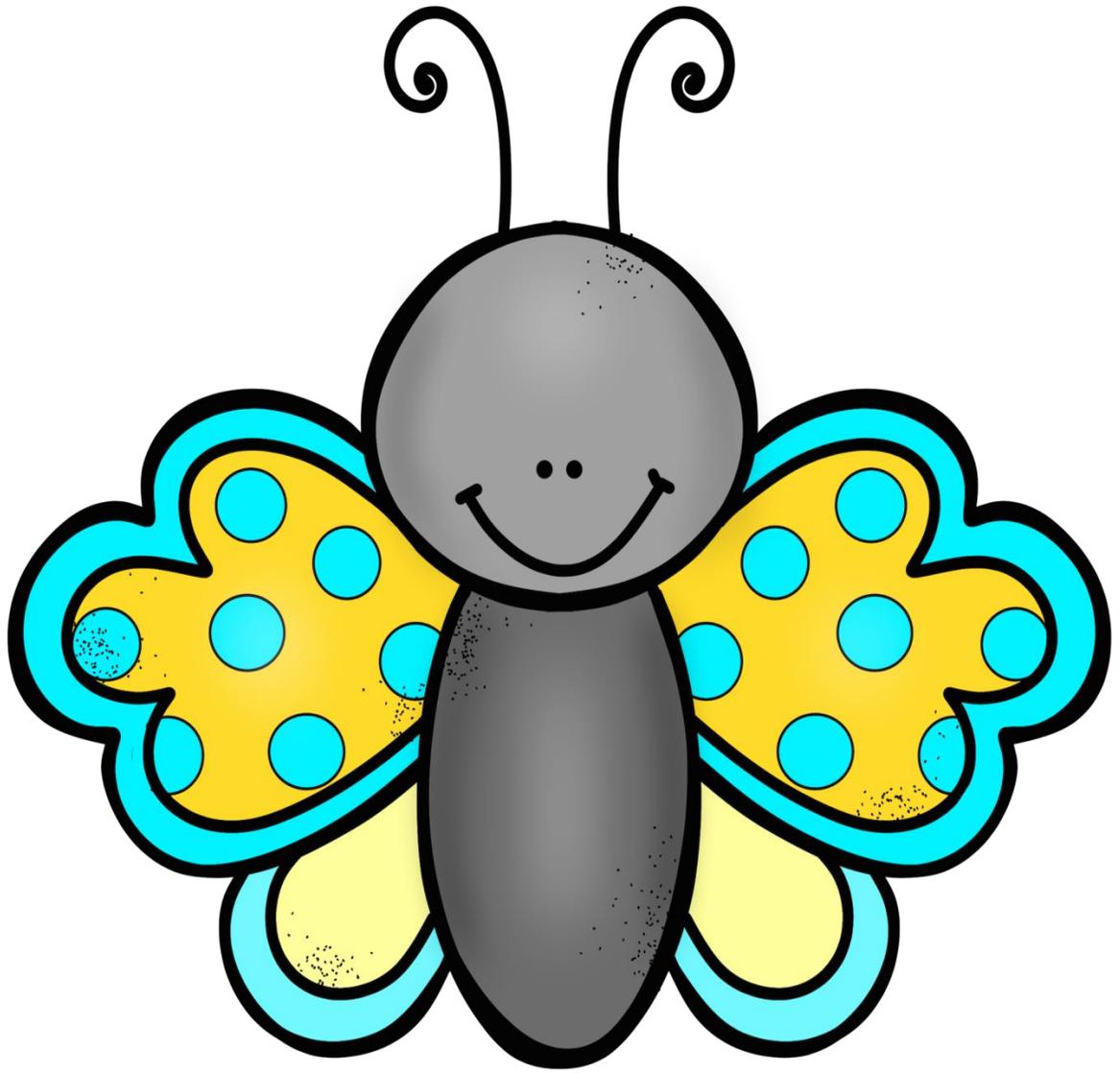


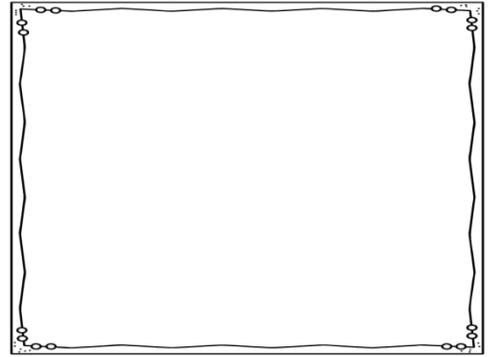
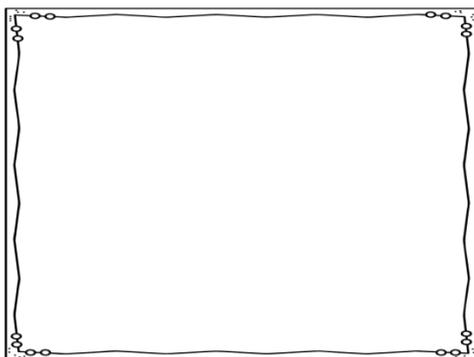
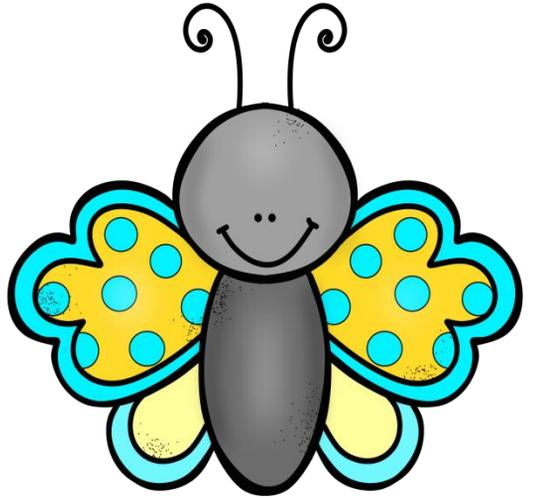
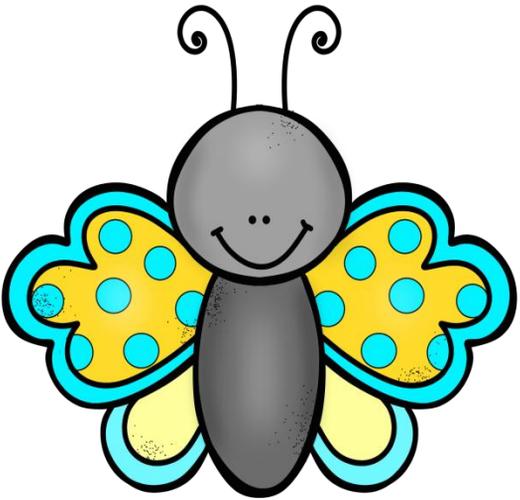
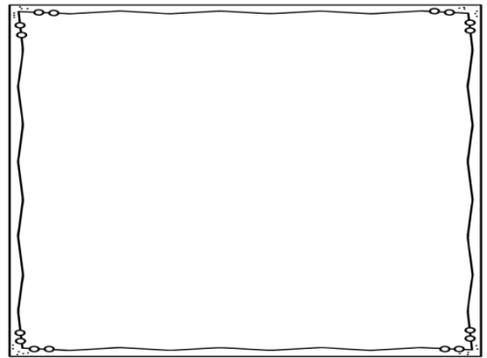
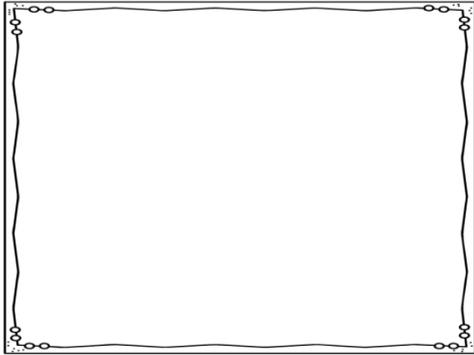
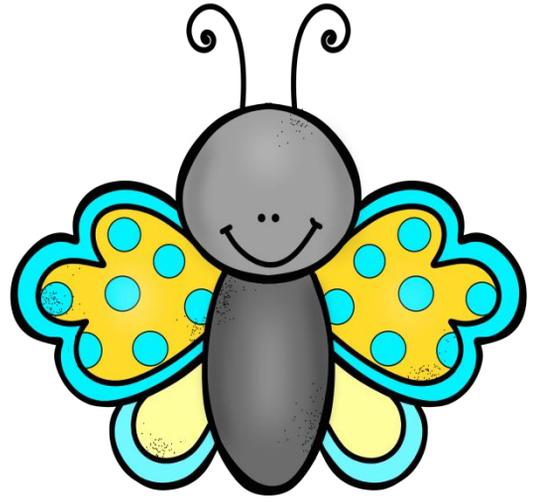
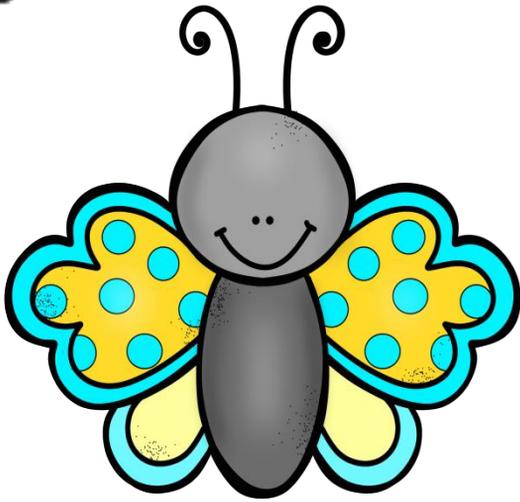


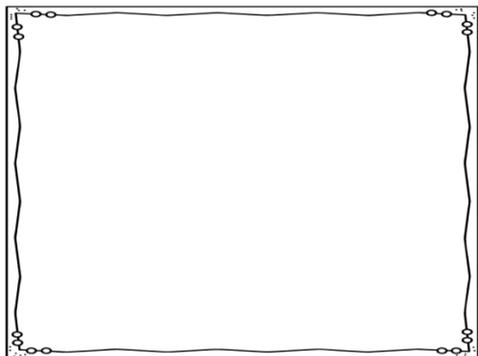
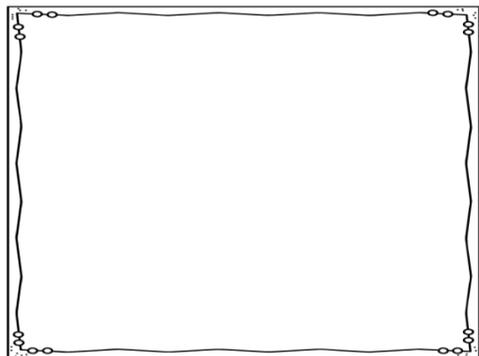
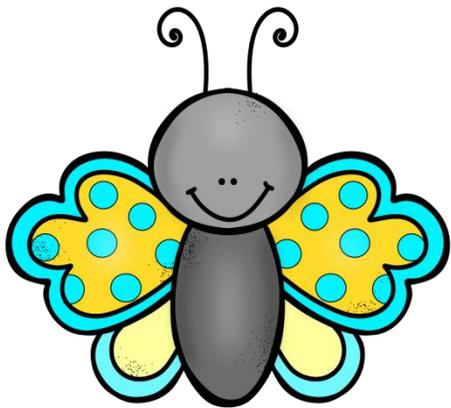
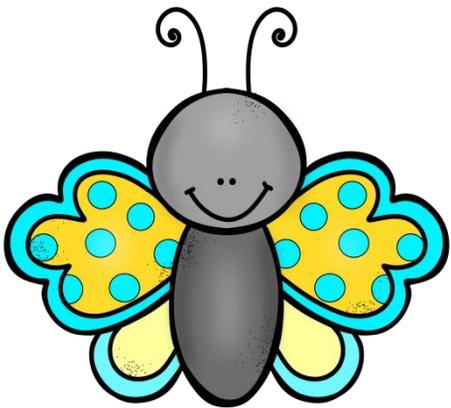
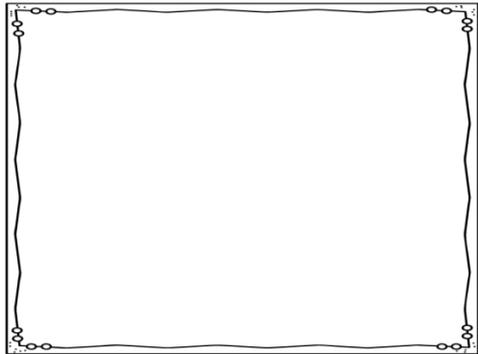
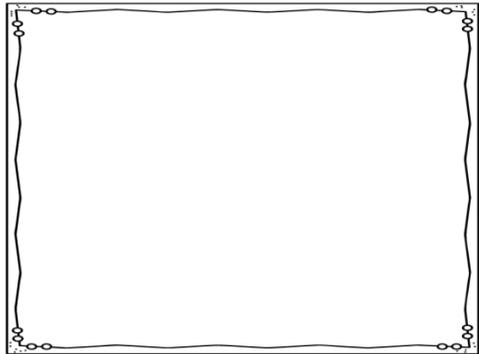
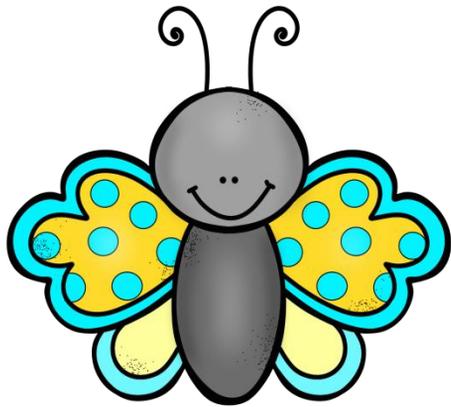
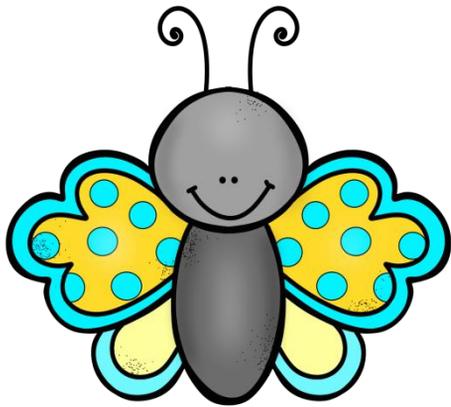


