

Months of the Year Word Search

H B A N W H Z P J R Q V F D I C T K R H V Z H T Y O I E H U D E C E M B E R B R F A T R E B O T C O M C N H C X U J Y M A R C H B E R N A J L J A N U A R Y G I O W V D P X A L L N I F Z L T S U G U A S O S M H F A P I F V U N Y H P V Q H P S N Q V F F M H U E U N L C X Y X U I G P S J F I Z M B M A Y J U N E N R A I O Q R B R F F R E B M E T P E S Y E U P L I R P A T Z U S M A C Z S A M O G M N R Y E R P G B E Y L K M K X R M Z I F V

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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Hard times



These are hard times we are living through. With the spread of Covid-19, our lives have been turned upside-down and a lot of our supports have been taken away.

Anxiety

If you are experiencing anxiety right now, this is normal. Anxiety can be a scary experience. But it is something that is trying to help us. Anxiety is telling us that danger is coming and we need to get ready.



What is the difference between fear and anxiety? If we see a snake, we feel fear. The threat is right in front of us. When we are worried that a virus might spread, we feel anxious. Anxiety is about something that hasn't happened yet.

We are getting lots of messages of 'danger' from the media. But it is important to try to look at the situation clearly and think about how real these dangers are.

Finding safety

It is important that we learn to assess what *is* happening, rather than getting lost in what *might* happen. Most of the time there is no danger here, right now.



Anxiety is what we feel when we don't feel safe. To manage this, we need to look for signs of safety. My body might be telling me I'm in danger but if I look around what do I see? Right here, right now, what do I see, feel and hear in my environment? Is there any danger present?

Most of the time we are actually safe. The heart is beating, the body is breathing. There are signs all round of spring coming into bloom. If we are inside, we can notice that roofs and doors can create a feeling of protection and safety. Learning to notice these signs of safety can help ease anxious feelings.

Control

Anxiety is also about a lack of control. We cannot control the future. Nor can we control a lot of things happening in the world. Focusing on what is outside of our control can lead to feeling anxious.



Instead we can focus on what we can control. We can't control the spread of the virus across the world but we can stop it spreading around us by staying at home and washing our hands. Focusing on this can make us feel strong and safe.

We might ask, 'What can I do right here, right now, to feel safer and more supported?' It might be something as simple as cooking a meal, exercising, or ringing a friend. Little actions can make a big difference.

Take care, Evan Dwan.

Premier League

D E R W Z Q K T M N
N L I V E R P O O L
E K E V E R T O N Q
W C H E L S E A D X
C P H A G C Q Z K O
A M A N U N I T E D
S K M A N C I T Y O
T U V F J G V W P X
L Y S S P U R S N B
E F A A R S E N A L

ARSENAL
CHELSEA
EVERTON
LIVERPOOL
MANCITY
MANUNITED
NEWCASTLE
SPURS