

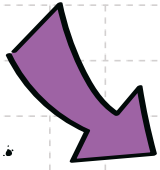
Worries

**WHAT ARE
WORRIES?**

**How can WORRIES
make you feel?**

Sometimes we can take on other people's worries and sometimes we don't even need to worry about them

Sharing our worries can help us sort them out and can help us to feel less stressed



CAN YOU LIST YOUR WORRIES?

Worries

Talk about worries and what they mean.

If the child can't think of any worries, say some of the worries that you might have (child appropriate) worried about – a friend, worried about not having enough time to do something.

If the child doesn't have worries, then have they worried about anything in the past and how did they overcome it?

Children can draw or list their worries.

If the child doesn't want to share them with you, they don't have to.