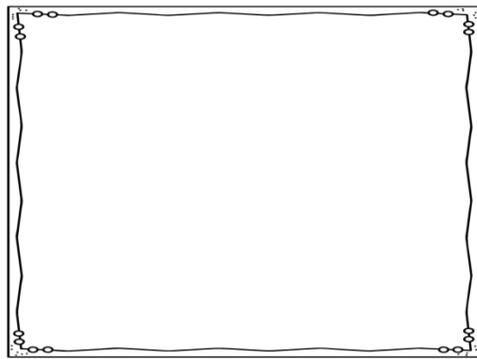
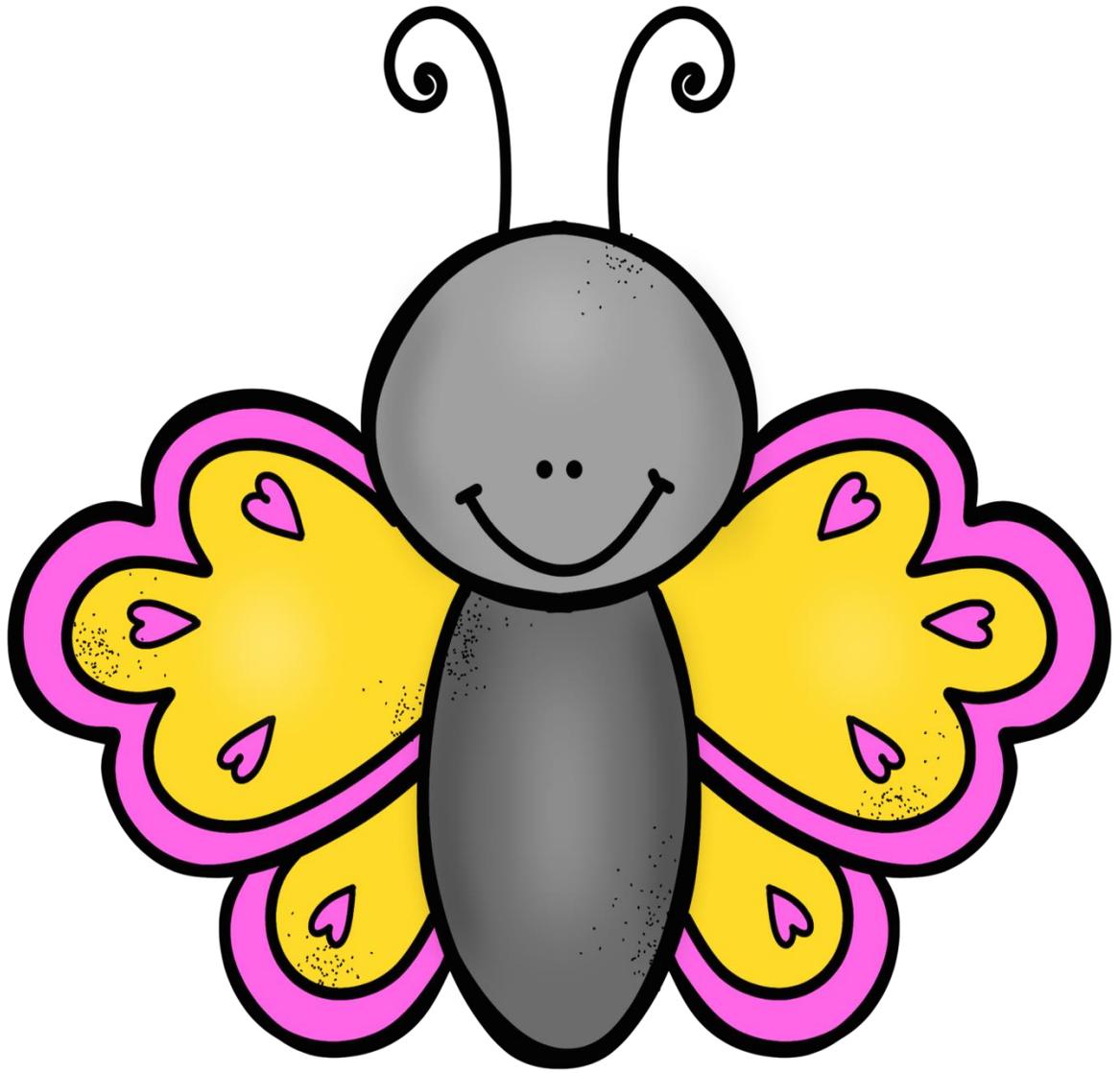


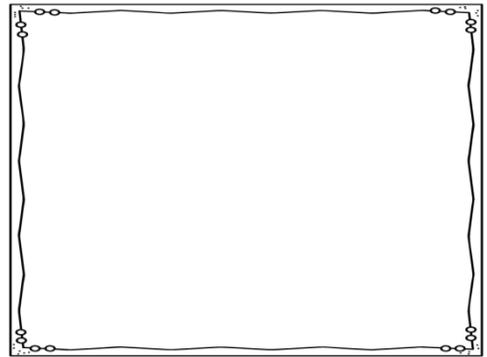
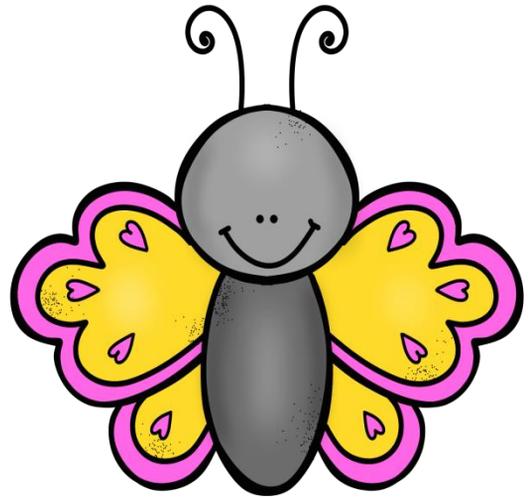
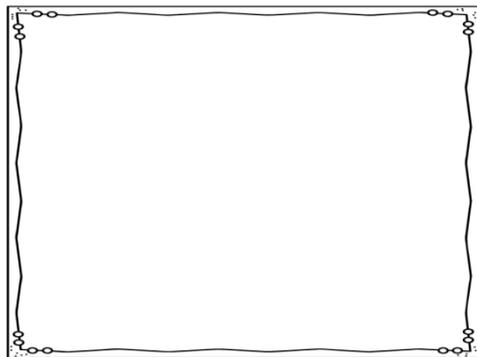
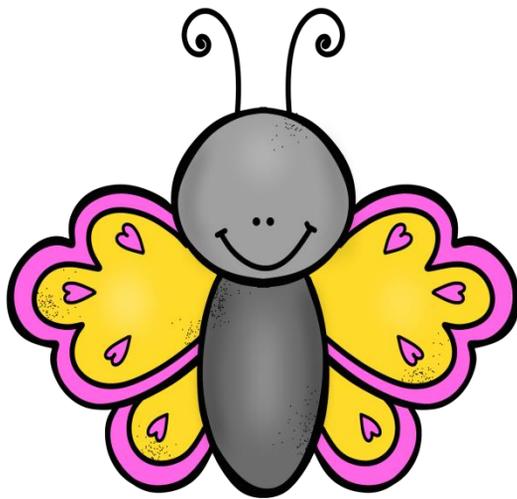
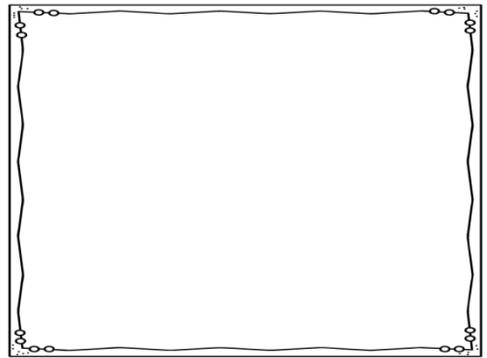
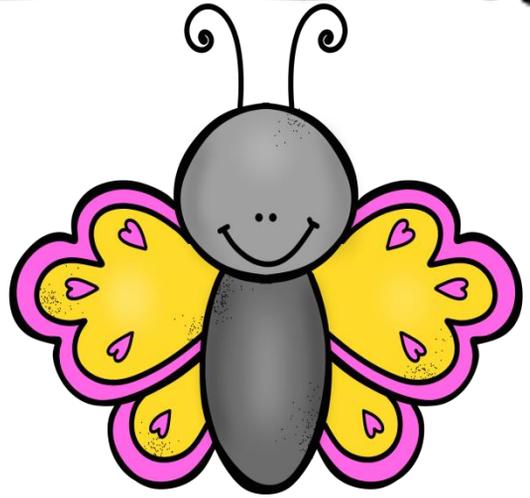
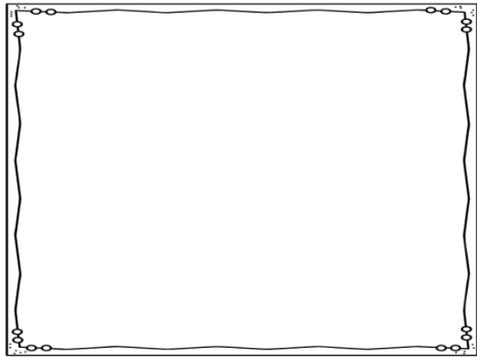
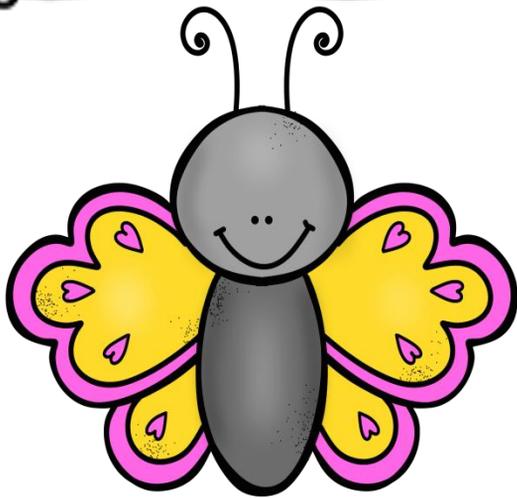


