



Are you feeling worried? Anxious that things are out of your control?

You aren't alone! Everyone worries, but sometimes those worries grow pretty big and they take up all of our thoughts. That's when we might feel *overwhelmed*, like there is just too much worry pulling us down.

It might really help if you can measure your worry. Is your worry something that involves being hurt? Is someone bleeding? That kind of worry would be called an **emergency**.

Are you worried because someone is sick or has died? That would be a **huge** worry.

We need help and lots of time to deal with a huge worry. Did someone hit you? That would be a **big** worry.

Maybe, you've had an argument with your friend. That might be a **medium** worry.

Did you do something that you wished you hadn't? Maybe you needed to take a time out?

That would be a **smaller** worry, something you can learn from.

Finally, are you disappointed or feeling frustrated? We would call that a **glitch**.

Sometimes measuring our worry helps us realize how best to respond.

HOW BIG IS THE PROBLEM?

Emergency!	-Earthquake -Blood or broken bone -Someone's hurting me	5
Huge	-Parents are divorcing -Grandparent is very sick -Pet died	4
Big	-A kid hit me -Can't do my work -Feel really sick	3
Medium	-Argued with friend -Forgot homework -A kid called me a name	2
Small	-Had to clip down -Someone cut me in line -5 minutes on the bench	1
Glitch	-Don't have a pencil -Indoor recess -Teacher didn't call on me	0

Cool Books to Check Out

These are some really cool books that talk about worries and will help you realize you are not alone.

Feeling worried is normal and to be expected when we are grieving.



Worry Monster Activity

It really helps when we talk about our worries and even better yet, when we can draw them and show someone what that worry looks like and why it bothers you.

Take a box and decorate it with things you like and have around the house. Make an opening in the box to pop your worry pictures into. Once your worry picture is inside the monster, you can relax and know that the worry is no longer in yours.

Tips for Grown Ups:

Sometimes grown-ups try to help us feel better by telling us not to worry, that everything will be okay, and that's probably very true, everything will be okay. But when it comes to worrying, it's best to **acknowledge the worry** and put it in perspective, **decide how big the worry really is**.

Next, **draw that worry** on paper with as many details as possible. Let other people see your worry and then don't forget to drop it in the worry box. Once your worry picture is in the box, it no longer has as much power.

What to Say to Actually Help a Child Who Feels Worried:	
How big is your worry? Where do you feel it in your body?	This isn't a big deal.
How can we tell your worry to leave you alone?	Just stop worrying.
I'm here to listen. Tell me about your worry.	You're making things worse.
Your feelings are valid.	There's no reason to be worried.
What do you think might happen? What is most likely to happen?	Everything will be fine.
Let's breathe together.	Calm down!
Where do you feel your worry in your body?	It's all in your head.

