



## Pick and Mix Activity



What you need:

Scissors



Glue



Felt Pens



A4 or A5 Card



You can also use glitter stars, stickers and sequins if you have them

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 handbag activity can really help....



Everyone enjoys using making themselves feel better with a

dash of lip gloss and a squirt of perfume or a quick text to a friend. You can choose lots of different things that would go in your handbag and you can mix them up in your bag.

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

Print the handbag and the items to go in it. Colour in and cut out the bag and add glue to the flaps to make a handbag bag for all your handbag items. Colour the bag in and create a design on it in any way you like.



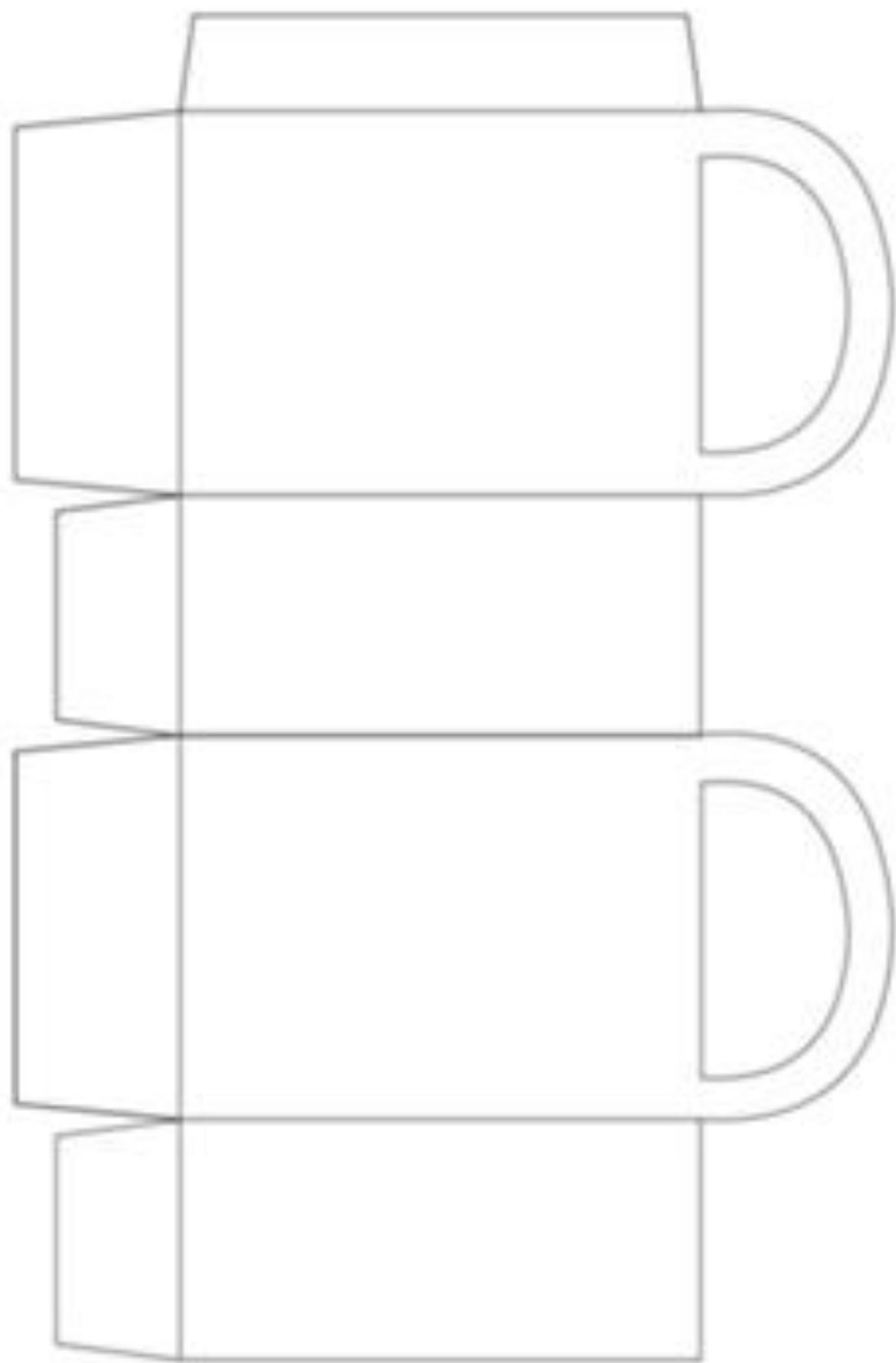
Look at the handbag items and the separate ideas and cut them out and stick them together then add them to your bag. Look at the blank items and work with your adult to think of some ideas to write down on them, then

colour your own items for your handbag. 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 item out of your bag, often we need to use a few things from our handbag!!



Keep your handbag 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!



Look around  
and count  
how many  
different  
colours you  
can see

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

Chat to a  
friend about  
what they have  
been doing

Spell words  
backwards in  
your head

Put on some of  
your favourite  
music that you  
like

Paint your nails  
concentrate  
on making the  
lines super  
straight

Write down  
the things you  
have to be  
grateful for

Find a game to  
play with family  
or friends







