

The Purple Book

Use this book when you're feeling nervous!



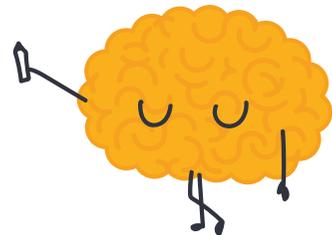
The Purple Book

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Written by
William Anthony



Designed by
**Danielle
Webster-Jones**



Imagine a **RAINBOW**.
Imagine one that's filled
with every colour you can
think of.

I feel excited!

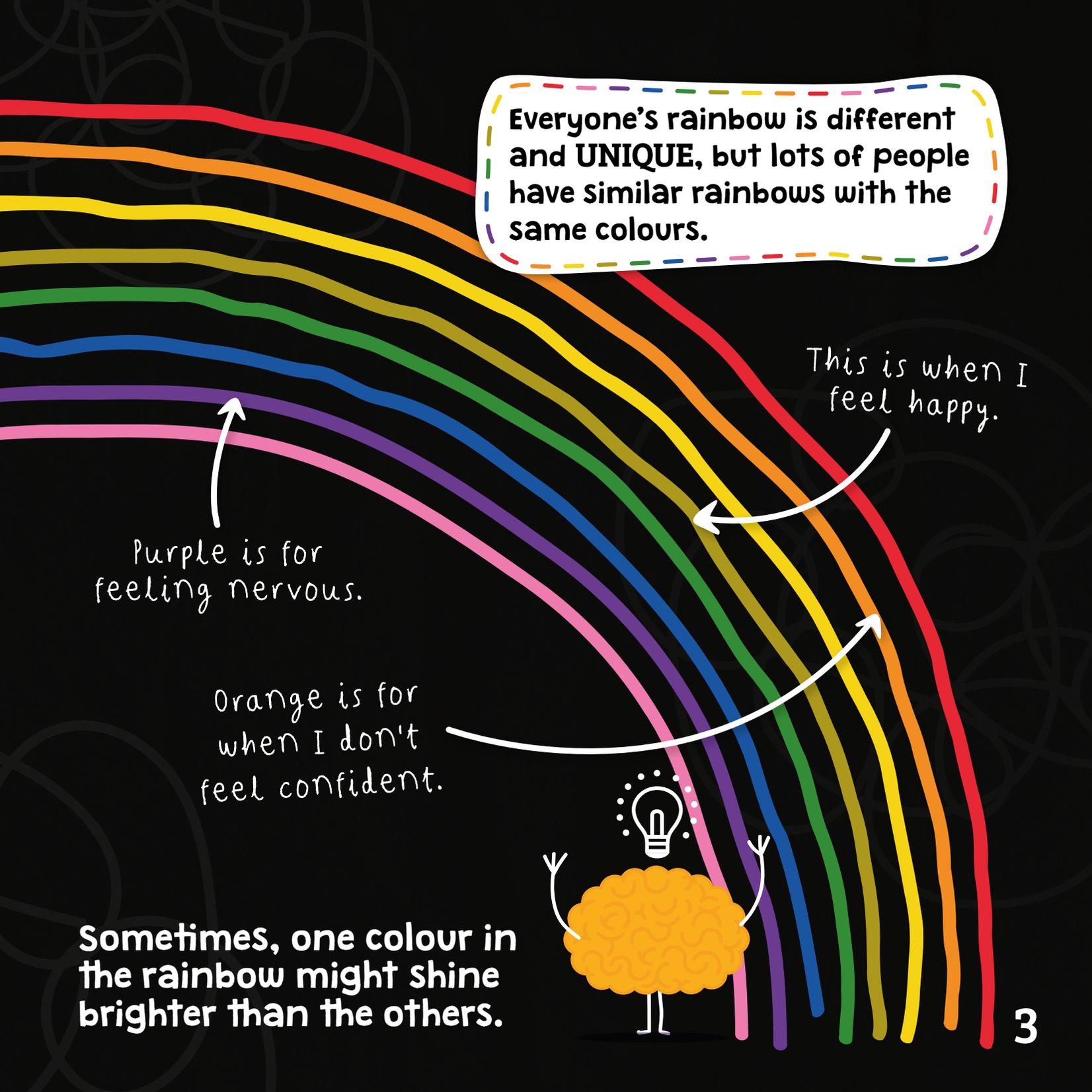
Red is angry.

This
one is
sadness.

Feeling
embarrassed!!!

Green is
definitely
confusion!

The rainbow is just like your emotions,
and there's a colour for every single one.
Every emotion is important, and many
of them are felt by lots of people.



Everyone's rainbow is different and **UNIQUE**, but lots of people have similar rainbows with the same colours.

This is when I feel happy.

Purple is for feeling nervous.

Orange is for when I don't feel confident.

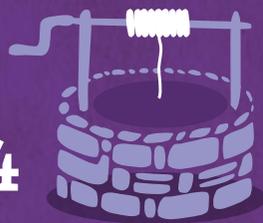
Sometimes, one colour in the rainbow might shine brighter than the others.

This book is for when the purple colour is brightest and you're feeling

NERVOUS OR WORRIED

This book has lots of little tips and tricks to help you while you're feeling this way.

