



How I fight the worry
bug

By

Name

My worry bug looks like this

When my worry bug bothers
me, I feel

-----,-----,

Then I (What do you do when you feel worried)

-----,-----,

-----,

And I don't like it.

Here is what I can do to fight
the worry bug.

I can draw  one thing that I see 

I can eat  one thing that I like

I can smell  one thing that
makes me feel good

I can listen  to one story or song

I can touch & feel  one thing that is soft

I can also tell my worries to an adult that I trust. (Draw a person you trust)

Now I feel like this

(Draw how you feel now; happy, relaxed, worry-free!)