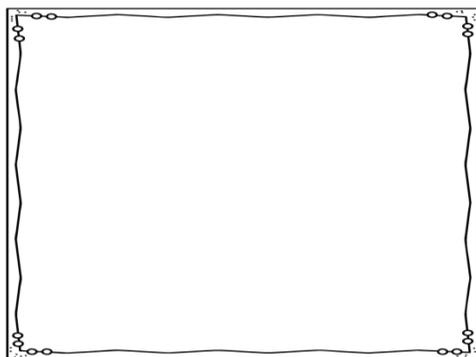
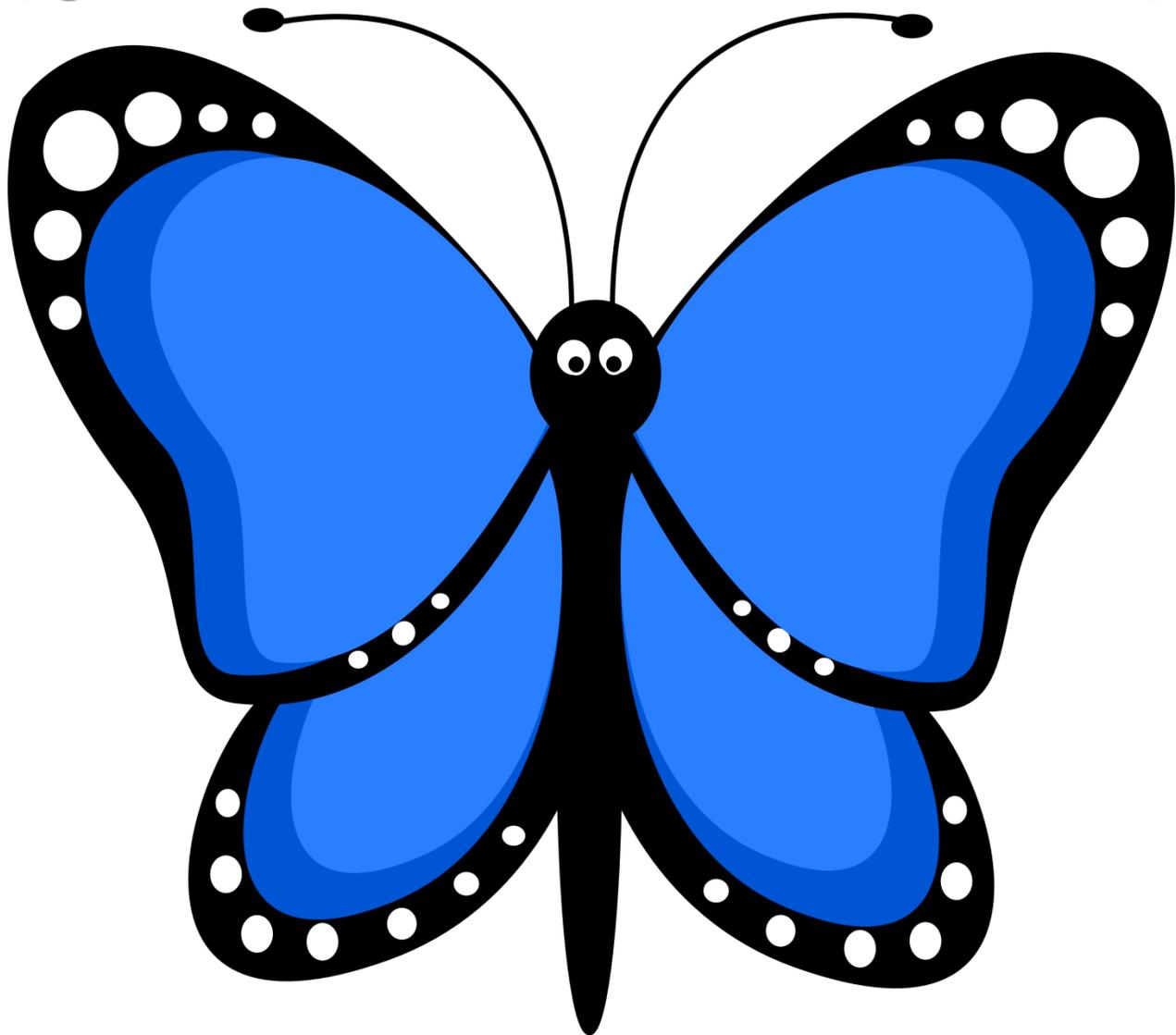


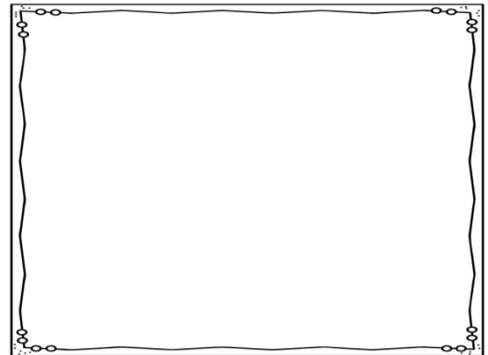
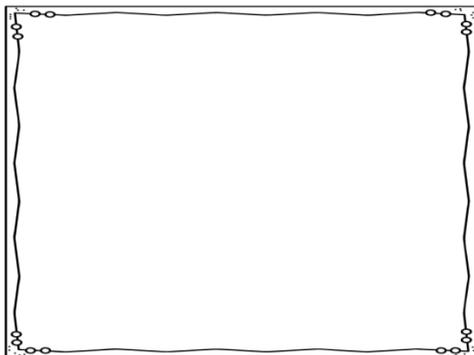
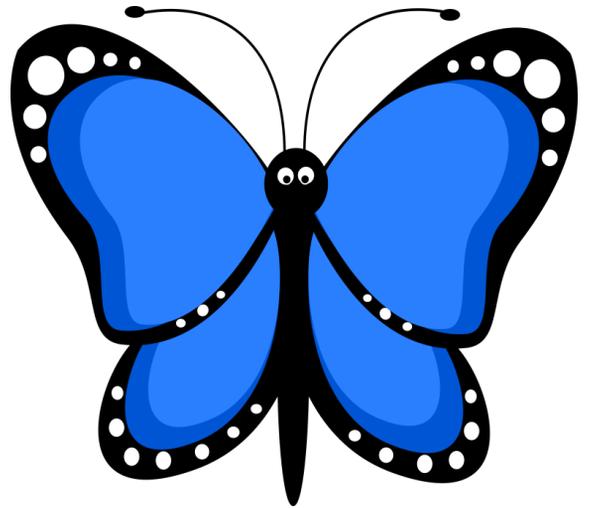
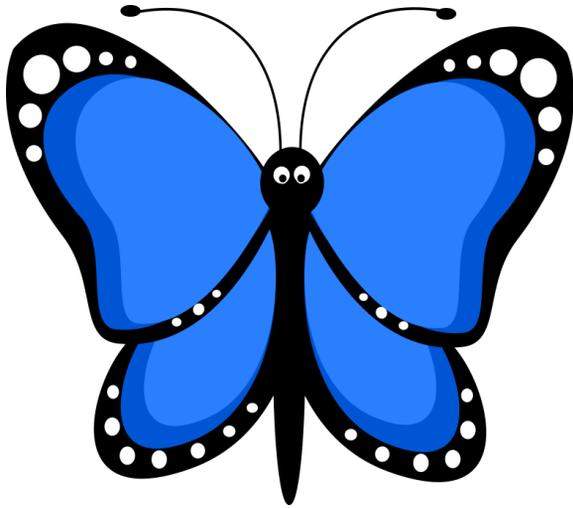
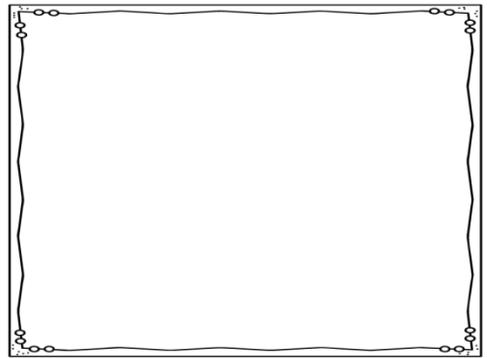
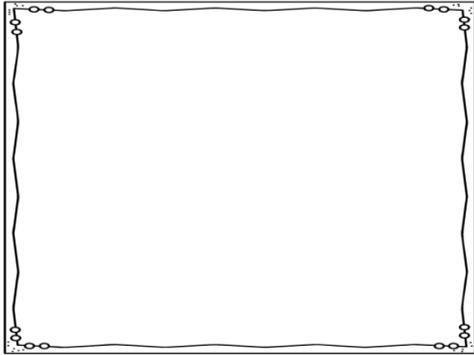
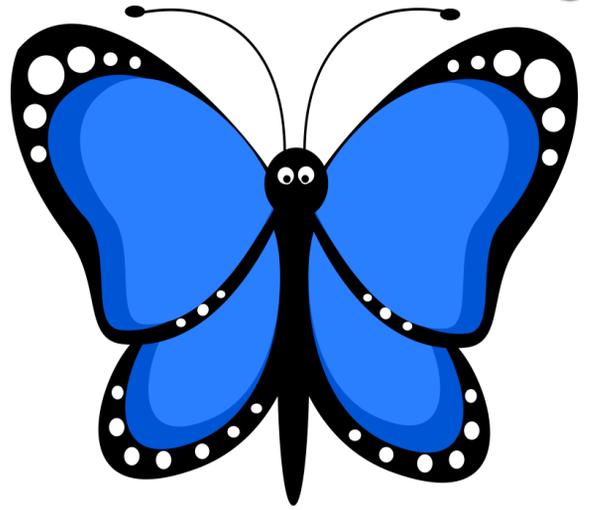
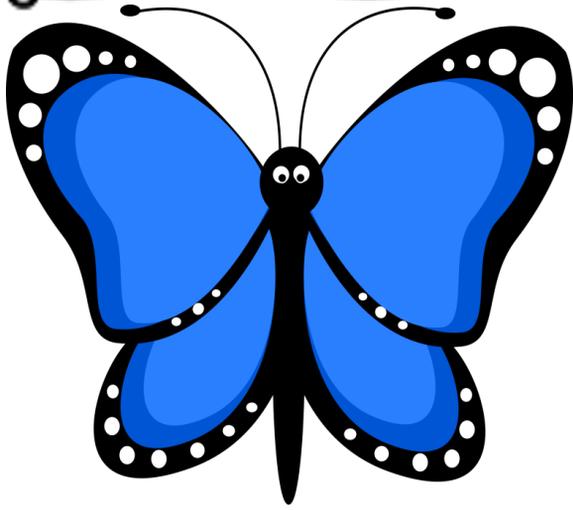


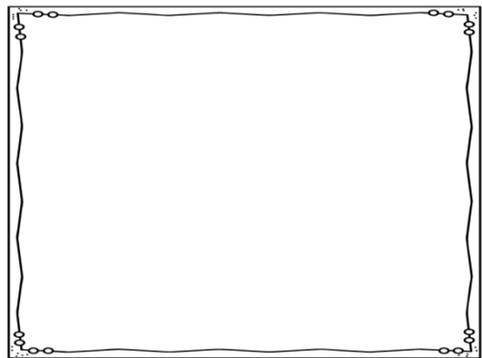
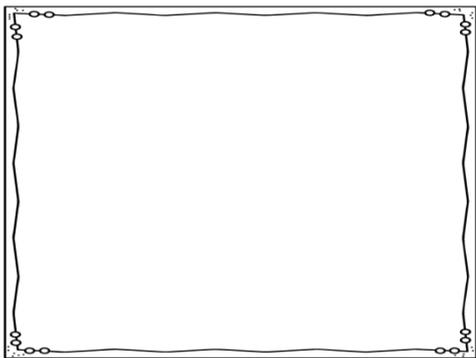
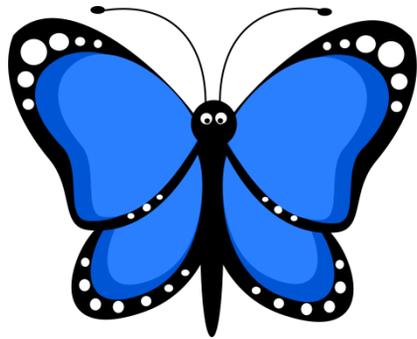
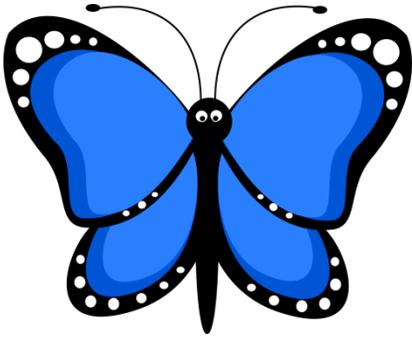
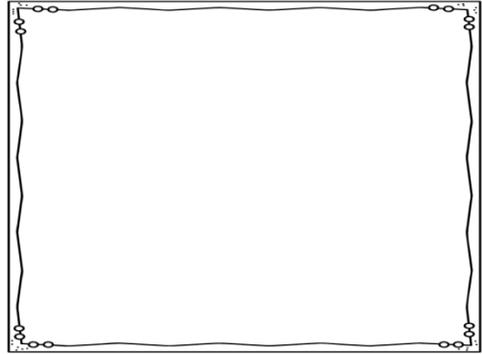
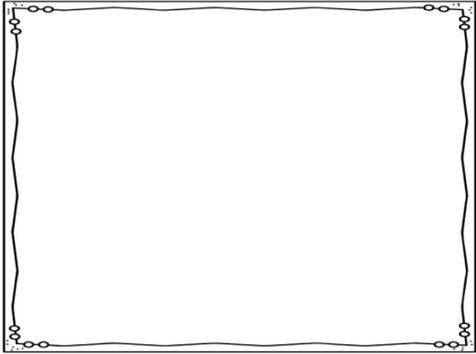
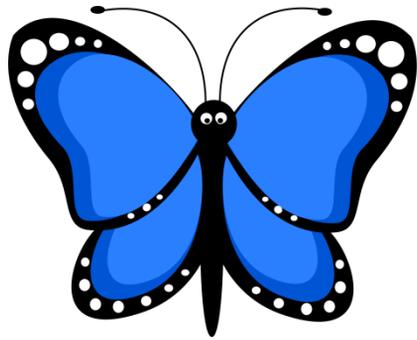
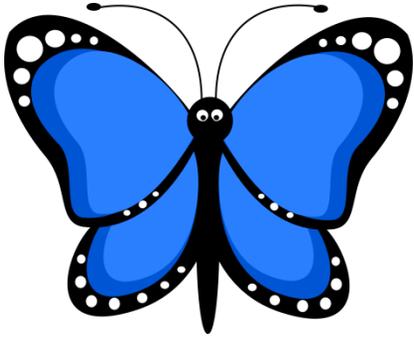