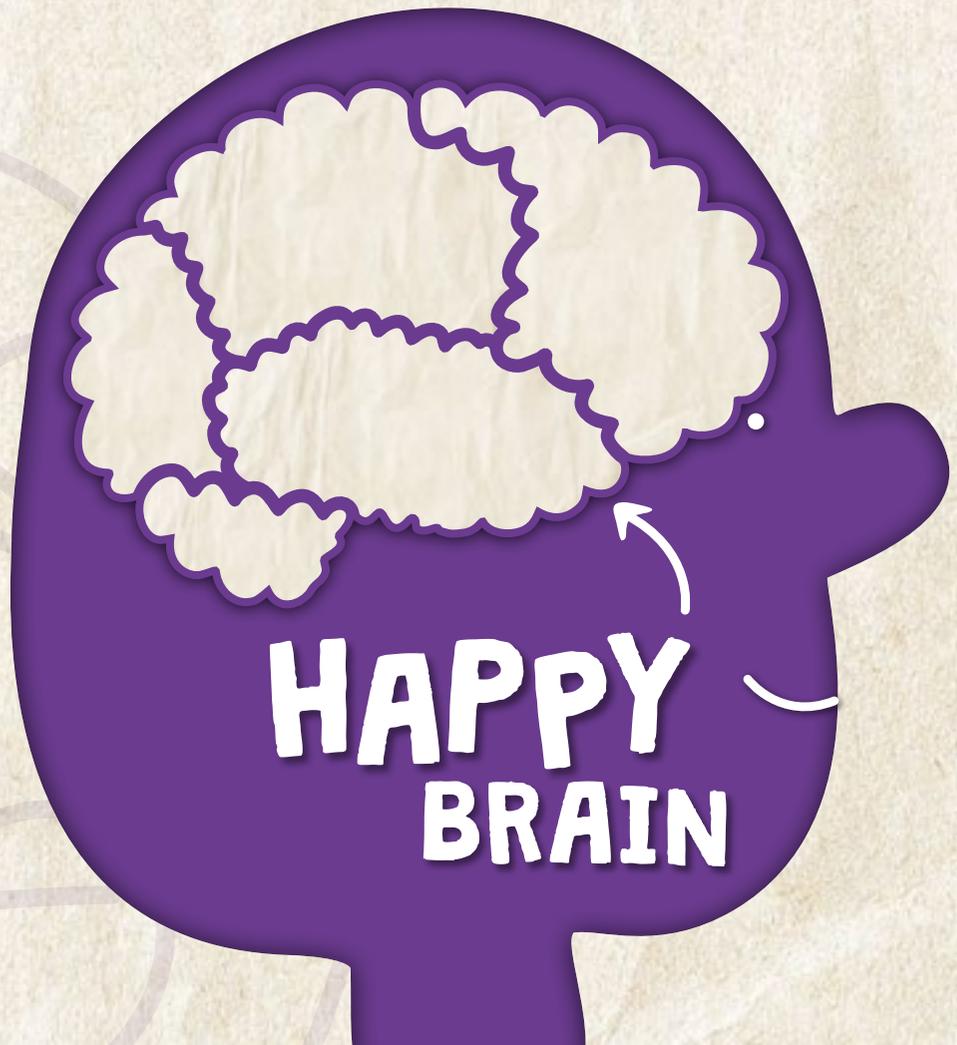
4



HAPPY BRAIN,

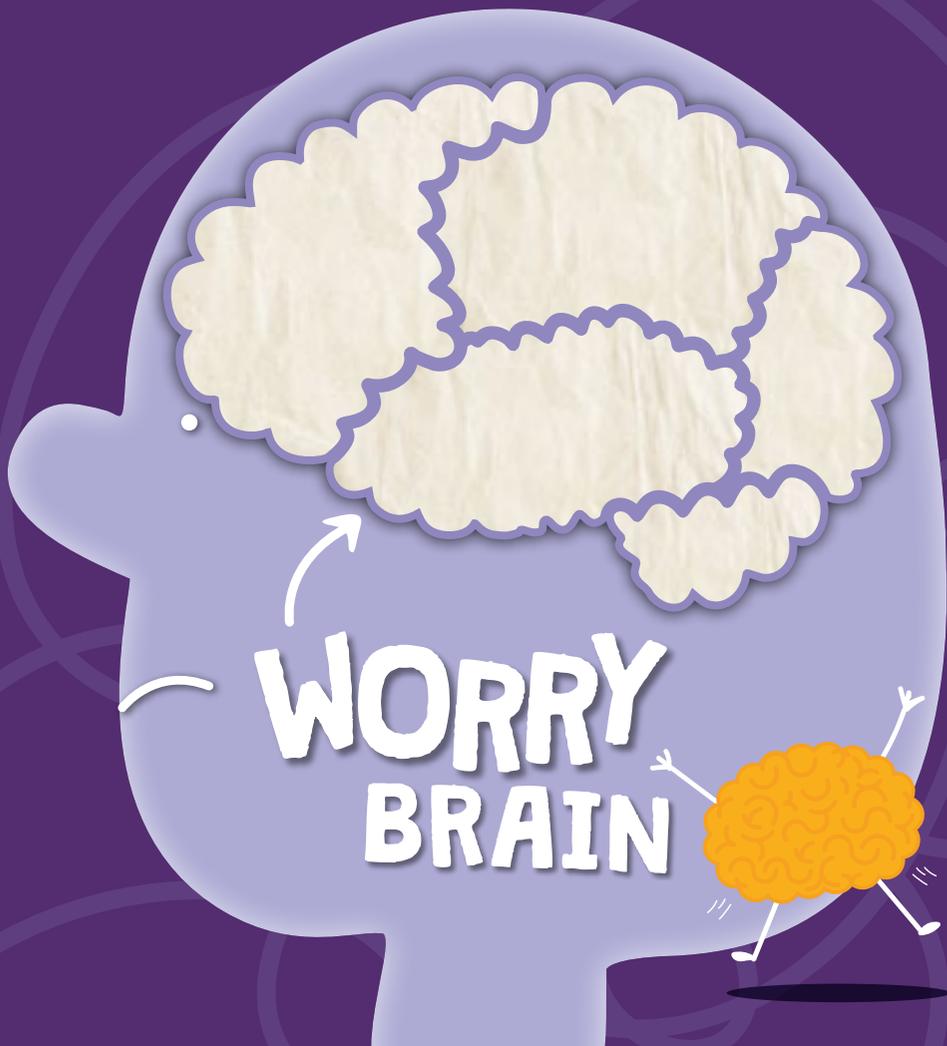
When we have lots of worries, it can be hard to focus on the GOOD things hidden away in our minds. Let's try separating them.

