



# Pick and Mix Activity



What you need:

Scissors



Glue



Felt Pens



A4 Card



Sometimes we can get anxious and our minds fill with our worries.

Then our cat can start to grow into that lion!



At times like this we need to distract our minds by filling our minds with other things and not leaving room for our worries to grow!

But how to do this??? You need to have a variety of things to turn to, to distract yourself, however, when you are getting anxious it's hard to think of things. This is where the Pick and Mix activity can really help....



Everyone enjoys going to the shops to buy pick sweets, you can choose lots of different things and mix them in bag.

and mix your

You can make your own pick and mix bag filled with as many activities as you like to distract your mind and keep your anxieties in check.



Print the bag and sweet templates onto card. Colour in and cut out the bag and add glue to the flaps to make a bag for your pick and mix.

Look at the sweets with their ideas and cut them out and add them to your bag. Look at the blank sweets and work with your adult to think of some ideas to write down on them, then colour your own wrapper for your sweet. These distraction techniques will be personal to you and this will make them really useful in controlling your anxieties.

Remember when you are anxious you may need to use more than one sweet out of the bag, just like when you have some real sweets you never really just eat one!!!!



Keep your pick and mix bag in a safe place and use whenever you need to. This will be another great step in taking charge of your anxieties and remembering...Don't Feed the Cat!





Count slowly  
down from  
twenty to zero



Think about your  
favourite toy and  
why you like it



Find some paper  
and slowly rip it  
into pieces



Blow up a  
balloon and let  
the air out  
slowly



Think about  
something that  
made you laugh  
and try to laugh  
and smile again

