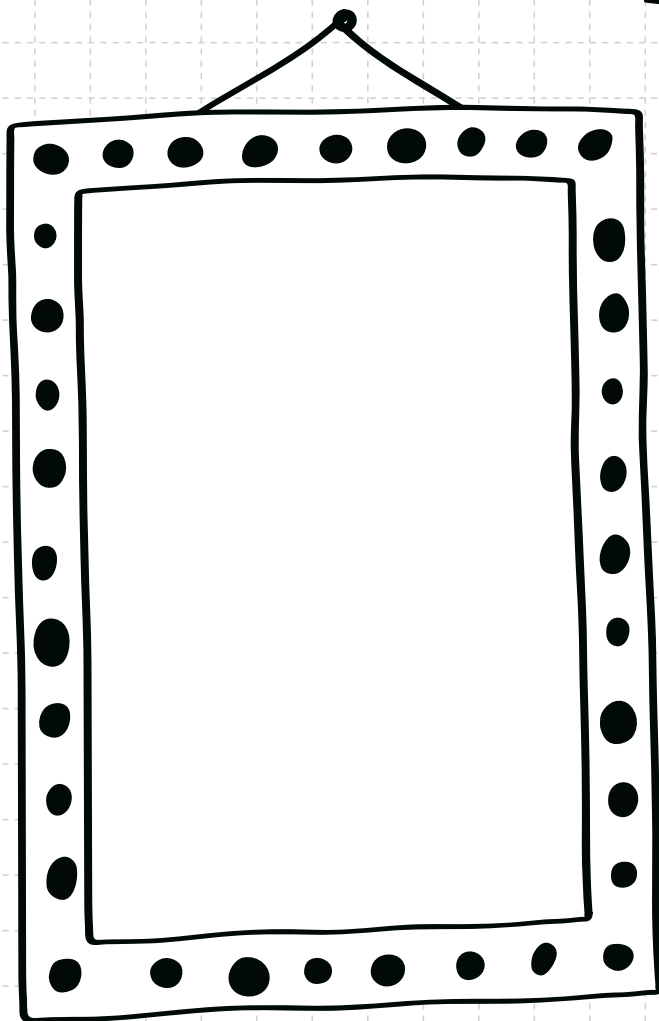


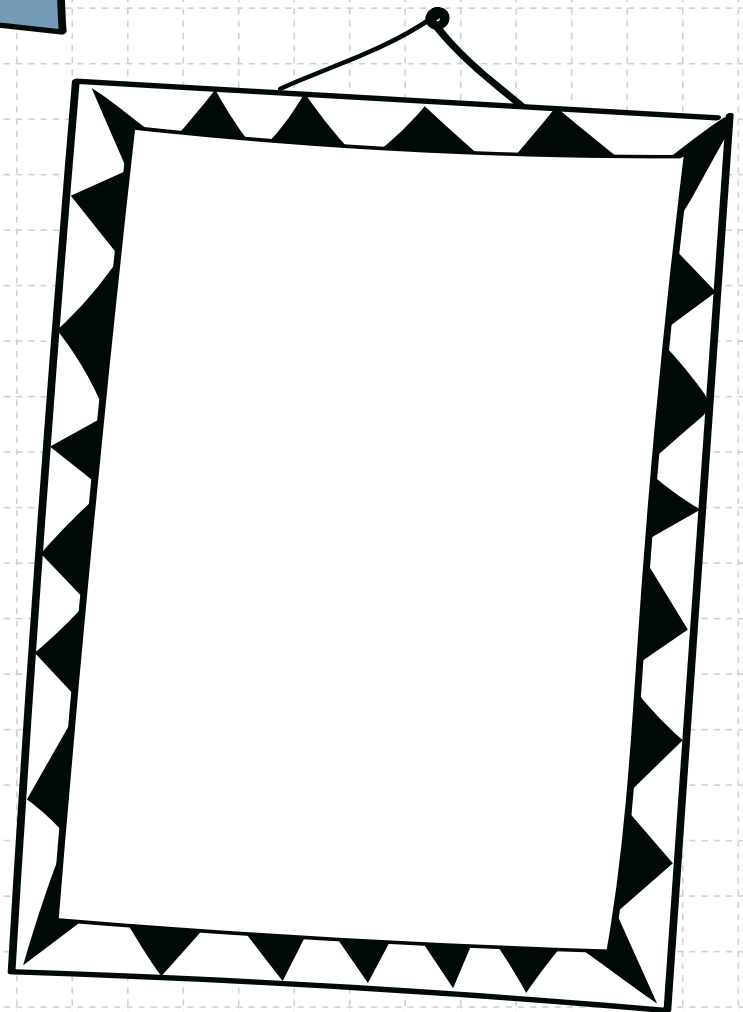
Worry Lists

Some worries are about things that are definitely going to happen, like a test or a trip. But other worries can be things that are very unlikely to happen. Think about your worries and see if you can put them into these two lists.

**Worries that
might happen**



**Worries that will
probably never happen**



**You can make
a plan to fight these
worries**

**Remind yourself
that really bad
things often don't
happen**

Worry Lists

**What does the word
worry or worries mean?**

**Support the list of worries that
the child has written down.**

**If they don't have worries then have
they worried about anything in the
past and how did they overcome it?**