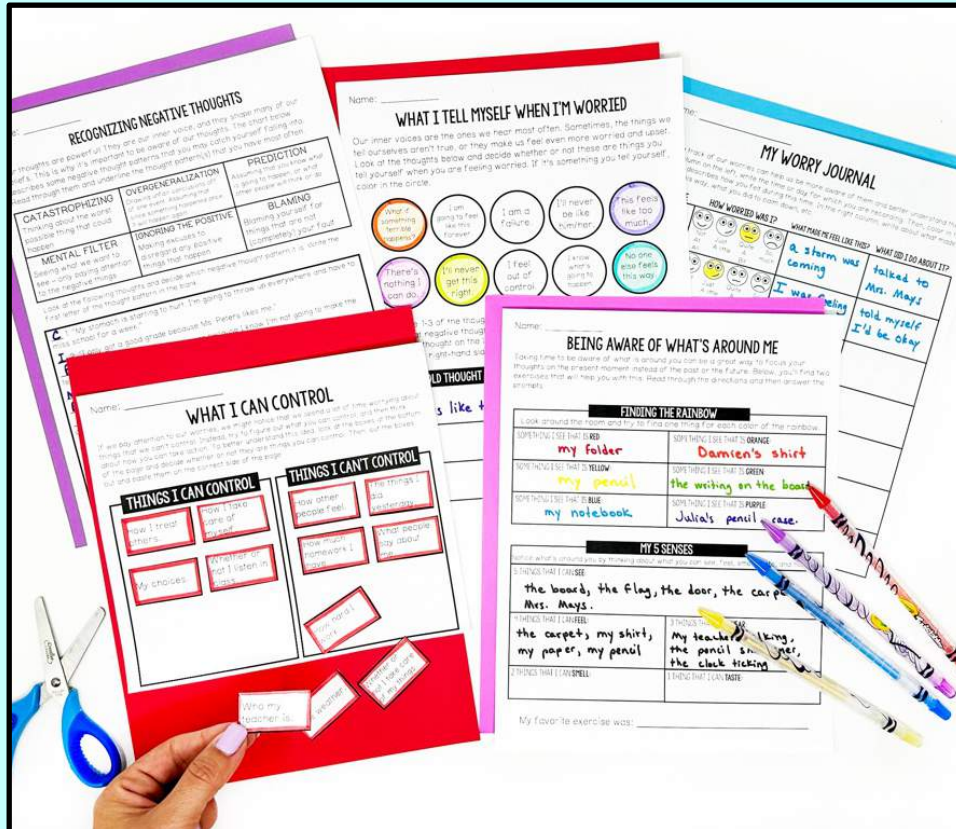


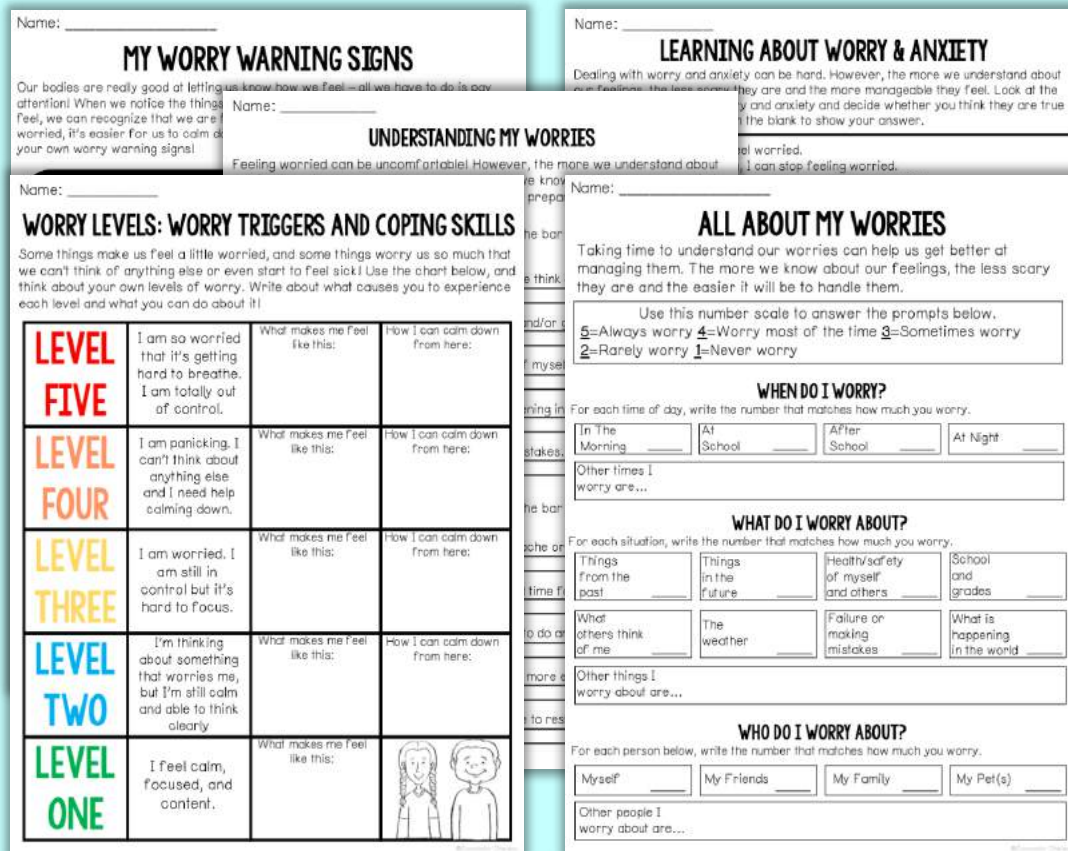
Use these 15 worksheets to help your students understand and manage their feelings of worry and anxiety!