Cut some paper into strips.
On each strip, write something that makes you **happy**. Fold them up and place them on the Happy Brain.



WORRY BRAIN

Now cut up some more strips of paper. Write something you are worrying about on each one and place them on the Worry Brain.



Are you done?
Fantastic! Now...
THROW ALL THE WORRIES AWAY!
Make sure you use
a recycling bin.

Now the strips are
separate, open
the happy ones.
You may now find
it easier to focus
on the things that
make you happy.

ROAD TRIP

There are **SO** many words in the world, but finding the right one for how we're feeling can be difficult.

Being able to describe our feelings and emotions can help us when we are talking to others about how we feel.

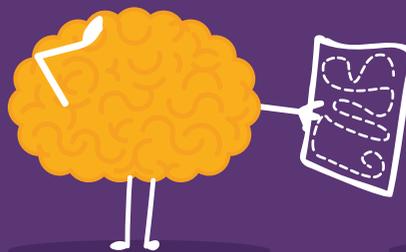
If nervous isn't quite the right word for you, take a road trip around this map.

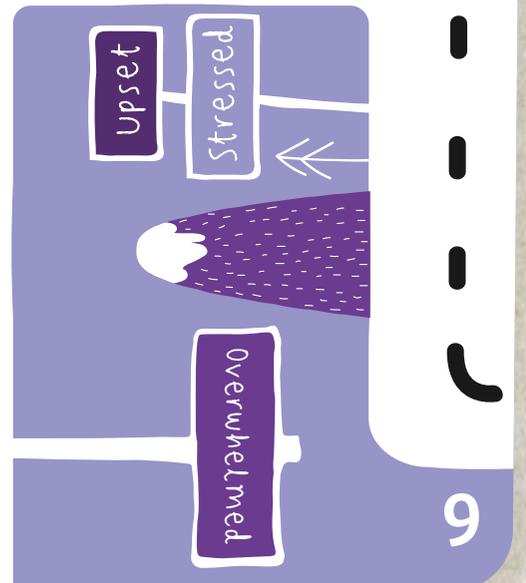
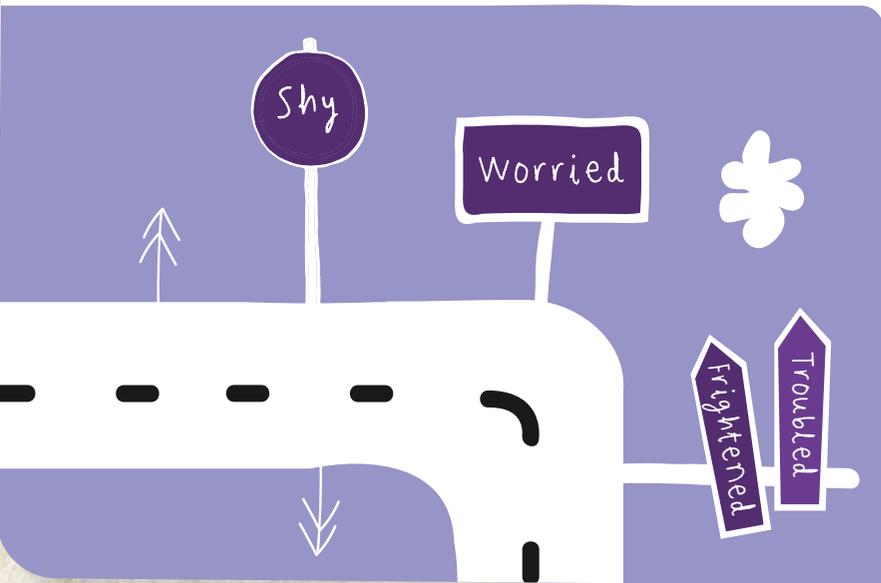
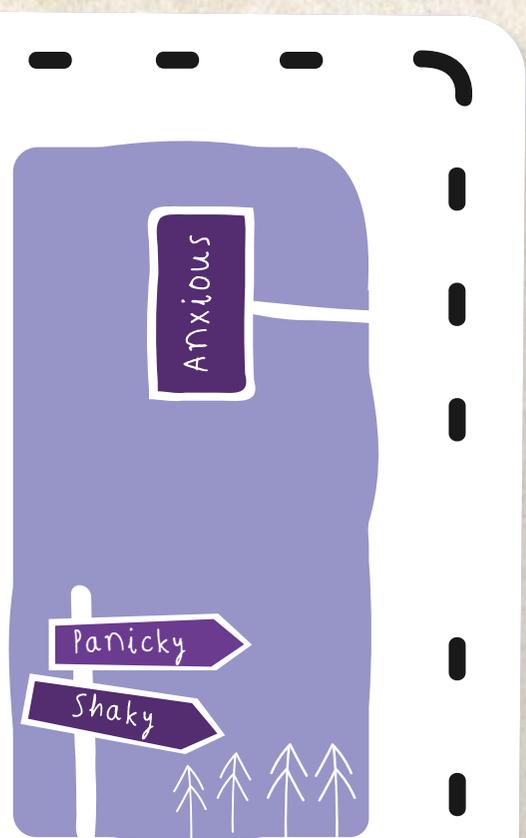
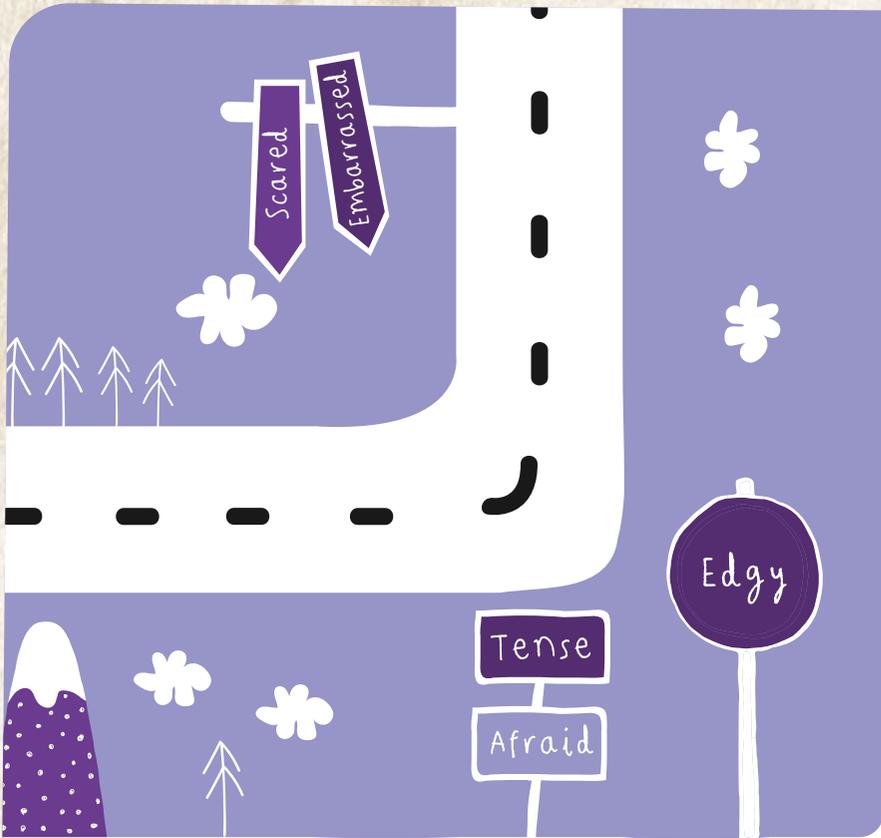
If you spot any signs that describe how you are feeling, you can use them when you are talking to someone (or point to them if you don't feel like talking).



