



# What is a worry?



A worry is a negative thought that causes stress or concern about a real or imagined issue.



**Everybody worries...  
even animals and birds!**



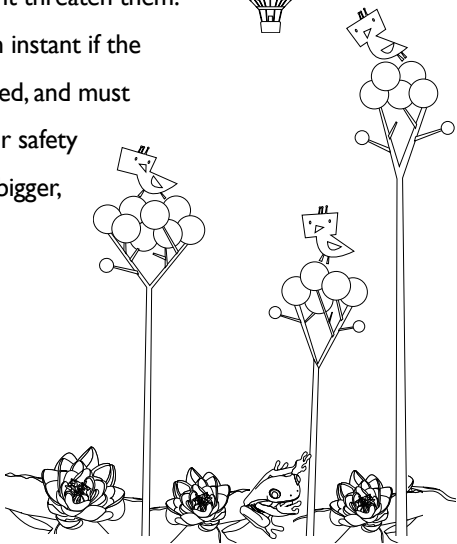
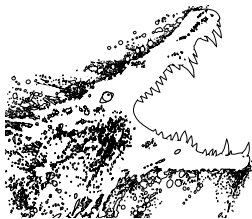
It all started to keep us safe.



Animals have to watch all the time for other animals that might threaten them.

They must decide in an instant if the threat is real or imagined, and must

'fight' or 'flight' for their safety from animals who are bigger, stronger, or faster than they are!





# People worry too!

But people are SMARTER than animals, and they can THINK about whether they are really in danger.

## What do YOU worry about?

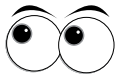
Choose as many as you need to...

☐

the dark

☐

bullies

☐

loud noises

☐

animals

☐

big storms

☐

being made fun of

☐

monsters

☐

meeting new people

☐

spiders or bugs

☐

not having friends

☐

getting lost

☐

making mistakes

☐

being alone

☐

getting into trouble

☐

nightmares

☐

death

☐

not being liked

☐

bad guys

☐

bad grades

☐

being picked first

☐

taking tests

☐

being picked last

What else makes you worry?



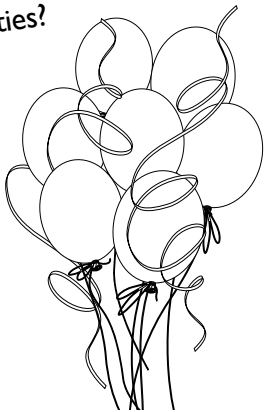
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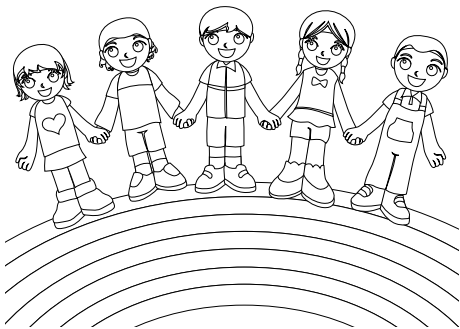
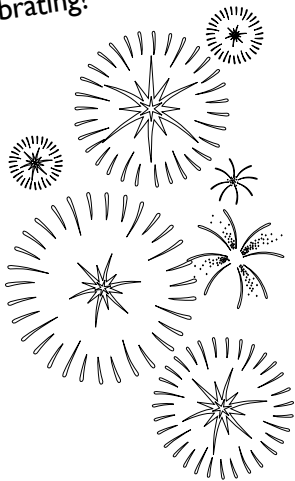
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# What do your worries keep you from doing?

Going to  
parties?

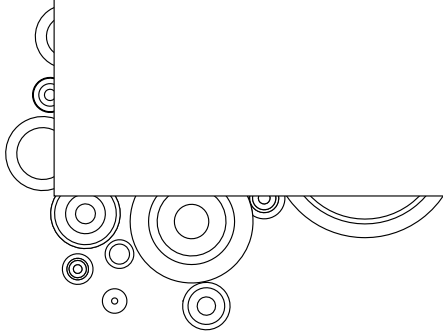
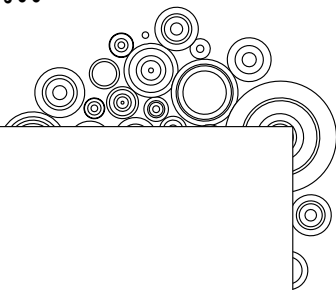


Celebrating?



Having  
fun?

Choose ONE of your worries  
and draw it here...



# How BIG is your worry?

How BIG  
does your  
worry LOOK?

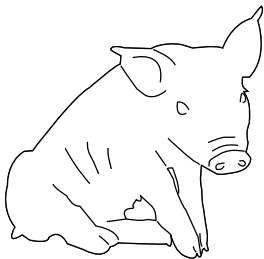
Medium-size  
like a  
ZEBRA...  
scared  
but not  
out of control.

As small as  
a MOUSE...

I can  
chase it  
away!



About the size of  
a PIG...  
maybe I can  
handle this.



# Try to Relax! Here are some FUN ways to relax...



## Spaghetti Toes\*

Pretend you're a noodle! Imagine each part of your body is uncooked (stiff) spaghetti...and then cooked (soft) spaghetti. Start with your wiggly toes and make all the different parts of your body as soft as cooked spaghetti.

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## Jelly Belly\*

Take slow, deep breaths and watch how your stomach moves in and out. Try this when you're stressed and you will feel better and more relaxed right away, instead of getting more upset.

