

My worries

- 1. Make a "worry jar" or box (or use the outline below) and put inside it anything you're worried about in the near future.
- 2. Look at each worry with an adult and talk about what you can do to feel better about this.
- 3. Write down some little reminders attached to each worry to remind yourself about what you can do to help. (Post -it notes would be good for this).