TOP TIP!

Ask an adult if you don't know what a word means. They might be able to describe what each emotion feels like.



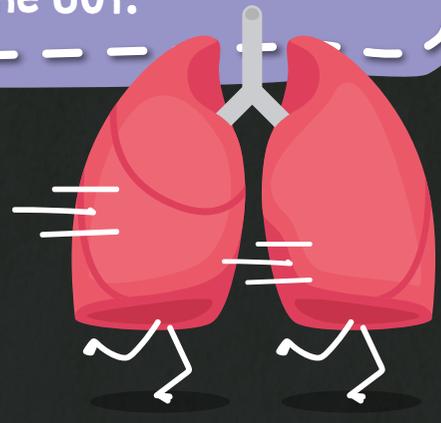
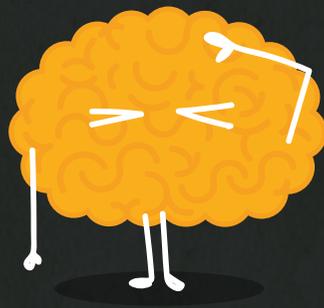
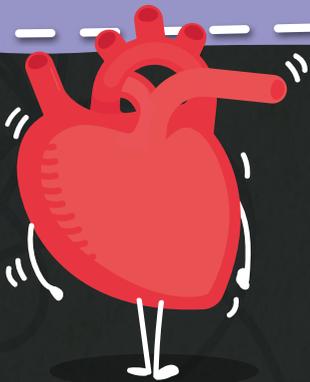


THE BREATHING STAR

If we get very nervous very quickly, we might start to panic. When we panic, our bodies do lots of different things. Our hearts pump quicker and we breathe much faster.

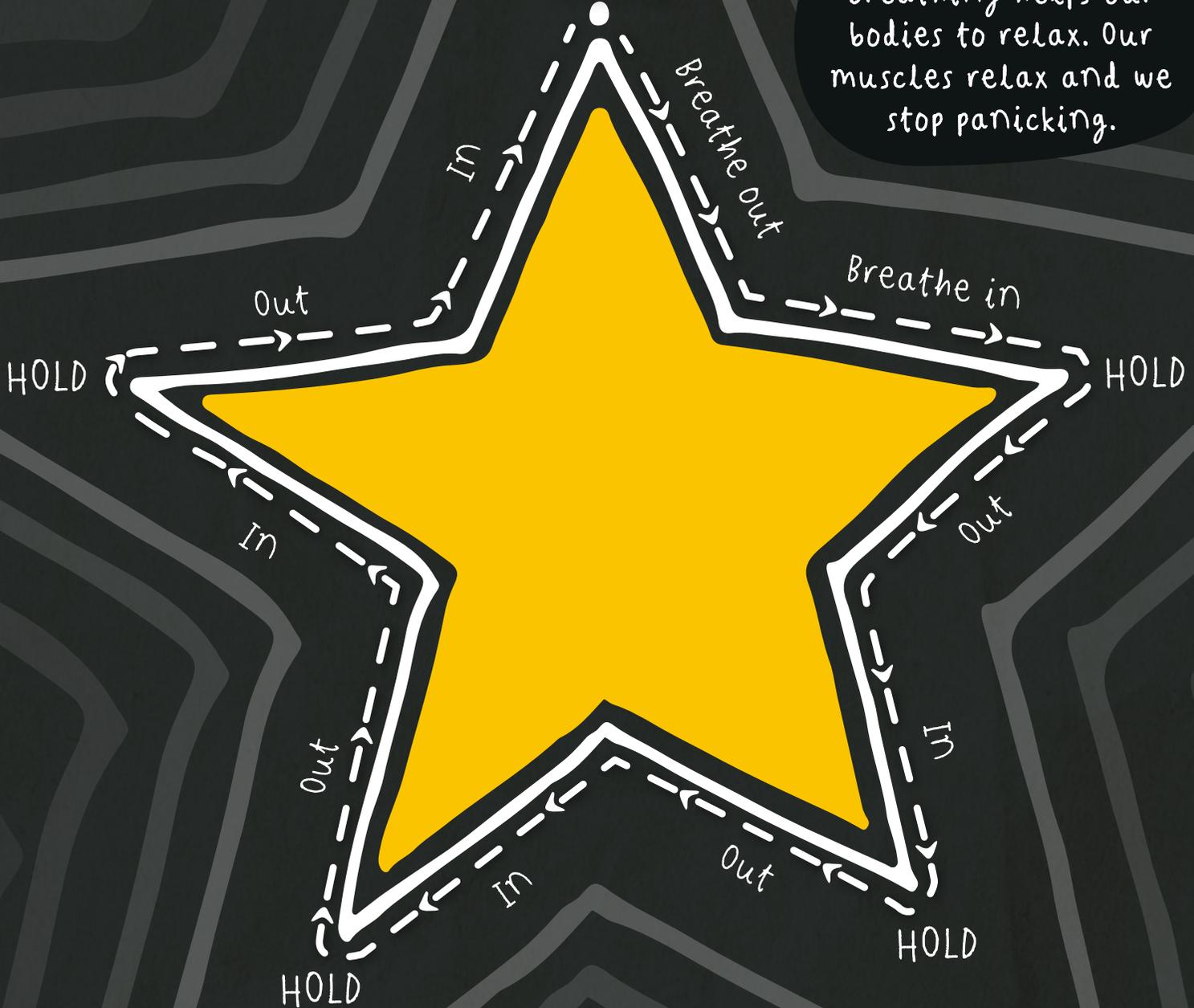
You can slow your breathing down by using this big star! Use a finger to trace up and down each side of the star. As you trace up one side,

