

# Worry

Our brains are so clever, they are always imagining what might happen in the next minute, or later on today, or tomorrow . . .

Sometimes, we imagine things that make us happy or excited - like how good it will be to dive into the cool, blue water when we go to the beach – or how much we are looking forward to going to a friend's place to play.

At other times, we imagine things that might be less happy, maybe even bad.

This is called worry and we all do it sometimes.

When we worry, we can ask ourselves questions like . . .

**What if** . . . I can't sleep? . . . I am not good at something?

. . . I can't make friends? . . . I get sick? . . . I am scared?

**What do YOU worry about?**

*Sometimes I wonder if...*

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*When you feel worried...*

- Think of 3 things you are good at - Remember that you can use that wonderful brain to imagine good things.  
Try it now.
- Imagine something fun happening to you and draw a picture of this.
- Think about **What now** rather than **What if**.
- Use all of your 5 senses right NOW! Can you name them? See answers at the bottom of the page.
- Talk to an adult you trust.