

# Worry stones



Worry stones may be any size from a little larger than a thumb print up to the size of the palm of a hand. They are often a smooth gemstone with a depression the size of a thumb print which someone can rub to help self soothe when feelings of stress or anxiety start. A stone of that size can easily be kept discreetly in a pocket for use whenever Early Warning Signs are rising

Children could make their own worry stones out of modelling clay which can be baked to harden, then varnished to a really smooth finish. They could be any colour or mix of colours or painted so they are personalised to the owner

Worry stones could also be natural pebbles which may be smooth and shiny or could be painted and varnished

**A child with separation anxiety may find having a pebble made, chosen or decorated by the adult they feel anxious about leaving very reassuring**