

Create a worry pet/worry bag



Why?

A worry pet can be as simple as a painted pebble or as creative as you like. The texture should be calming and relaxing so that when you're feeling worried you can reach in to your pocket and touch it to calm yourself down.

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- Buddy Bag Foundation

£	Indoors
Day/Night	

- | | |
|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
-

- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
-

Skills:

- Mental Health Awareness
- Relaxation

Equipment:

- Craft Supplies
- Fabric
- Paint
- Pebbles