breathe in **DEEPLY** and **slowly**. When you're at the top, hold that breath for TWO seconds. AS you trace down the other side, breathe out.



**START
HERE**

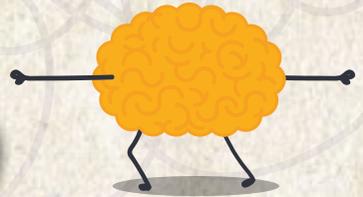
Deep, slow breathing helps our bodies to relax. Our muscles relax and we stop panicking.



LITTLE

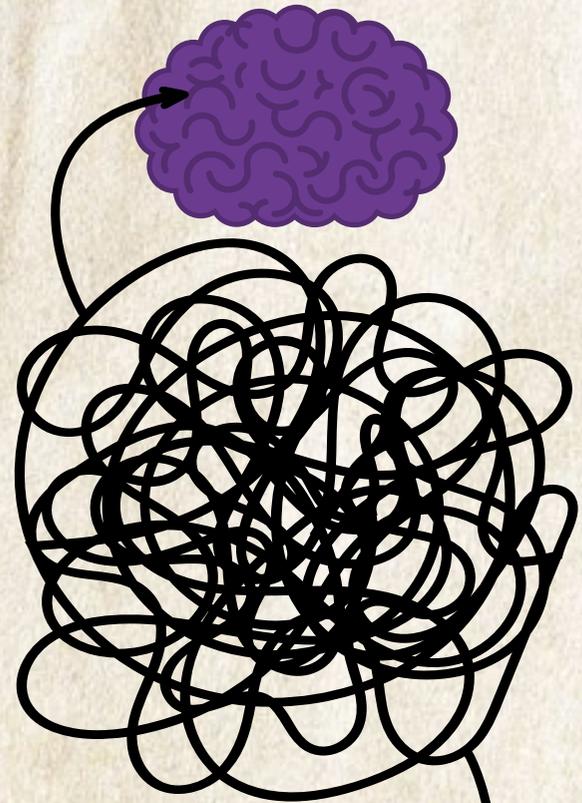


LOTUS

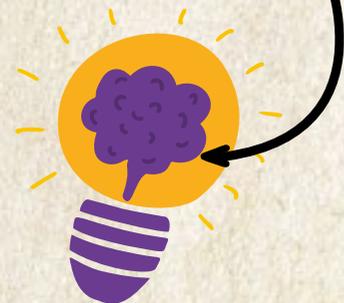


Worries can **clutter** our minds and make it difficult to think clearly.

Yoga is a type of exercise for the body and the mind, and it can help us to think more **CLEARLY**. In yoga, we make different shapes – called poses – with our bodies. When we are in a pose, we concentrate on our breathing and take time to let our worries leave our bodies.



Let's try lotus pose! Calmly follow the steps on the next page.



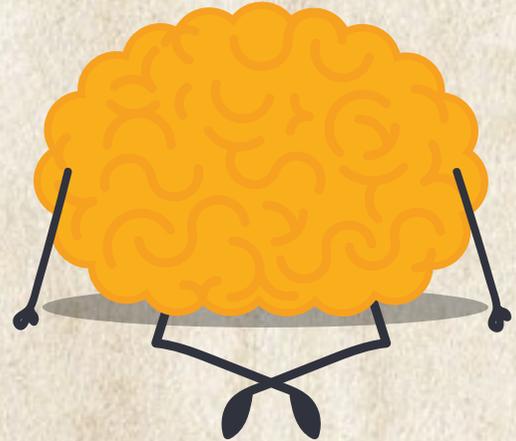
STEP 1:

Sit somewhere comfortable with your legs in front of you.



STEP 2:

Cross your legs.



STEP 3:

Bring your hands to your knees and hold them like this:



STEP 4:

Relax your shoulders, close your eyes and take some **DEEP** breaths. Focus on every breath.



PEACEFUL PLANET

Imagining somewhere PEACEFUL can help us to relax when we feel nervous or worried.

Use the questions on the next page to help you create a peaceful planet. You could draw your planet on a piece of paper if it helps you to remember it.

