How I can use this My Worries tool

Sit with a child and ask them 4 things that worry them in the environment.

Then together brainstorm ways that will help the child feel calm and regulated.

GUIDING CONSULTING
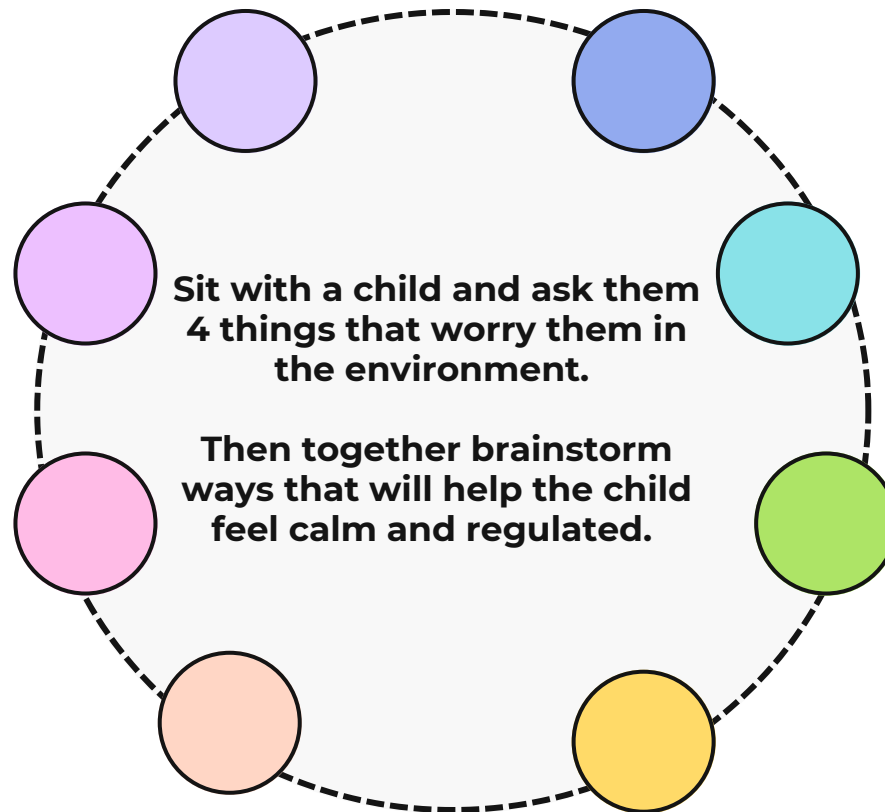YOU

I worry about..

I worry about......

Tools that help this...

Tools that help this....

Name

I worry about....

I worry about....

Tools that help this

Tools that help this.....

GUIDING
CONSULTING
YOU