Name: _____

Circle the worried picture.

Look at the pictures. Circle worried.

1



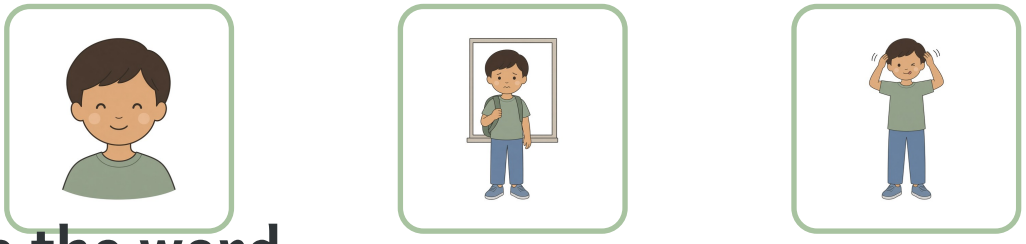
2



3

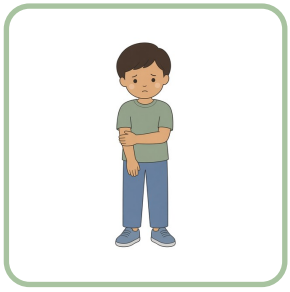


4



Trace the word.

Trace the word worried.



worried

worried

worried

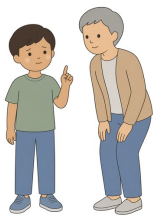
Name: _____

Things that help worried: cut and glue.

Cut out the pictures. Glue them in the help box.

Glue here.

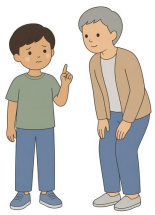
✂ Cut on the dashed lines.






How does worried look for you?

How does worried look for you? Circle your ways.






my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











check

ask

plan

worry box

busy head

Fill in the word.

Pick a word from the box. Write it in the space.

late · plan · box · again



1. Sam's grown-up is _____.



2. Sam makes a _____.



3. Sam puts the worry in a _____.



4. Sam asks _____.

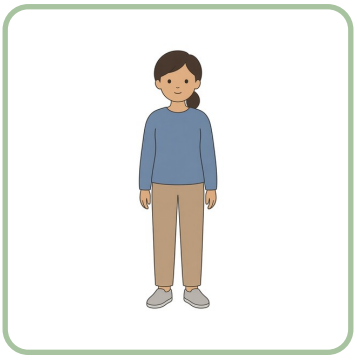
Name: _____

First, next, last.

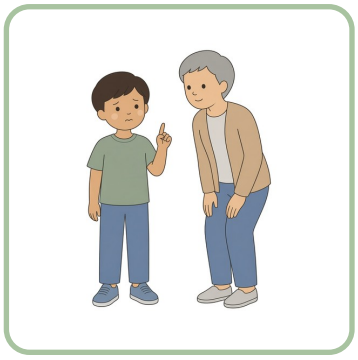
Put the pictures in order. Write 1, 2, 3.



Sam's grown-up is late



Sam's grown-up comes



Sam asks Sam's teacher

☐ ☐ ☐

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Worried thoughts can go round and round.



2. Asking again is naughty.



3. A plan can help worried.



4. Worried means something bad will happen.



Name: _____

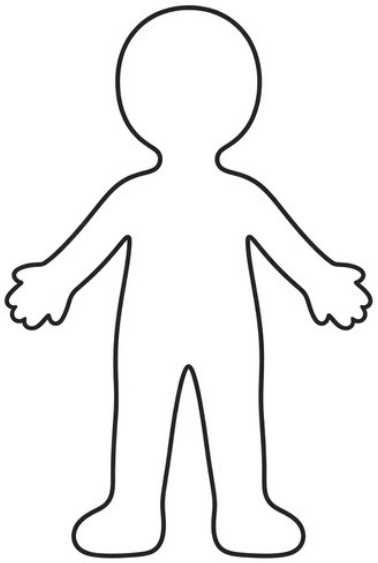
My worry plan.

Draw or write one worry and one plan.

1	2	3

My body and worried.

Where do you feel worried in your body? Color it.



- ☐ tight tummy
- ☐ busy head
- ☐ fast heart
- ☐ hard to sleep
- ☐ want to ask
- ☐ want to check
- ☐ want a hug
- ☐ my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “My grown-up is late.”

2. “I worry about the fire alarm.”

3. “Lee is worried.”

Today.

Today I felt worried about...

What helped?

Worried · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam worried; row 2: busy-head; row 3: pace; row 4: window-wait
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: busy-head = busy head; ask-again = ask; check-bag = check; worry-plan = plan; worry-box = worry box
D2: 1. late; 2. plan; 3. box; 4. again
D3: 1. Sam's grown-up is late; 2. Sam asks Sam's teacher; 3. Sam's grown-up comes
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Repeated questions are often a way to manage worry. Answer calmly; a written or picture answer can be checked again without asking.
- Make concrete plans: who, what, when. Show them with pictures.
- Warn about fire drills when possible and offer ear protection.
- A worry box or worry time can hold worries for later without dismissing them.
- Avoid "don't worry". Try "You feel worried. Here is the plan."
- Worry that stops daily life most days needs support; talk with your care team.