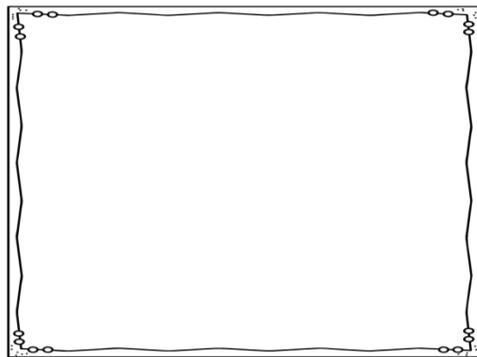


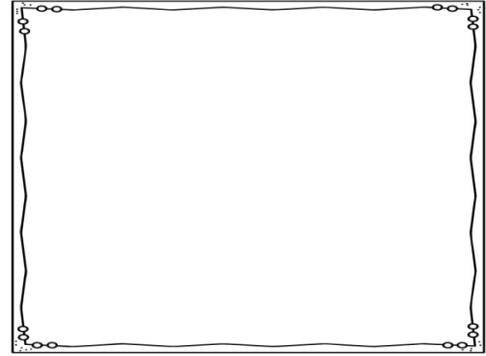
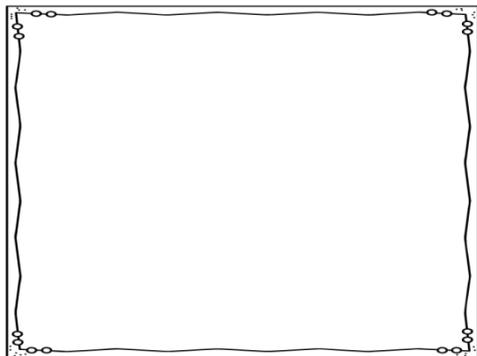
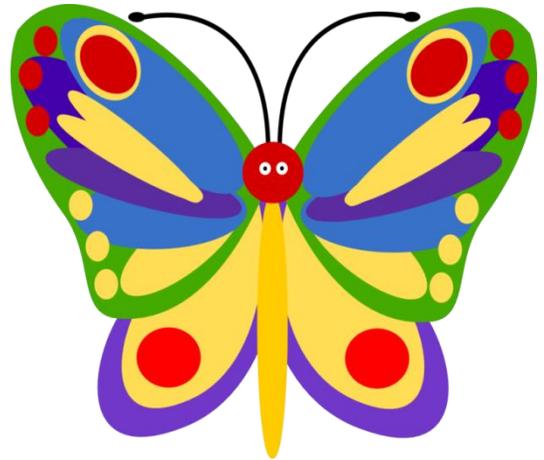
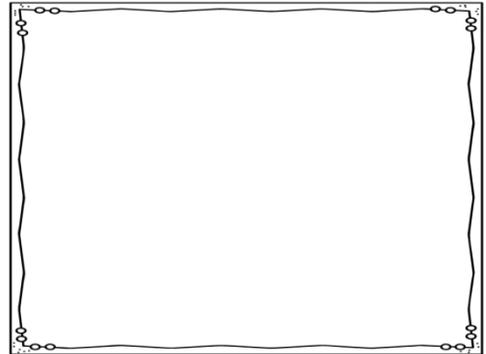
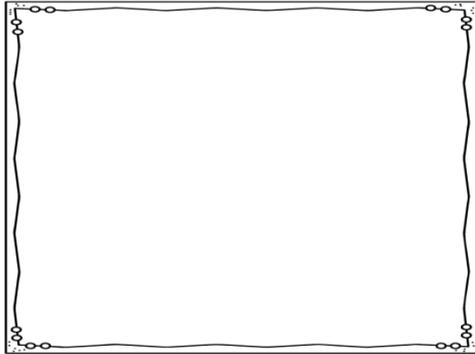


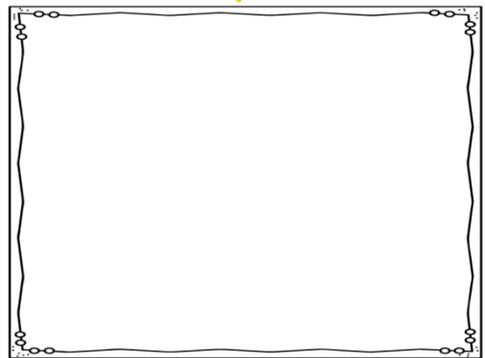
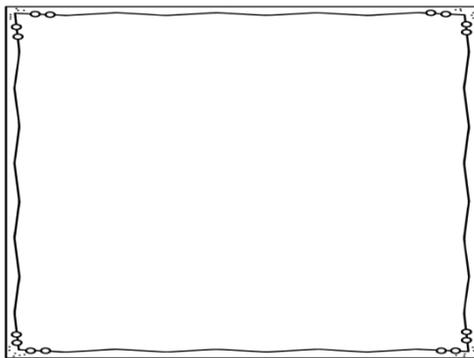
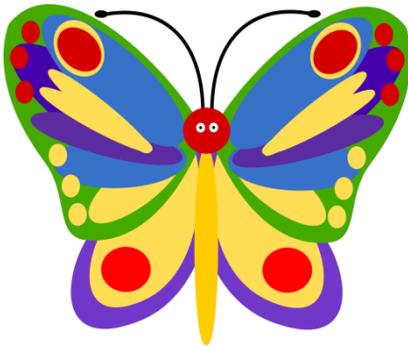
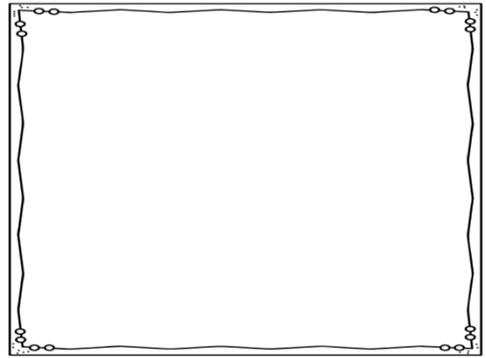
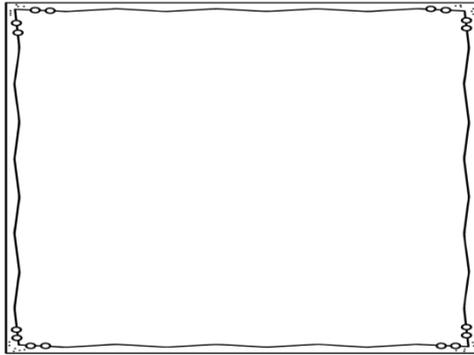


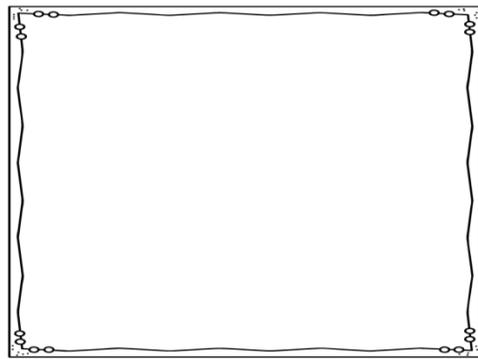
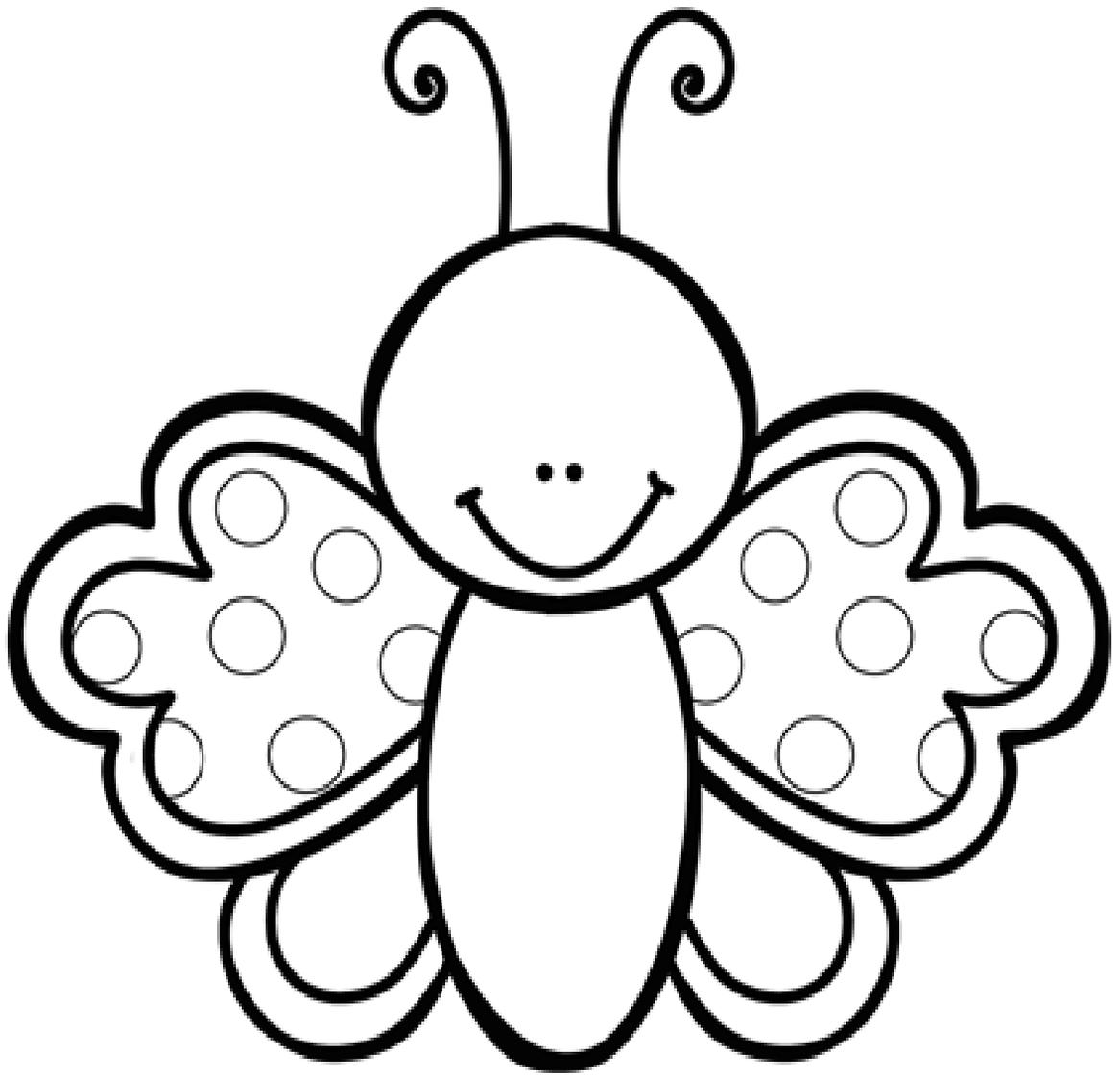


