

Worry - What's going on?

Think of a time where you felt really worried or scared. It might have been your first day at school or something else. Write down everything you can remember about that situation (maybe even draw a picture on the back).

Did you do anything to try and calm yourself down? If so, what did you do?

Where in your body do you normally feel worried?

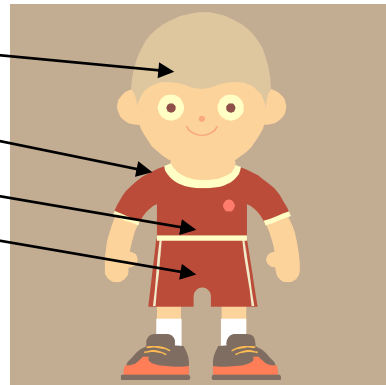
Head

Shoulders

Chest

Stomach

Other? _____



Draw how this feels:

A large, empty rounded rectangle with a blue border, intended for the child to draw how they feel. In the bottom-left corner of this rectangle, there is a small cartoon character holding a large yellow pencil.

What words can describe these feelings?

Recall times where you felt worried, scared or nervous. Try to think about what you were thinking.

Next try to replace that thought with a more positive or better thought. I bet you feel differently! 😊

Replacing my thoughts and feeling better

Worrying situation and feeling	Thought	New or better thought	New feeling
😞😞😞			😊😊
😞😞😞			😊😊
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Counselling Notes: Worry – What’s going on?

Description: This worksheet is designed to help clients understand anxiety and how it feels in their body.

Ages: 8+ years.

Ideas for use:

- Work through the questions.
- Read a picture book with the client about worry or anxiety. Some good books are listed below.

Possible Counselling questions:

- Why do think people worry about things?
- What is the point of worry?
- Why is it important to try and control your worry?
- What is the most effective way for you to control your worry?
- Have you ever read any books about worry? If so, what did you learn from these books?
- How can you stop worrying?
- What happens when you worry too much?



Picture books about worry or anxiety:

- The Huge Bag of Worries – Virginia Ironside and Frank Rodgers.
- Little Mouse's Big book of Fears – Emily Gravett.
- What To Do When You Worry Too Much: A Kid`s Guide to Overcoming Anxiety – Dawn Heubner (This book is based on CBT techniques. You can read this book out aloud with younger clients).
- What to do When You`re Scared & Worried: A Guide for Kids – James Crist.

Good reference book:

- Your Anxious Child: How Parents and Teachers can Relieve Anxiety in Children – John Dacey & Lisa Fiore.

Other worksheets to explore in this series:

- My Scary List
- The Worry Box
- Excessive Worry
- Let it Go
- Stress Management