Perfect for...

- Worry & anxiety lessons or small groups
- Supplementing other worry & anxiety activities, books or videos
- Students who could benefit from learning to manage their worry

6 Worksheets To Help Kids Understand Their Worries



Kids will learn:

- Information about worry and anxiety
- What their worry triggers are
- How they can recognize that they are feeling worried

9 Worksheets To Help Kids Cope With Their Worries

Kids will learn about and practice positive coping skills like:

- Positive Self-Talk
- Mindfulness
- Focusing On What You Can Control
- Doing Things You Enjoy
- Journaling

Name: _____

DEALING WITH OUR WORRIES: POSITIVE OR NEGATIVE

When we feel worried, there are different things that we do to help to make us feel better. Some of those things we might even do without realizing it. There are a lot of coping skills - they are strategies we use to cope with our feelings. Some coping skills are positive - we feel because they are good for us and help us feel better, and some are negative - which may not be good for us, and may not actually help.

1. Talking to someone you trust about how you feel
2. Talking to other people
3. Thinking about the worst thing that could happen
4. Writing about how you feel
5. Breathing yourself - breathing away from people
6. Focusing on what you can control
7. Breathing like a deep breath in, hold it, and breathe out slowly
8. Taking deep, slow breaths
9. Doing something you enjoy to distract yourself
10. Reminding yourself that it's normal to have worries
11. Choosing to do things that make you feel worried
12. Putting your head down and not talking to anyone
13. Making sure that you are getting enough water and sleep
14. Telling yourself that you are strong for having worries
15. Reminding yourself that your worries won't last forever

POSITIVE COPING SKILLS	NEGATIVE COPING SKILLS

MY PLAN FOR MANAGING MY WORRIES

When we feel worried, there are different things that we do to help to make us feel better. Some of those things we might even do without realizing it. There are a lot of coping skills - they are strategies we use to cope with our feelings. Some coping skills are positive - we feel because they are good for us and help us feel better, and some are negative - which may not be good for us, and may not actually help.

THINKING AHEAD

Things that might make me feel worried:

When I feel worried, I will:

Things I can't help with:

Things I can help with:

Things I can't help with:

Things I can help with:

MANAGING WORRY: DOING THINGS I ENJOY

When we feel worried, there are different things that we do to help to make us feel better. Some of those things we might even do without realizing it. There are a lot of coping skills - they are strategies we use to cope with our feelings. Some coping skills are positive - we feel because they are good for us and help us feel better, and some are negative - which may not be good for us, and may not actually help.

What I like to do:

When I feel worried, I will:

Other things I like to do:

MY WORRY JOURNAL

Keeping track of our worries can help us to be more aware of them and better understand them. It can also help us to see if there are any patterns in our worries. We can use this journal to write down our worries and how we feel about them. We can also use it to write down any coping skills we use to help us feel better.

DATE	HOW WORRIED AM I?	WHAT AM I WORRIED ABOUT?	WHAT DID I DO ABOUT IT?