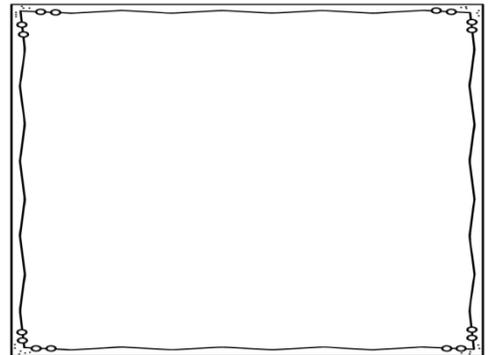
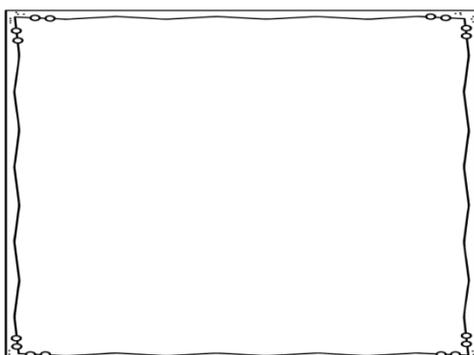
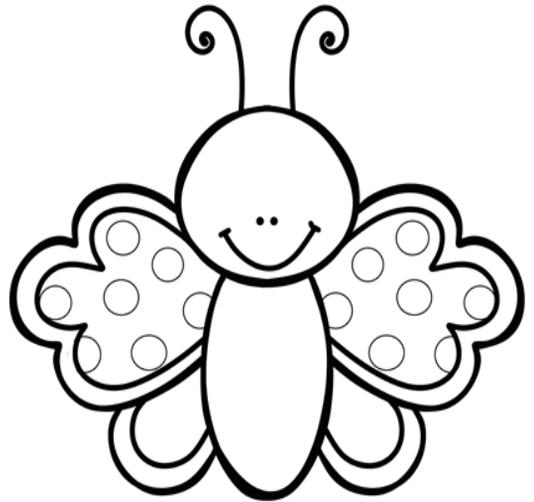
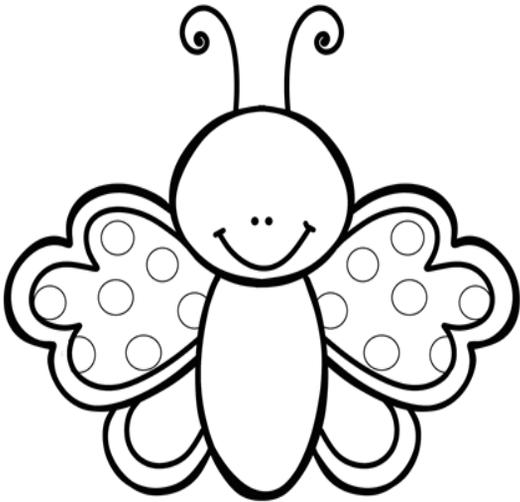
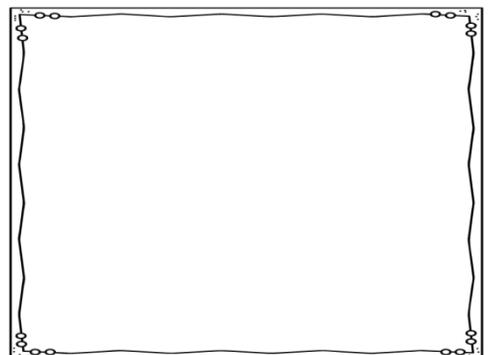
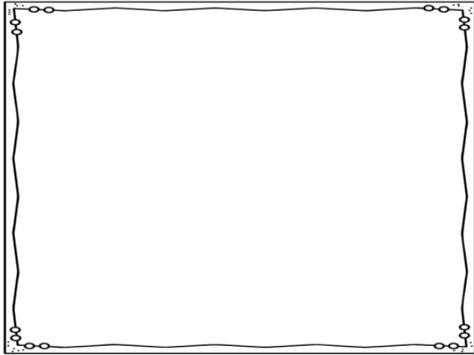
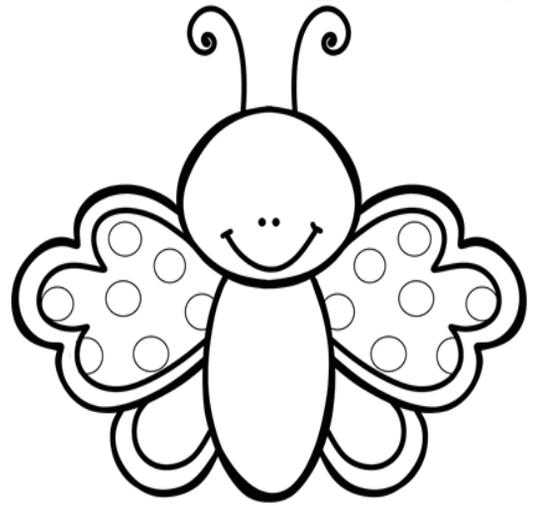
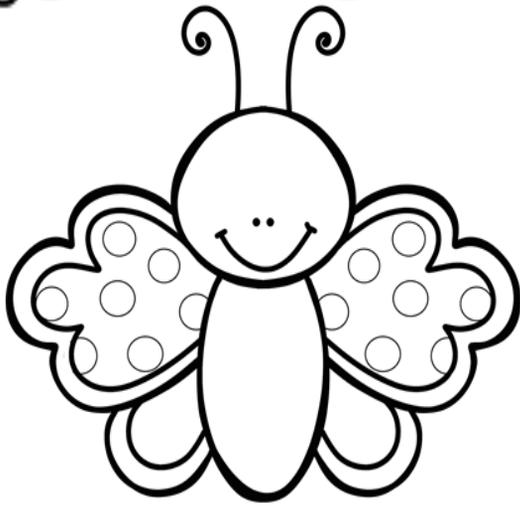


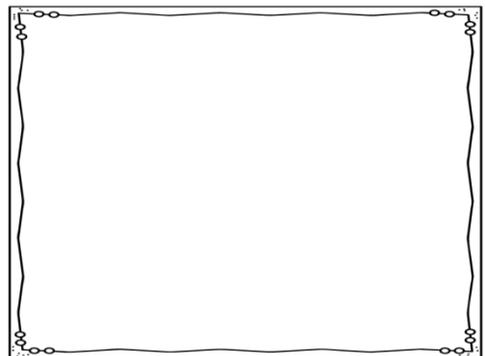
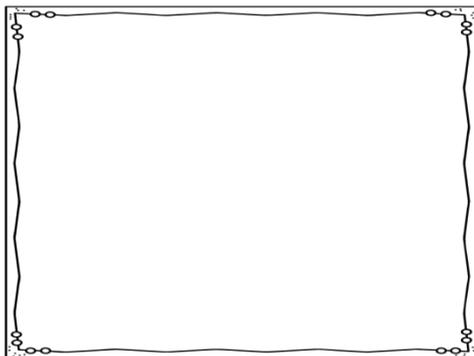
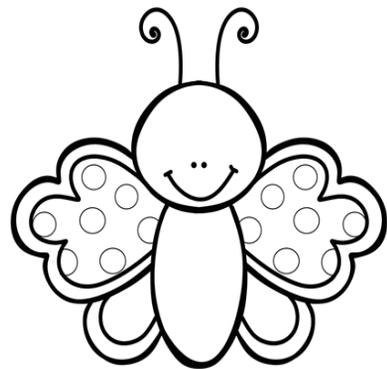
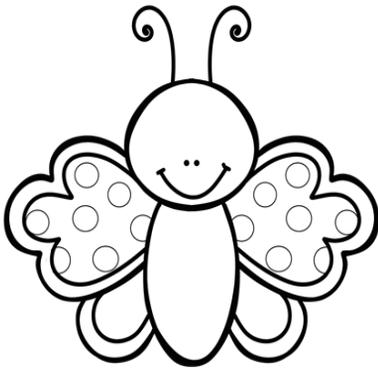
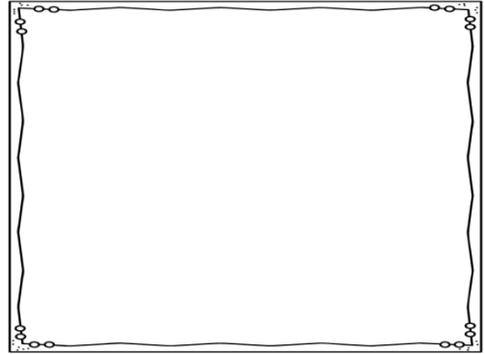
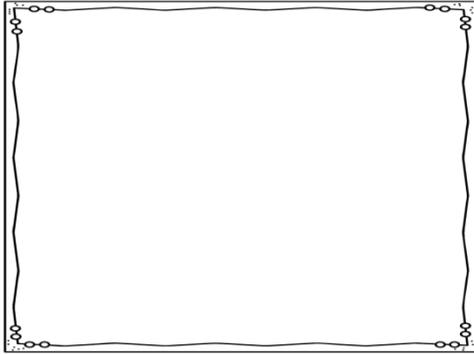
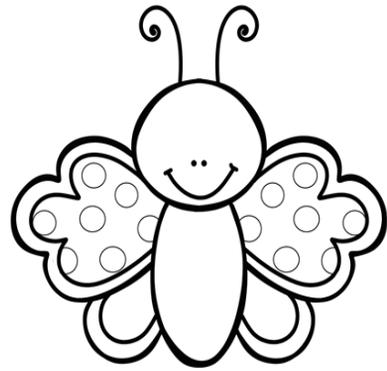
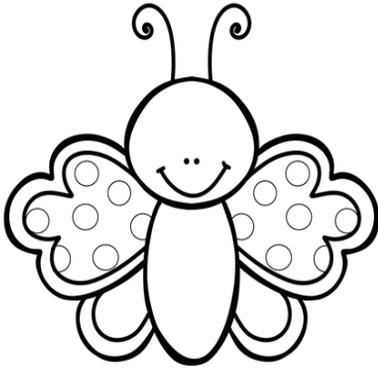


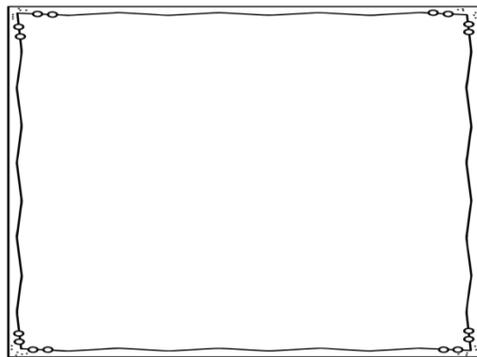
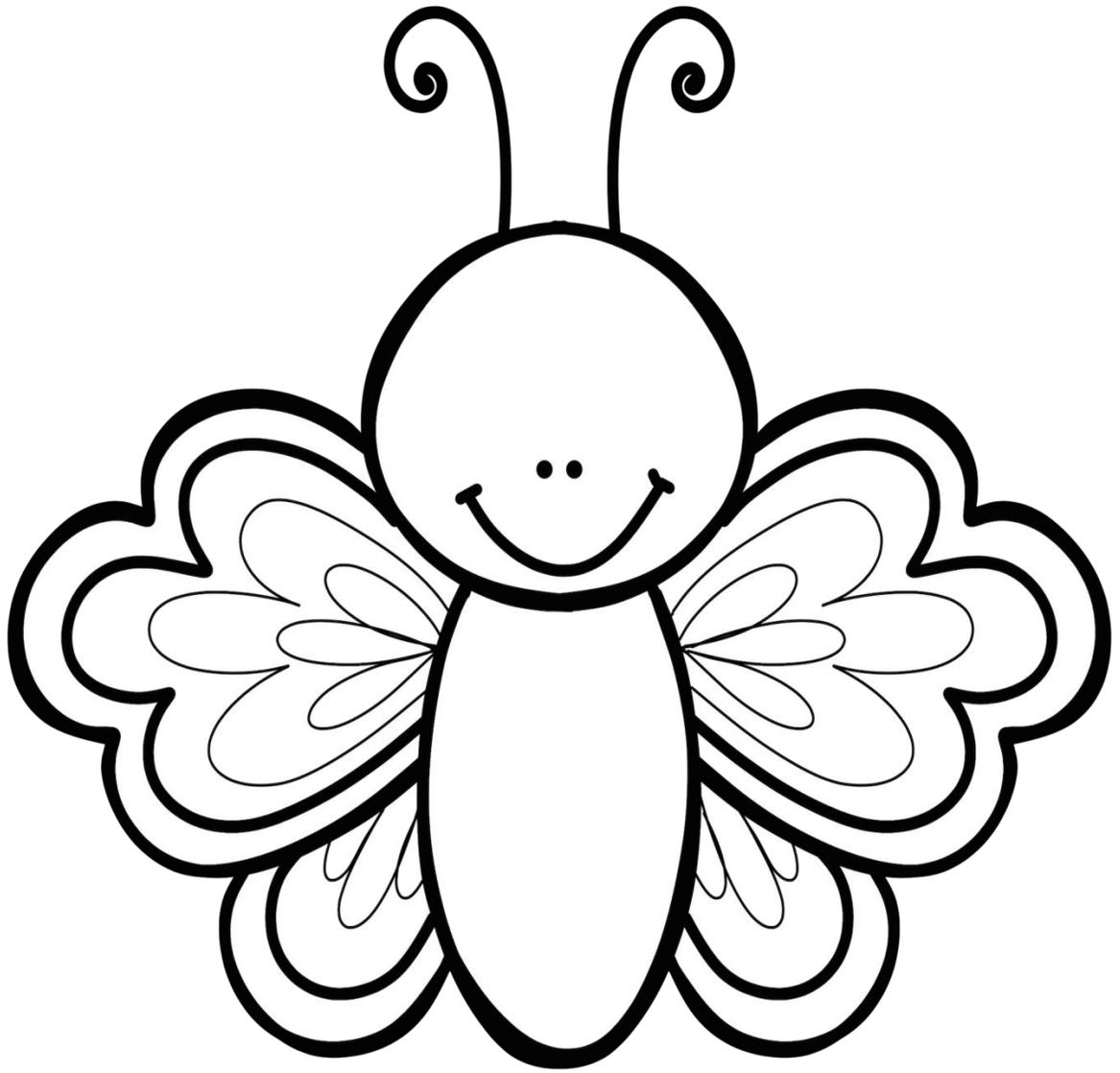