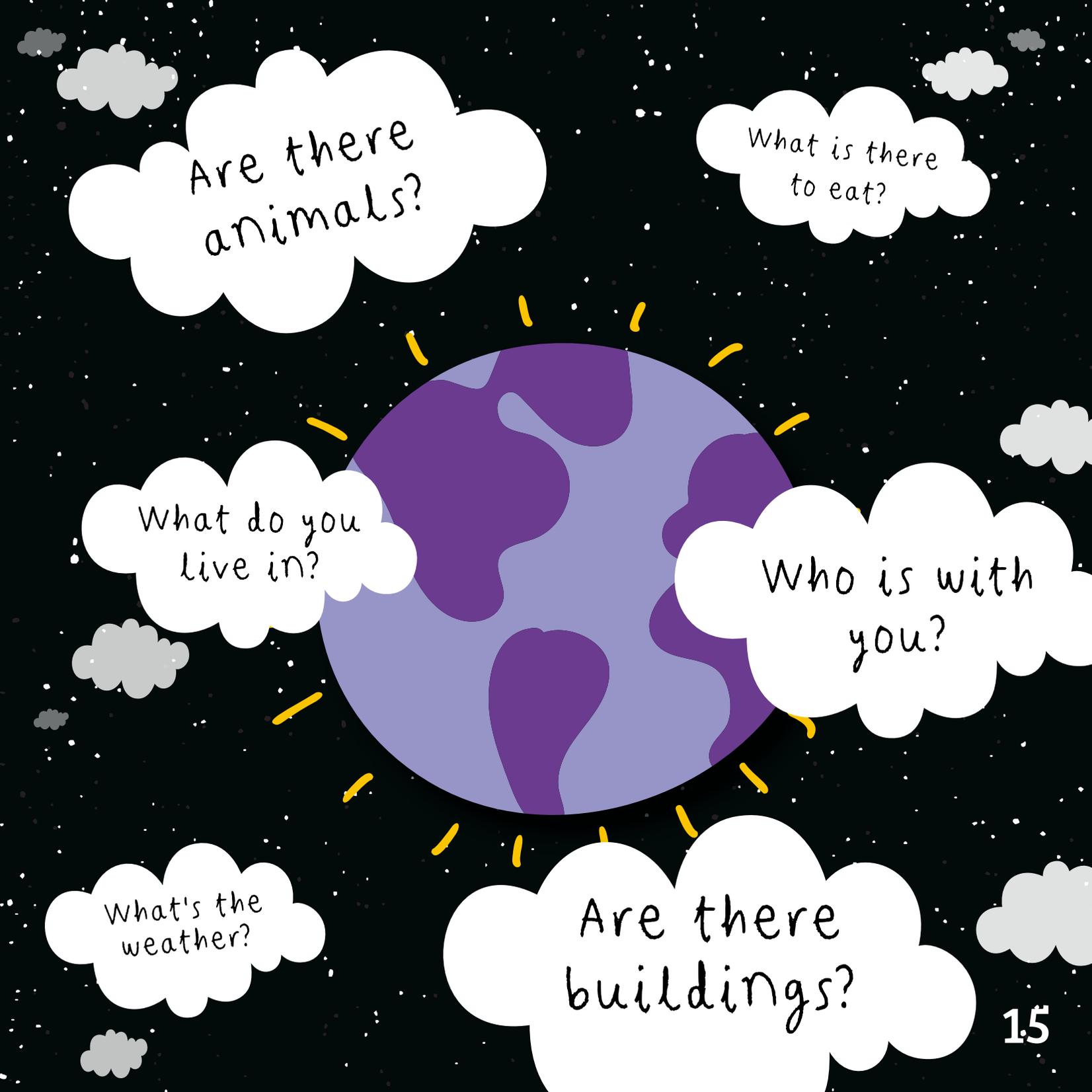
When you've decided what will be on your peaceful planet, close your eyes and explore it. Focus on what you can see, hear and smell.

Visit your peaceful planet whenever you need to relax. The more you use your planet, the more you will train your body to relax when you visit.



TOP TIP!

You could visit your peaceful planet when you are doing yoga (turn to page 12)!



Are there
animals?

What is there
to eat?

What do you
live in?

Who is with
you?

What's the
weather?

Are there
buildings?

WORRY CHUNKING

Sometimes, our worries can feel so **BIG** that it seems like we can't tackle them.

Just like a **HUGE** cake that's too **BIG** to eat in one bite, we can slice up our big worries into smaller chunks that we can tackle more easily.

Think about the biggest worry you have. Try to break down your big worry into little chunks, and write each chunk on a sticky note. Stick each one on the next page. One by one, try to solve the little worries until the big worry is gone!

PLACE
WORRY
CHUNK
HERE

PLACE
WORRY CHUNK
HERE

I DON'T HAVE TIME
TO DO MY HOMEWORK.

I can solve this by:
waiting until
tomorrow to play on
my games console.

PLACE
WORRY
CHUNK
HERE

BIG WORRY

PLACE
WORRY
CHUNK
HERE

I DON'T UNDERSTAND
MY MATHS HOMEWORK.

I can solve this by:
asking my teacher for
help before the class.

PLACE
WORRY CHUNK
HERE

I WON'T HAVE
TIME FOR DINNER.

I can solve this by:
doing one bit of
homework before dinner
and one bit after.
Dinner is my break!

THE WORRY WELL

Talking can be a good way of letting out our worries. But no matter how much we might want to talk about them, it might feel too difficult to tell another person.

