



Worry time

Dealing with "what if" worries

Imagine you have a 'worry backpack' where you can store all your worries when they pop into your mind.

You can **take them out later and look at them during worry time. Here is how:**



1 Catch your worries

If a worry comes to you, **jot it down** on a piece of paper or tell an adult so they can help you write it down.



Remember: You are not ignoring your worries. You are 'putting them in your backpack' and will get them out later.

2 Let go for now

Now it's time to **go back** to what you were doing before the worry arrived - or start something new!

3 Worry time

With the help of an adult:

1. **Sort your worries** out into "what ifs" or "practical".
2. **Worry away** about the what ifs.
3. **Solve** the practical ones.



You can draw a smiley face next to the worries that don't bother you anymore and cross them off!

Once you've finished your worry time, it's a good idea to **do something fun or calming.**

The Worry

Clemens Wendtner



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