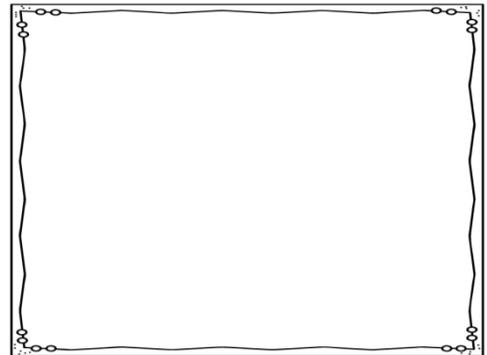
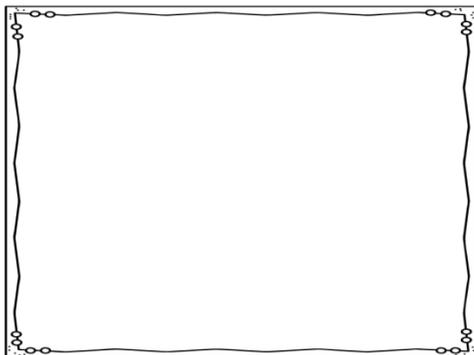
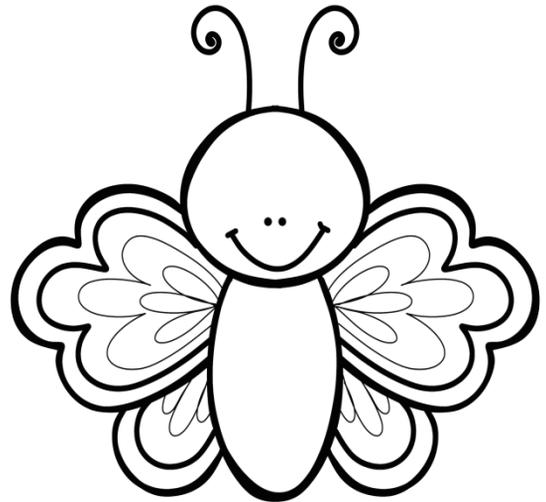
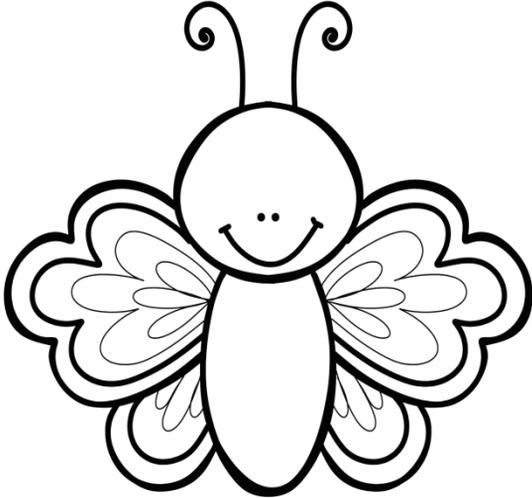
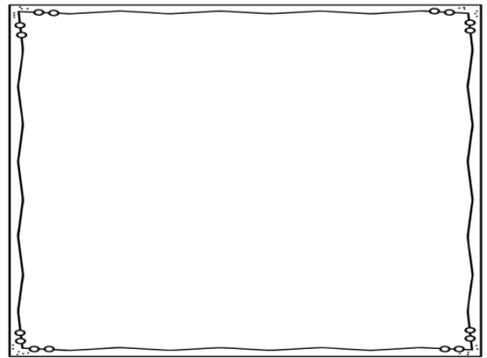
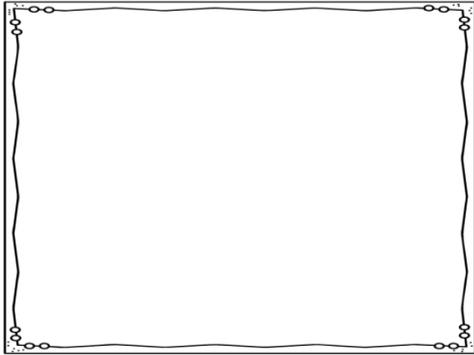
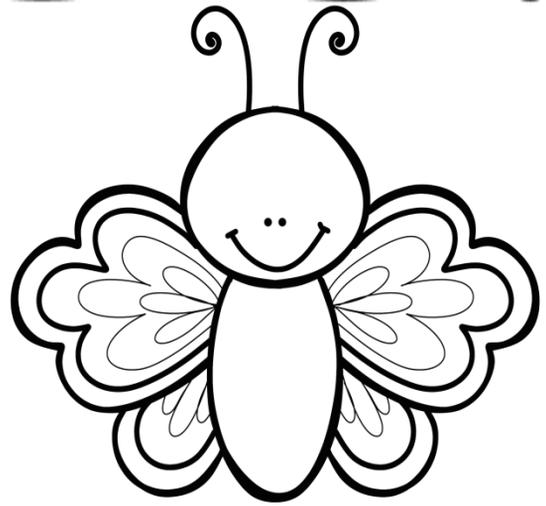
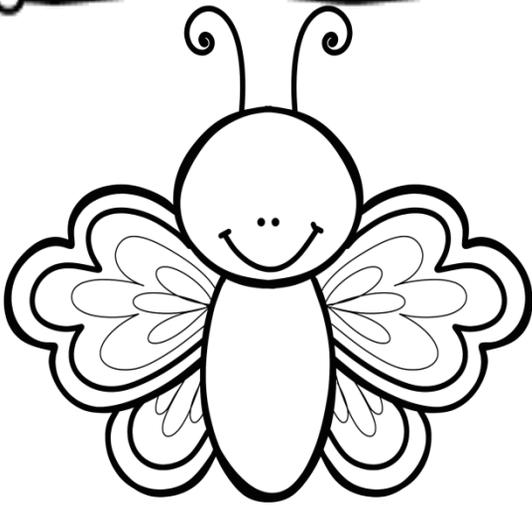


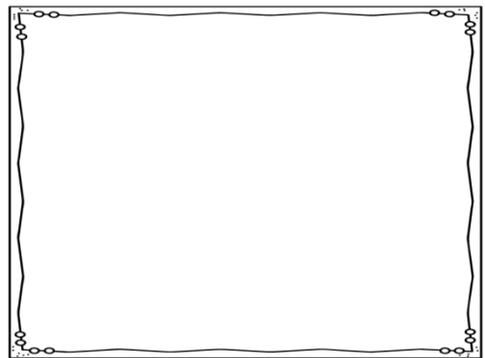
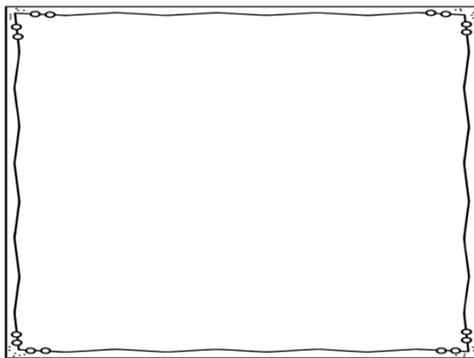
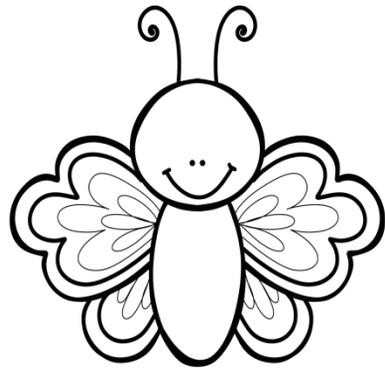
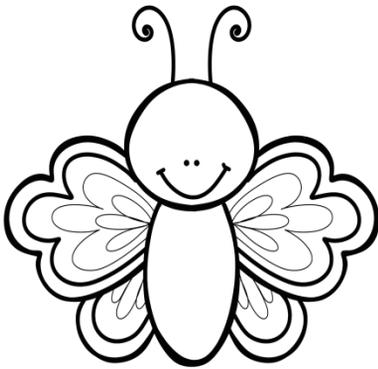
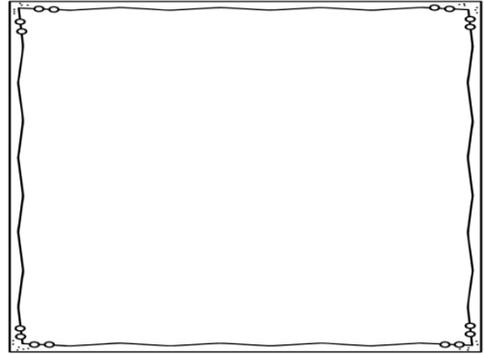
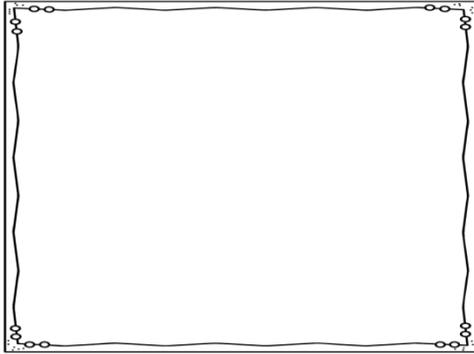
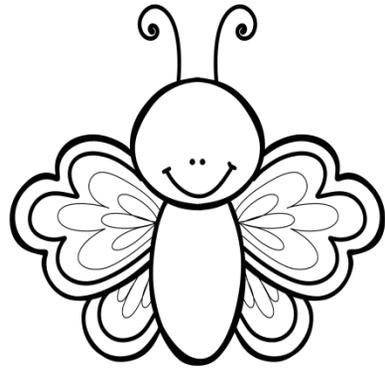
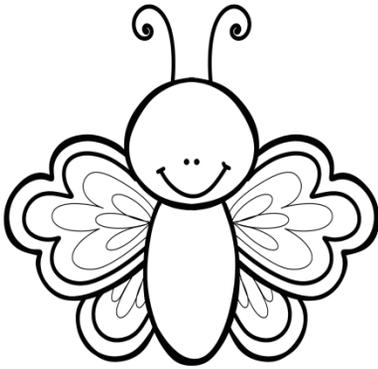


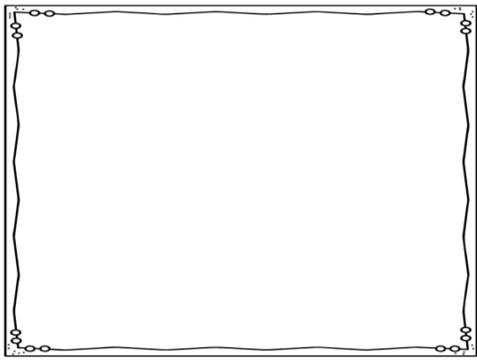
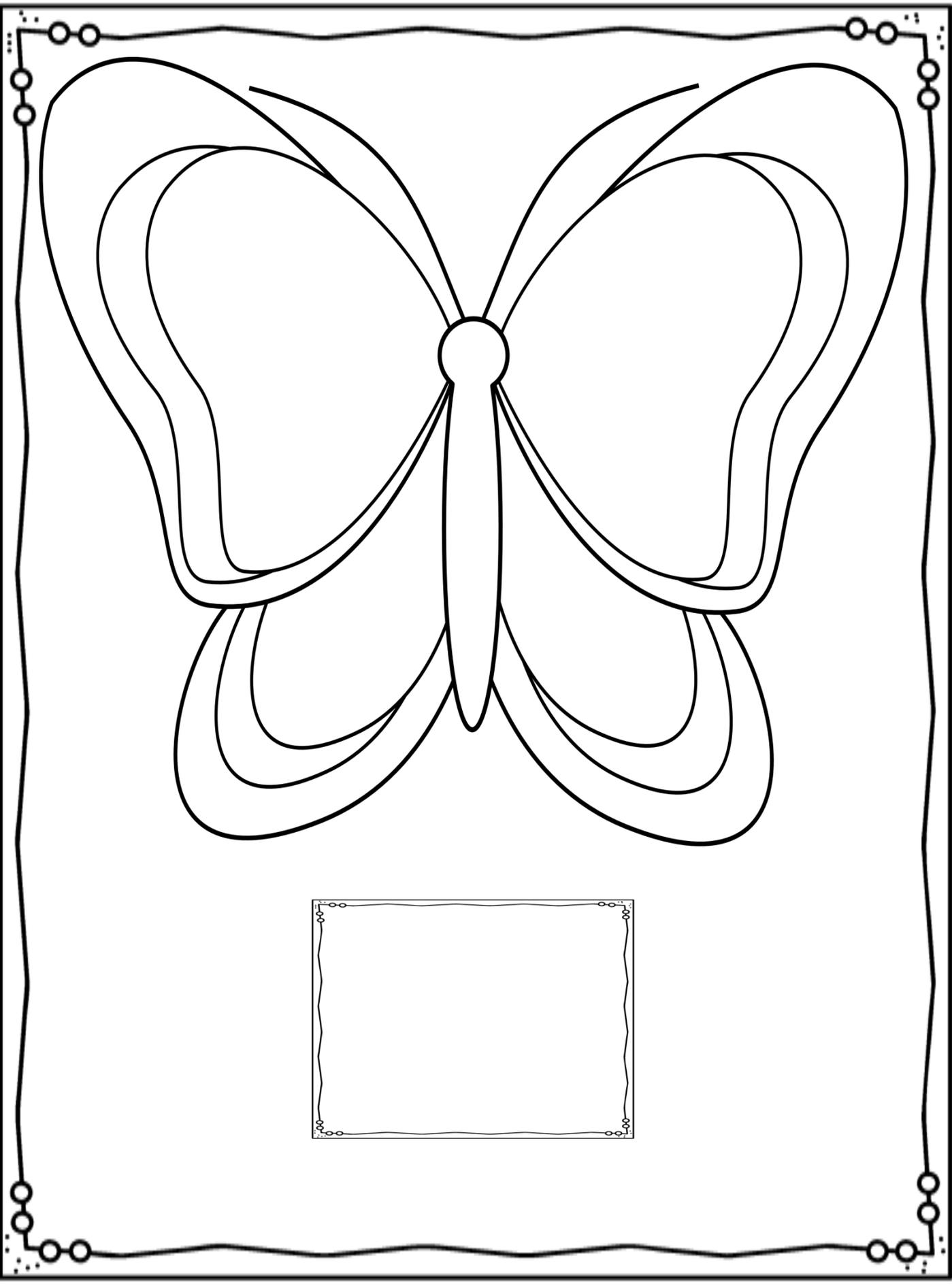