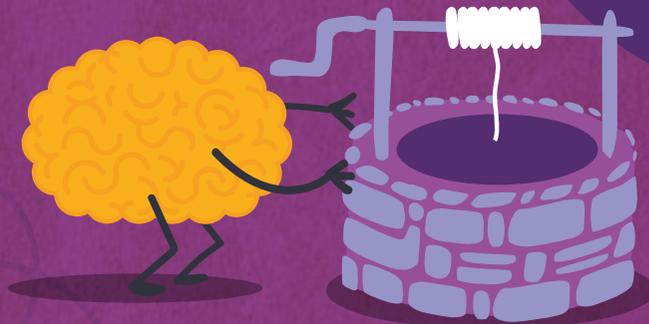
Meet the Worry Well. You can tell it whatever you like. Any worries you tell it will sink down to the bottom.

The Worry Well will always be here when you need it. You might find it easier to talk to someone after talking to the Worry Well.



TOP TIP!

Take the Worry Well to a quiet room away from other people. That way, you can make sure it's just you and the well.





**YOU CAN
TALK INTO
HERE.**

**THE
WORRY WELL**

THE SAFE ZONE

When our nerves get the better of us, it can be helpful to have a place we can go to calm down alone.

Let's make a safe zone that you can come to whenever you feel nervous.

Choose the place in your house that you feel most comfortable in. Bring something cosy, such as a blanket. Then add things that help you relax – maybe a stress ball or some things to draw with.



TOP TIP!

You could even make your own sign, so that you can use this book in your safe zone.

Finally, stand this book up at the entrance, open on the next page. That way, people will know not to bother you.

Do NOT
ENTER!

**Someone is using
the Safe Zone.**

FIGHT OR FLIGHT RIGHT

Getting very nervous very quickly can trigger something called our fight, flight, freeze response.

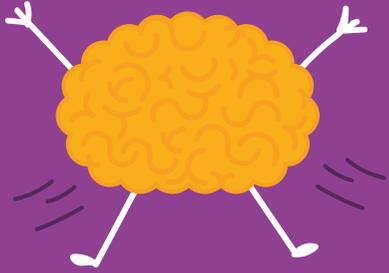
The fight, flight, freeze response is completely normal, and many of us have it. It makes our bodies very energetic almost instantly. It prepares us for **DANGEROUS** situations, where we may have to fight or run away.

It can be difficult to control the rush, and it can take a long time to calm down. If you've triggered your fight, flight, freeze response, try the routine on the next page.



1

The fight, flight, freeze response prepares us to exercise. Do 10 star jumps!



2

Run on the spot for 15 seconds!



3

Take lots of **DEEP** and slow breaths until you have your breath back.



4

It's yoga time! Turn to page 13 and try lotus pose until you feel calm again.



5, 4, 3, 2, 1

Going to sleep can be very difficult when we are feeling nervous or worried.

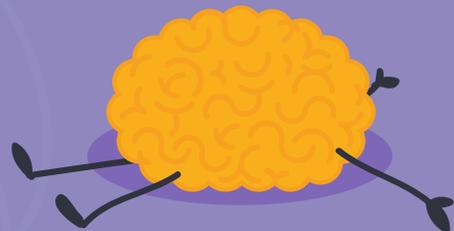
Getting a good amount of sleep helps to keep our bodies and our minds healthy. Distracting your mind is the perfect way to help you drift off.

On the next page are a set of things for you to notice with your senses. When you get to the last one, you may find it easier to fall asleep.



TOP TIP!

Keep a nightlight on to help you with this activity.



In your room, try to find:

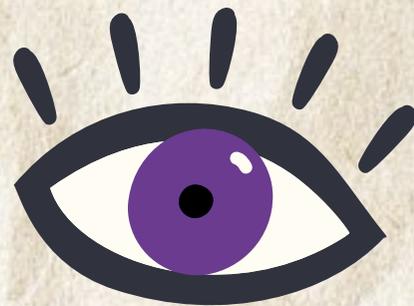
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things you
can feel



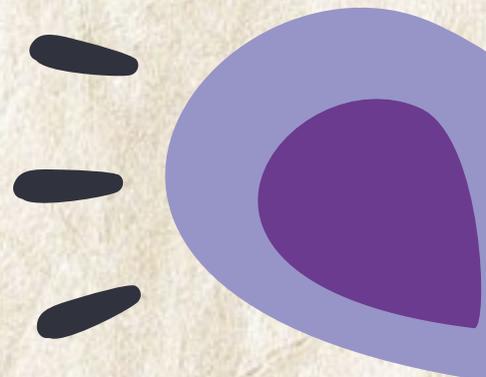
5

things you can see



3

things you
can hear



2

things you
can smell



In a second, close your eyes
and try to picture the last
thing on this list. Explore it in
your mind and get lost in it.
Are you ready? Try to picture:

1

place in the world
that makes you
VERY HAPPY.
Close your eyes...

SUPER YOU

Sometimes we can't keep our nerves hidden, even if we try. We might get upset, act scared or say something we don't mean. Then, when we've calmed down, we might feel bad about ourselves. This is OK!

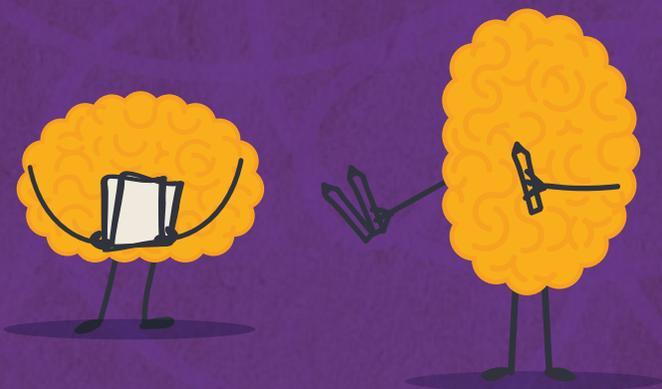


Grab an adult and follow the steps on the next page together.

When we feel like this, it is important to remember how **SUPER** we are! There are so many things that make you **INCREDIBLE** – time would run out if you tried to count them all!