BEING AWARE OF WHAT'S AROUND ME

Being aware of what's around me can help me to be more aware of my feelings and thoughts. I can use this worksheet to write down what I see, hear, feel, and think. This can help me to be more aware of my feelings and thoughts and to be more aware of what's around me.

FINDING THE RAINBOW

What I see: _____

What I hear: _____

What I feel: _____

What I think: _____

MY 5 SENSES

What I see: _____

What I hear: _____

What I feel: _____

What I think: _____

What I smell: _____

What I taste: _____

FOCUSING ON THE NOW

Sometimes we spend too much time thinking about what has happened in the past, or what might happen in the future. This can be an expense because we are not focusing on what we can do now. We can use this worksheet to focus on the present and to be more aware of what's around me.

What I worry about that's in the past: _____

What I worry about that's in the future: _____

One thing I can do to help myself focus on the present: _____

WHAT I CAN CONTROL

If we are able to control our worries, we can feel better. We can use this worksheet to write down what we can control and what we can't control. This can help us to be more aware of our feelings and thoughts and to be more aware of what we can control.

THINGS I CAN CONTROL	THINGS I CAN'T CONTROL

WHAT I TELL MYSELF WHEN I'M WORRIED

Our brains are wired to be afraid. Sometimes, this thing we tell ourselves isn't true, or it may make us feel more worried and upset. We can use this worksheet to write down what we tell ourselves when we're worried. If it's something we can't control, we can tell ourselves that we are strong and brave.

Old thought: _____

New thought: _____

Old thought: _____

New thought: _____

Old thought: _____

New thought: _____

RECOGNIZING NEGATIVE THOUGHTS

Our brains are wired to be afraid. Sometimes, this thing we tell ourselves isn't true, or it may make us feel more worried and upset. We can use this worksheet to write down what we tell ourselves when we're worried. If it's something we can't control, we can tell ourselves that we are strong and brave.

CATASTROPHIZING

Thinking about the worst possible thing that could happen.

OVERGENERALIZATION

Thinking about one bad thing and assuming that all things are bad.

PREDICTION

Thinking about something that might happen and assuming that it will happen.

MENTAL FILTER

Thinking about one bad thing and ignoring all the good things.

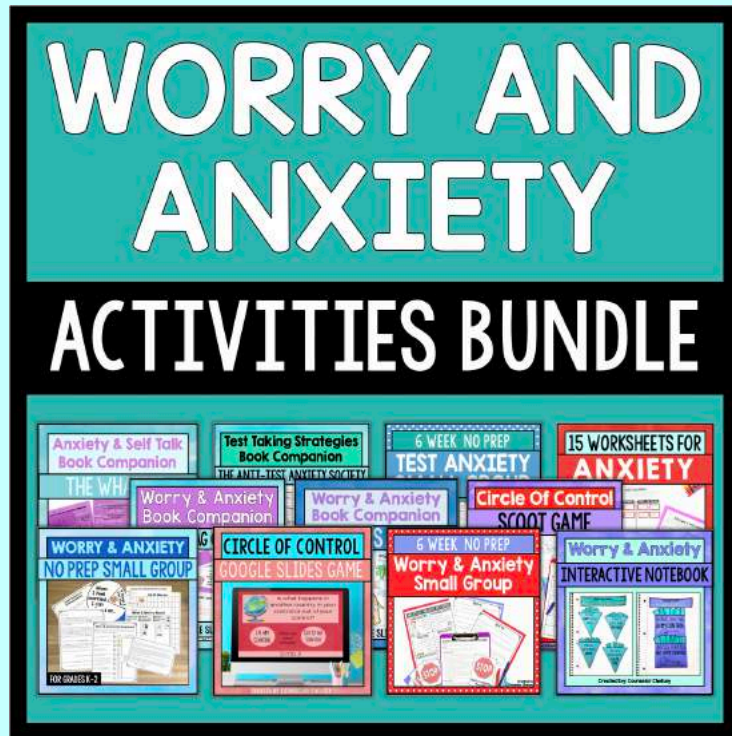
MINORIZING

Thinking about one bad thing and assuming that it's not a big deal.

BLAME

Thinking about one bad thing and assuming that it's someone else's fault.

Teaching About Worry & Anxiety? Bundle And Save!



These activities are part of a bundle that includes 11 resources focused on worry and anxiety. They will help your students better understand their worry and anxiety, learn to recognize it, and develop positive coping skills they can use to handle their anxious feelings.

[See The Bundle Here](#)