

My body's alarm

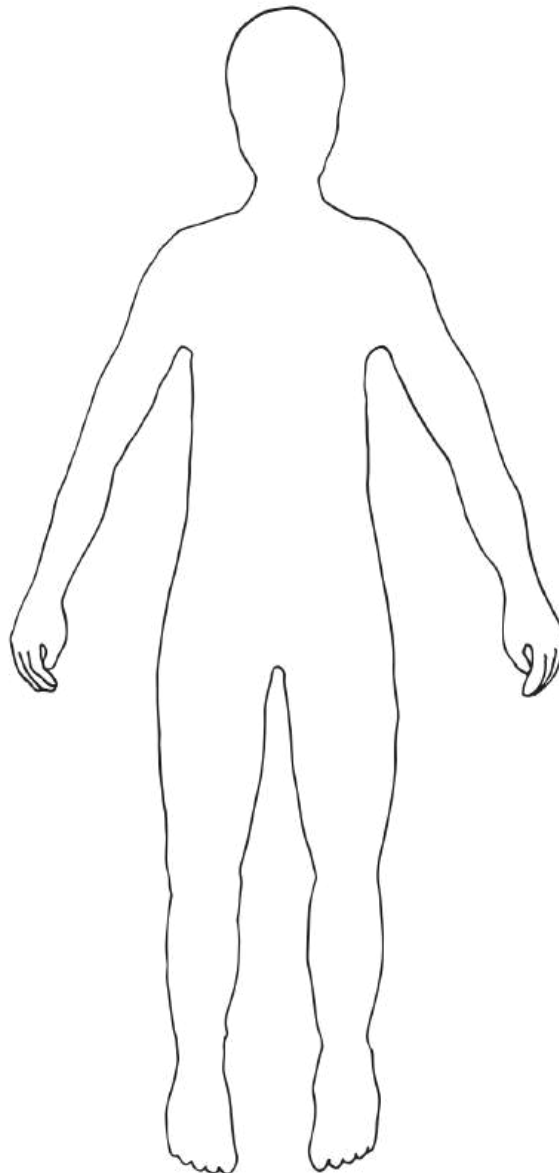
Worry can show up anywhere. There are no wrong answers, and this page is private.

When my alarm goes off, I notice...

Mark on the body how it feels when you're worried.

You could use...

- words
- colours
- lines
- little symbols



Finish any sentence

My tummy feels...

My chest feels...

My hands feel...

My legs feel...

My thoughts are...

Something in me feels...

Noticing is listening. You do not have to make the feeling disappear.



My FERN plan

Write or draw one idea in each space. This is your plan, so choose what feels useful to you.

F	FEEL What is happening in me? Where do I notice worry in my body?
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E	EXPRESS What am I feeling? What words help me acknowledge it? 'Something in me feels...'
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R	RECOVER What helps me become steady enough? A longer breath out? Movement? Quiet? My guardian animal? Something else?
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N	NAVIGATE What is my next small step? Not the whole thing. Just the next thing.
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My four FERN steps: Feel • Express • Recover • Navigate

When in doubt, breathe out!

You can feel wobbly and still carry on.



My guardian animal

Choose any animal that reminds you of a quality that would help when you're anxious.
Your guardian animal can remind you that you already have that quality too, inside you.

Draw your guardian animal here

My animal is a

It reminds me that I can

.....

Your animal is helping you find something that was already yours.

Remembering FERN



Original FERN illustrations by Swamica “Mina” Parchment

When I feel worried, FERN helps me to remember that it’s normal, everyone feels worried sometimes.

When I feel worried, I can

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FERN reminds you to Feel, Express, Recover and Navigate



Grown-ups: helping FERN at home

FERN is shared language for everyday worry. The aim is not perfect calm, but enough steadiness for the next step.

FEEL Notice without rushing to fix	<i>"Where do you notice the wobble in your body?"</i> <i>"What is your alarm system doing?"</i>
EXPRESS Help your child to acknowledge and name it	<i>"What are you noticing inside?"</i> <i>"Something in you feels anxious. That's normal. It's okay."</i>
RECOVER Help the body become steady enough	<i>"Shall we breathe out together?"</i> <i>"Which guardian animal do you need?"</i>
NAVIGATE Let the next step belong to them	<i>"What feels like a small enough next step?"</i> <i>"Would you like me nearby while you try?"</i>

A gentle reminder

Your child may not know what s/he feels or why. You do not need to keep asking. Quietly staying beside them can be enough. Use FERN as ordinary language, not only in a crisis.

When to seek further help

Seek appropriate help if anxiety is persistent or worsening, disrupts school, sleep, eating or everyday life, or if your child may be unsafe. FERN should never be used to help a child endure something unsafe.

Feel the wobble. Acknowledge it. Recover enough. Choose one small step.