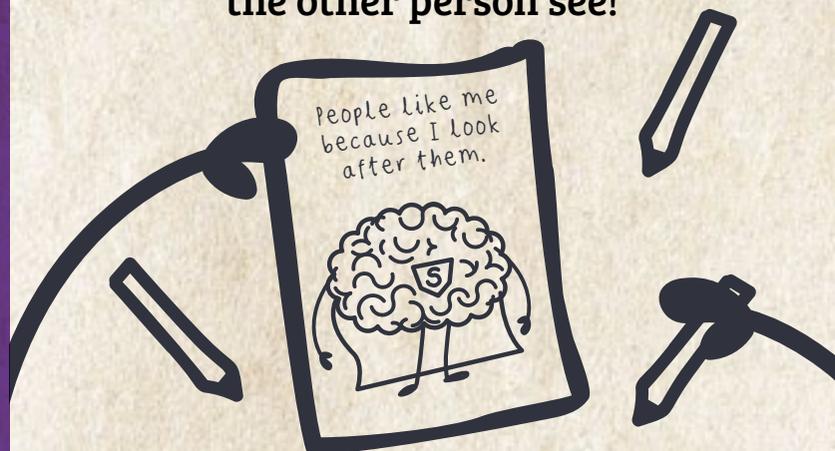
STEP 1:

Grab some pencils and paper.



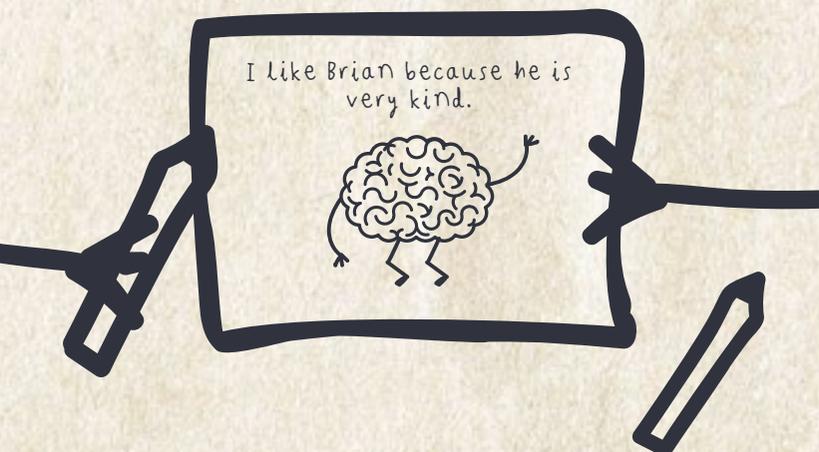
STEP 2:

Write something you are good at or why people like you, and draw yourself as a superhero. Don't let the other person see!



STEP 3:

Now, get the other person to do the same thing about you. Don't look at their paper either!



STEP 4:

When you are both finished, show each other! Did you write the same things or different?



LITTLE



IDEAS

When it comes to dealing with feeling nervous, there are lots of little tips and tricks you can use to help understand those feelings.

GO FOR A WALK

Sometimes it can be helpful to walk away from something that is making us nervous.



CLOSE YOUR EYES

Look around the room. Now, close your eyes and try to picture everything in the room that was blue. This will help you focus on something other than your worries.

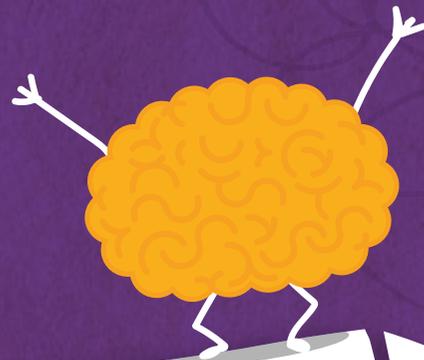
NERVOUS NOTES

Keep a diary of when you feel most and least nervous. Doing this will help you find patterns and things that trigger worries. You can then avoid these things or prepare yourself for them in future.



RELAX KIT

Fill a box with your favourite calming activities. You could put in CDs, things to draw with, a book, and much more. Use your relax kit whenever you feel nervous.



STRETCH

Rolling your neck and your shoulders around can help you concentrate and keep control over your body.



Did you find any tips or tricks in this book that helped you to feel calmer?

Awesome!

Which one worked best for you? Why do you think that is?



If you do feel calmer, now is a good time to reflect on what made you feel worried and why. You could also think about how you might handle things the next time you feel nervous.

If this book didn't help you feel better this time, that's **TOTALLY OK!**

Sometimes we all need to find our own ways of dealing with nerves, and you will find yours too.

This book will still be here
whenever
you need it.

Eventually, any colour that is shining brighter than the others will go back to normal. It is important to remember you are just like everyone else. We all have **colourful minds**, and every emotion is just as important as the others.

If you are still feeling worried, turn the page for some helpful places to go!

WHERE YOU CAN GO

Feeling nervous is a big emotion to deal with, so it's a good idea to find help. There are lots of places you can go to get help when you are feeling worried. Here are just a few.



IF YOU FEEL LIKE TALKING:

- A parent or guardian
- Your teacher
- Your school nurse or counsellor

IF YOU DON'T FEEL LIKE TALKING:

- Visit the YoungMinds website and search 'anxiety'
- Visit the KidsHealth website and search 'being afraid'
- Visit the Childline website and search 'anxiety, stress and panic'

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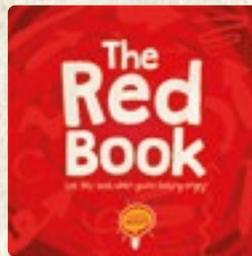
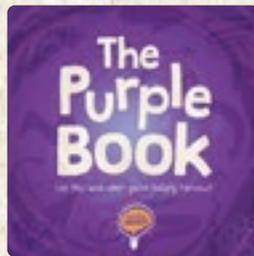
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Titles in this series



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