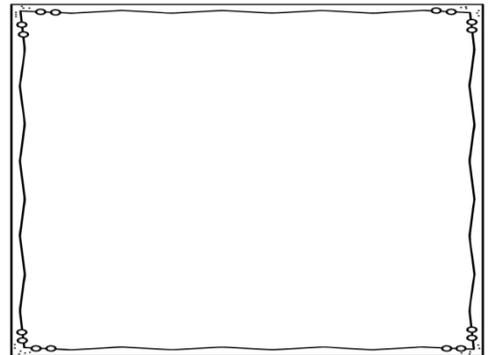
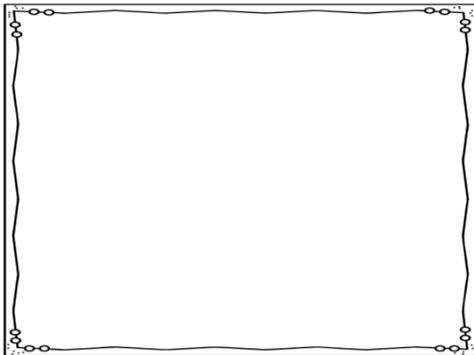
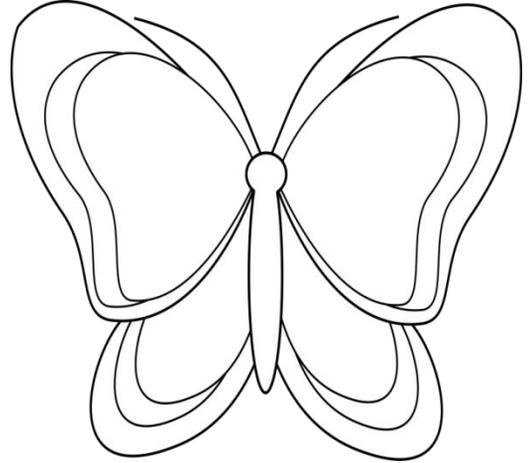
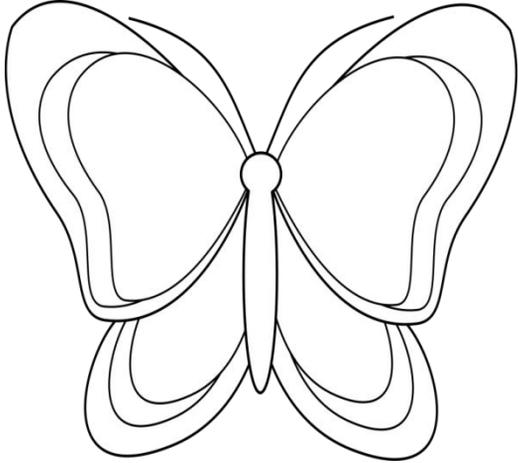
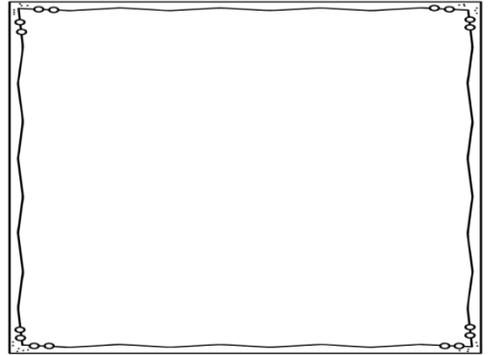
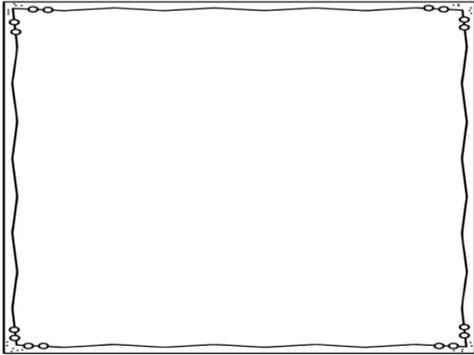
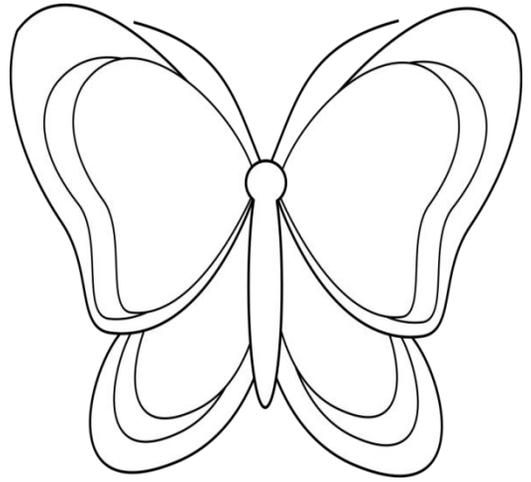
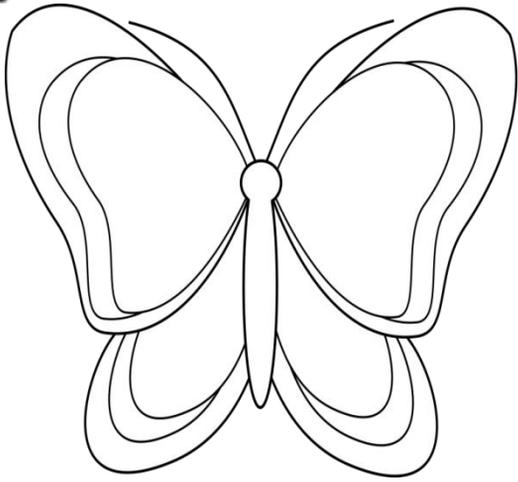


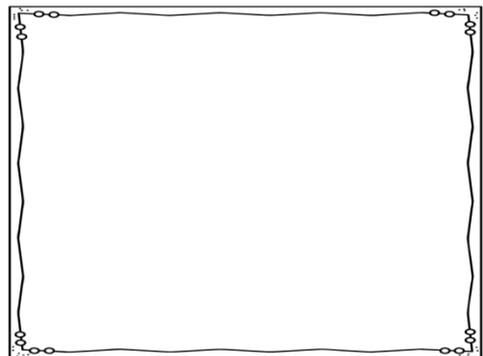
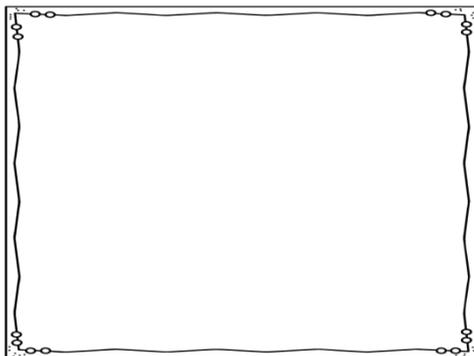
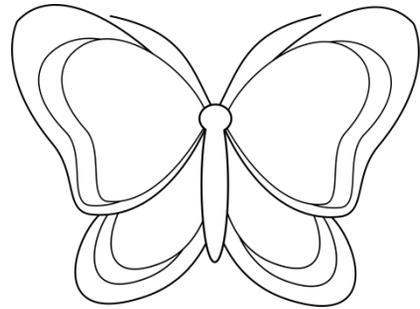
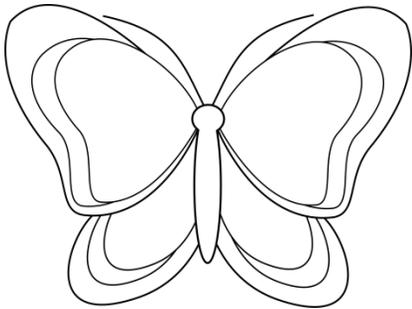
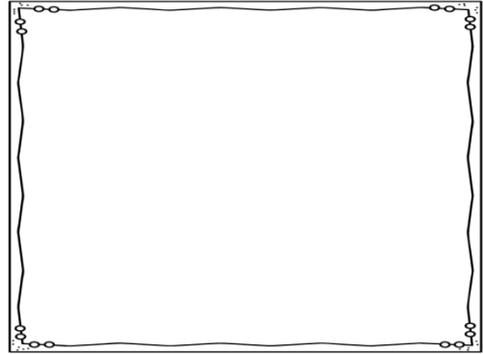
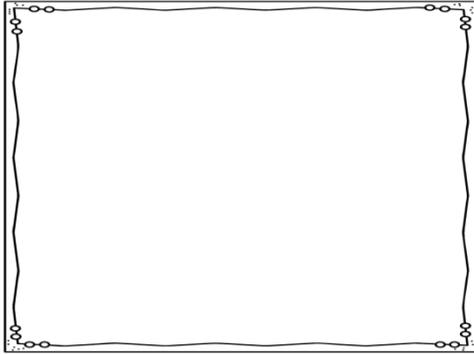
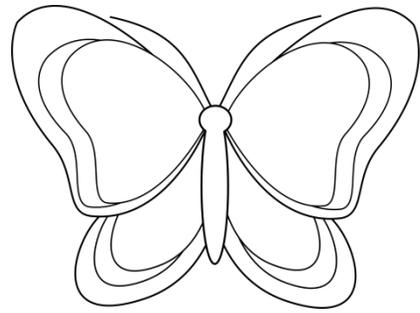
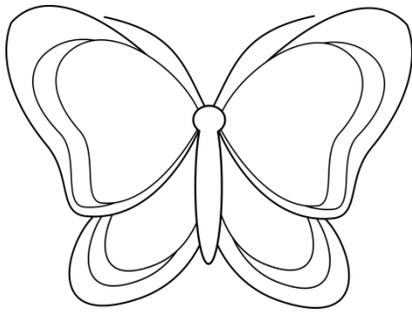


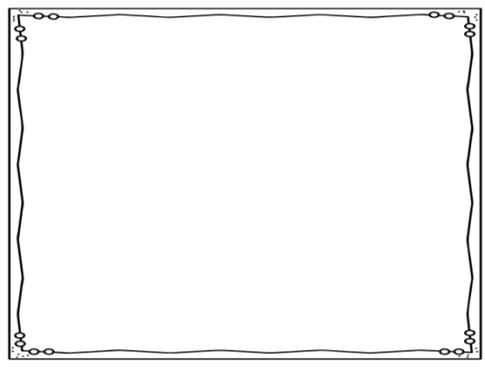
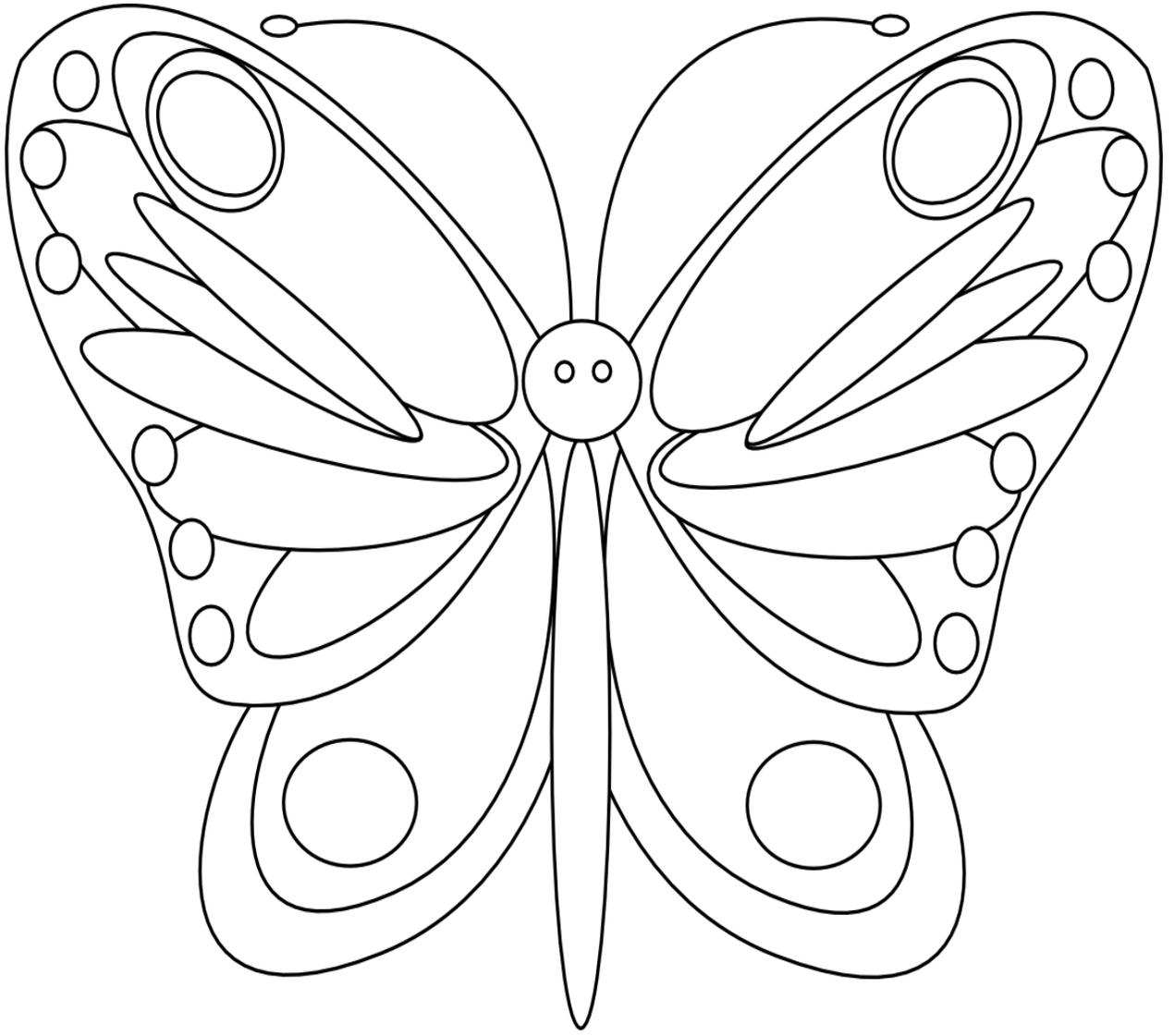


