

When I Feel Worried



For children
with a disabled
brother or sister.

When I Feel Worried

A sibling support resource designed for siblings of children with a disability or health impairment who may struggle with anxiety. Aimed at children 6 years and under.



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New words

Sibling - our brother or sister can also be called our sibling.

Worried - when you feel scared or upset about something.

Calm - when you feel relaxed.





It is normal to have lots of feelings when you have a disabled sibling.

You might love your brother or sister but also feel sad they can't do certain things with you.

You might feel angry that your sibling gets more attention.

You might also feel happy that you have a special sibling.

Sometimes, you might feel so many things at once that you start to feel scared or worried.



When we worry too much it can make it hard for us to have fun, to enjoy school or kindergarten, or to get along well with our friends and family.





Sometimes worry can do things to our body. We might get a sore tummy. It might feel hard to breathe or we could feel shaky or hot.

It can make us feel scared too. We might have lots of worried thoughts.

Worry can also change what we do. We might cry a lot, have trouble doing what our family asks us to do, or we might stop playing with our friends and having fun.



If we feel worried it is helpful to tell a parent or another adult you trust. How much worry do you feel today?



No worry



A little worry



A little more worry



A lot of worry

There are lots of things we can do to face our worries.

We can do some calm breathing. Put both your hands on your tummy so your fingertips are touching.

Take a slow breath in through your nose so the air fills up your tummy. Watch your breath gently push your hands apart. Hold it for a second and breathe out slowly through your mouth.

You can also practise calm breathing by blowing bubbles.





Thinking or talking about things that make us laugh can help too. Maybe try telling someone a funny joke.

We can do things that make us feel happy or calm. You might like to watch TV, draw a picture, or climb a tree outside. What kind of things do you like to do?





Eating healthy food, moving our bodies by running around or playing and making sure we get a good night's sleep can help as well.

When we live with a special sibling we might feel worried sometimes. If we face our worries by talking to an adult and doing things that make us healthy and happy, our worries won't worry us so much anymore!







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