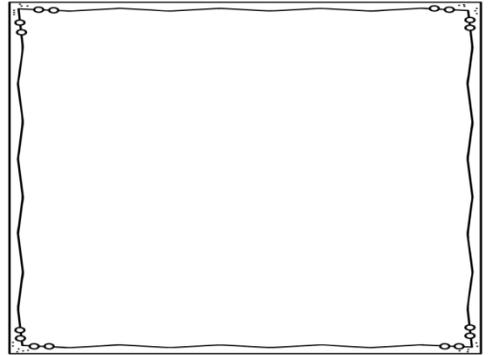
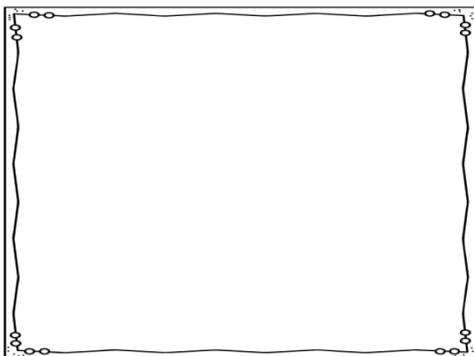
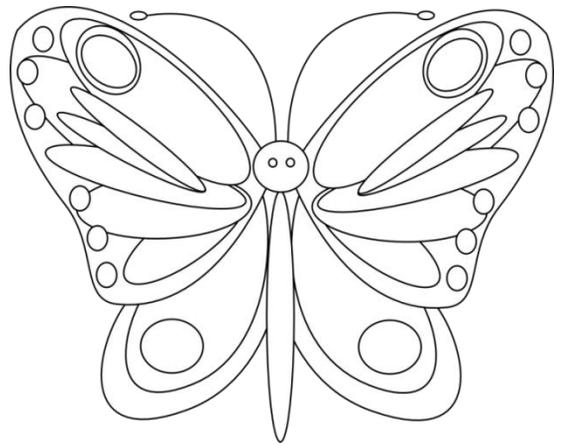
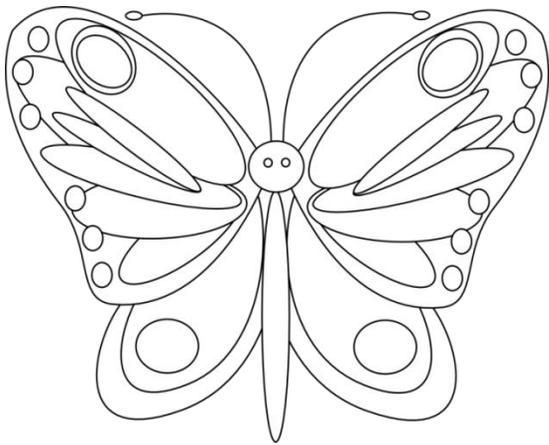
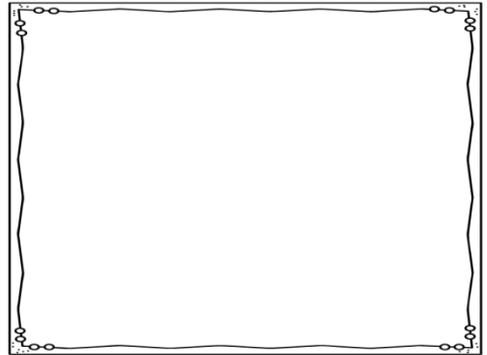
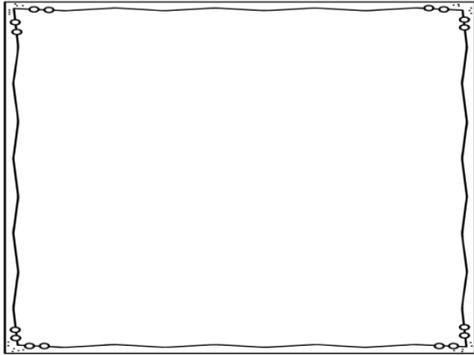
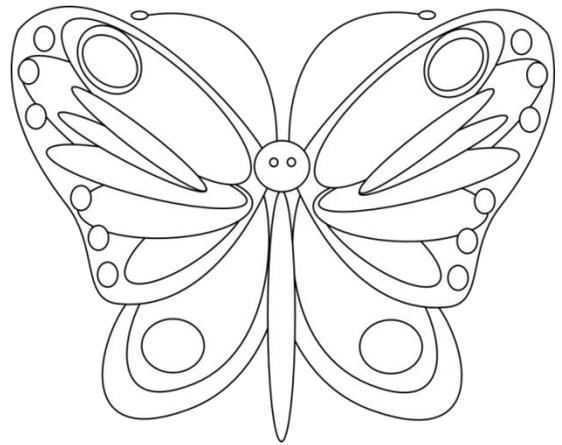
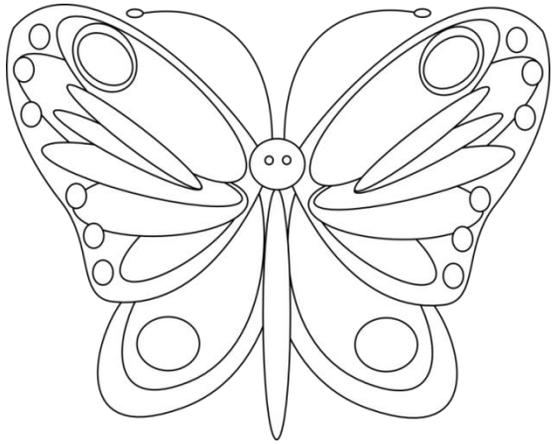


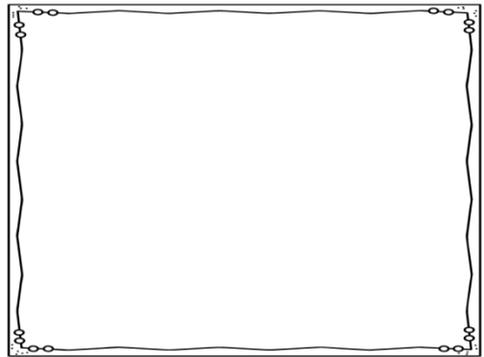
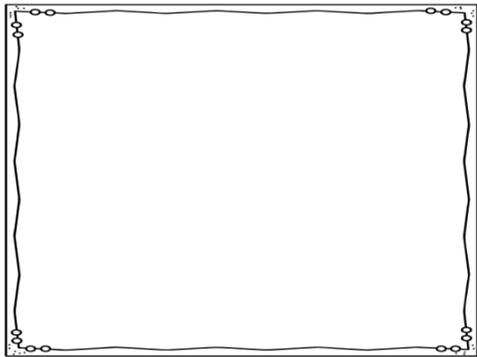
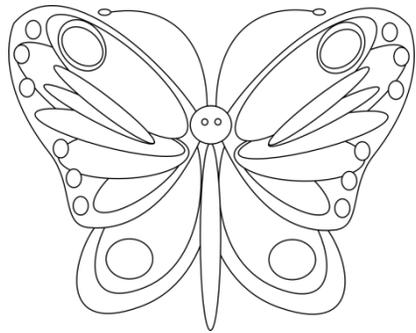
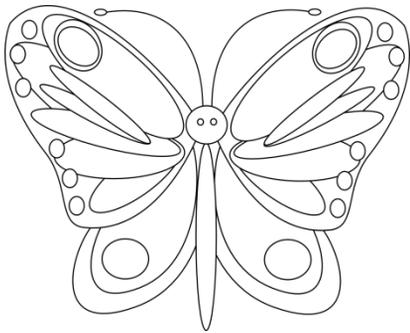
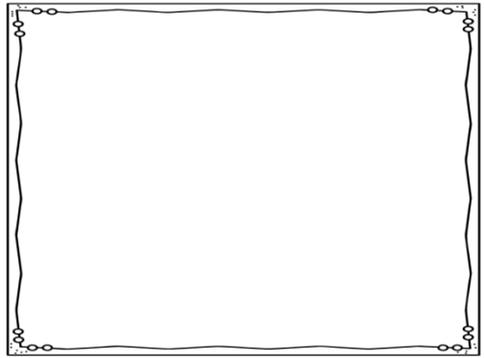
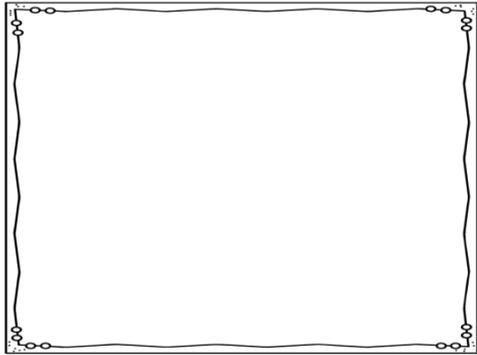
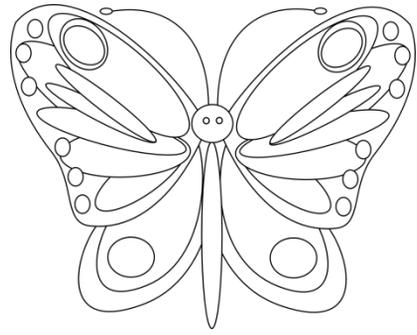
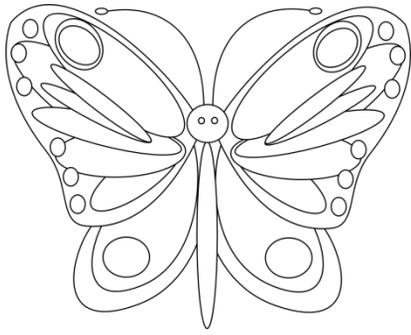












Write or draw coping skills in each box



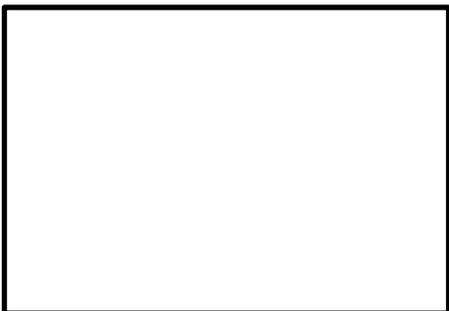
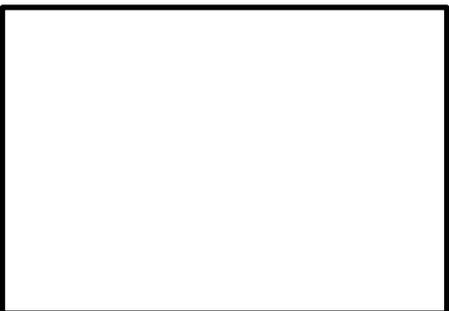
People Who Help Me Feel Better



Activities That Help Me Feel Better



Things that make me feel better



Memories That Help Me Feel Better



Extra Boxes





Optional: Use below pages to help with prompting ideas



Coping Skills Examples



People

Mom
Dad
Sister/Brother
Friend
Teacher

Activities

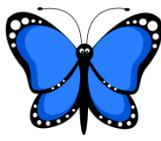
Sports
Being Hugged
Video games
Counting to 10
Deep breathing
Art/Music

Things

Teddy bear
Blanket
Sweets
Bubbles
Water

Memories

The beach/park
Family trip
A Holiday
A Birthday
Something I am proud of



Coping Skills

People

Activities

Things

Memories



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Thank you for your purchase. Enjoy!