

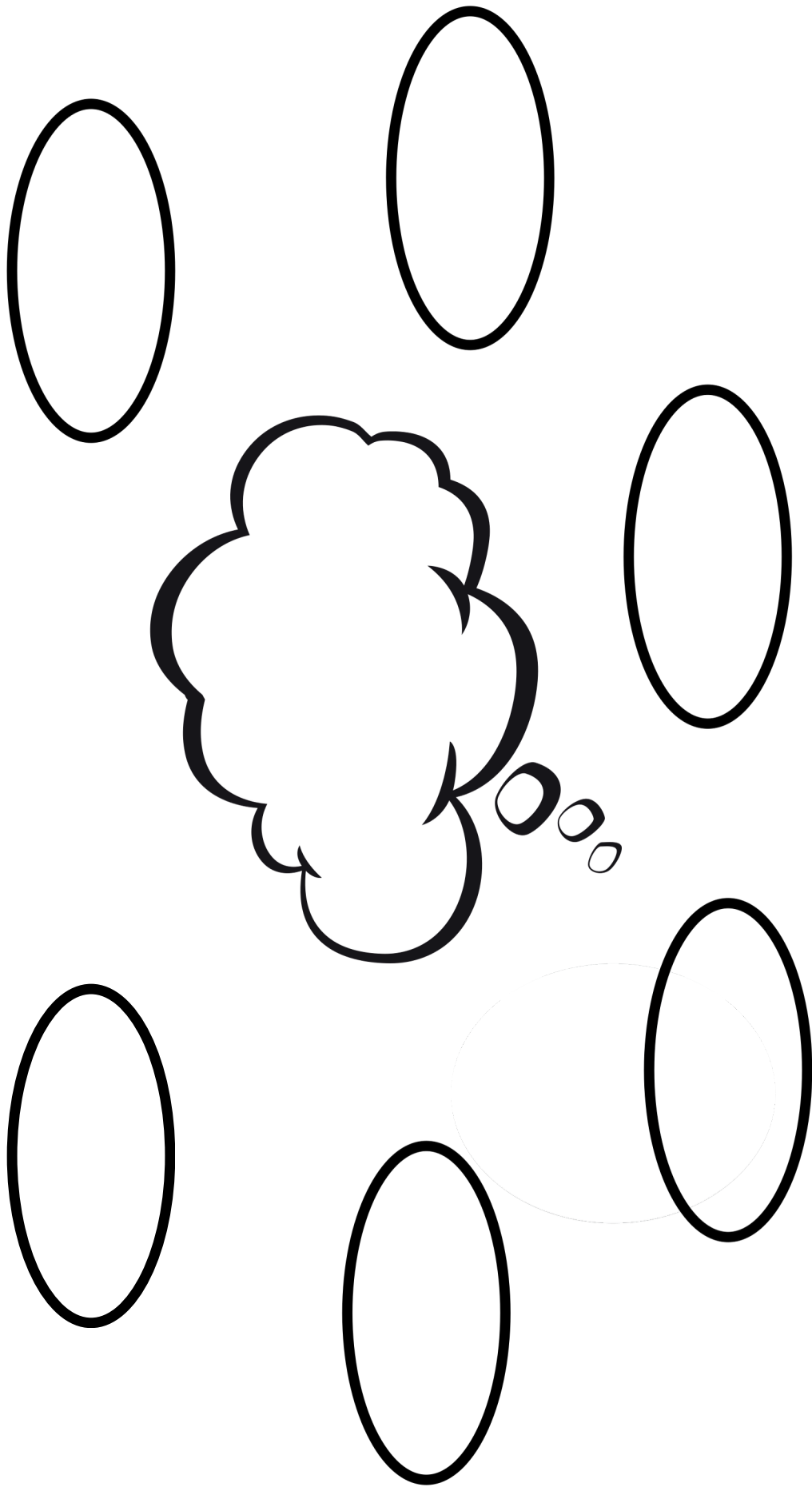
Thought- Feeling-Action Triangle



Worksheets to help kids explore,
understand and manage worries

WHAT DO YOU THINK WORRIES ARE?

Before we begin, let's look at what you think worries are. Try and brainstorm some ideas.



WORRIES

Worry is an emotion that causes unease, fear, or nervousness when thinking about things that might be unpleasant. It involves thinking about future events that could go wrong, leading to feelings of fear or anxiety. Some people refer to these feelings as worries, anxiety, or stress. Those who frequently worry often feel anxious about what could happen in certain situations. A worry can be a specific thought, like "what if I mess up during my drama performance and everyone laughs at me?" or a general feeling, like butterflies in your stomach or feeling sick when you're not actually ill. Worry is a natural response and can be helpful in some situations, like motivating us to study for a test or prepare for a big game. But when worry becomes overwhelming and starts to disrupt daily life, it's important to find strategies to manage and reduce those anxious feelings.



Everyone has worries from time to time, but if you find yourself feeling anxious more frequently or unable to stop thinking about something that's bothering you, this workbook is here to help. It will guide you in managing your worries so they no longer upset you. Take your time working through the pages, pay attention to how you're feeling, and don't hesitate to speak up if anything makes you uncomfortable—talking about your feelings always helps.

TIMES WHEN I HAVE FELT ANXIOUS

Everybody feels worried or anxious from time to time. For example, maybe you felt worried when you had to get an injection at the doctor's office, or perhaps you were worried when you started school for the first time because you didn't know anyone. It is even completely normal to feel worried if you have to talk in front of many people at your school assembly. Try and think of times when you felt a little bit anxious.

Write about some times you felt anxious...

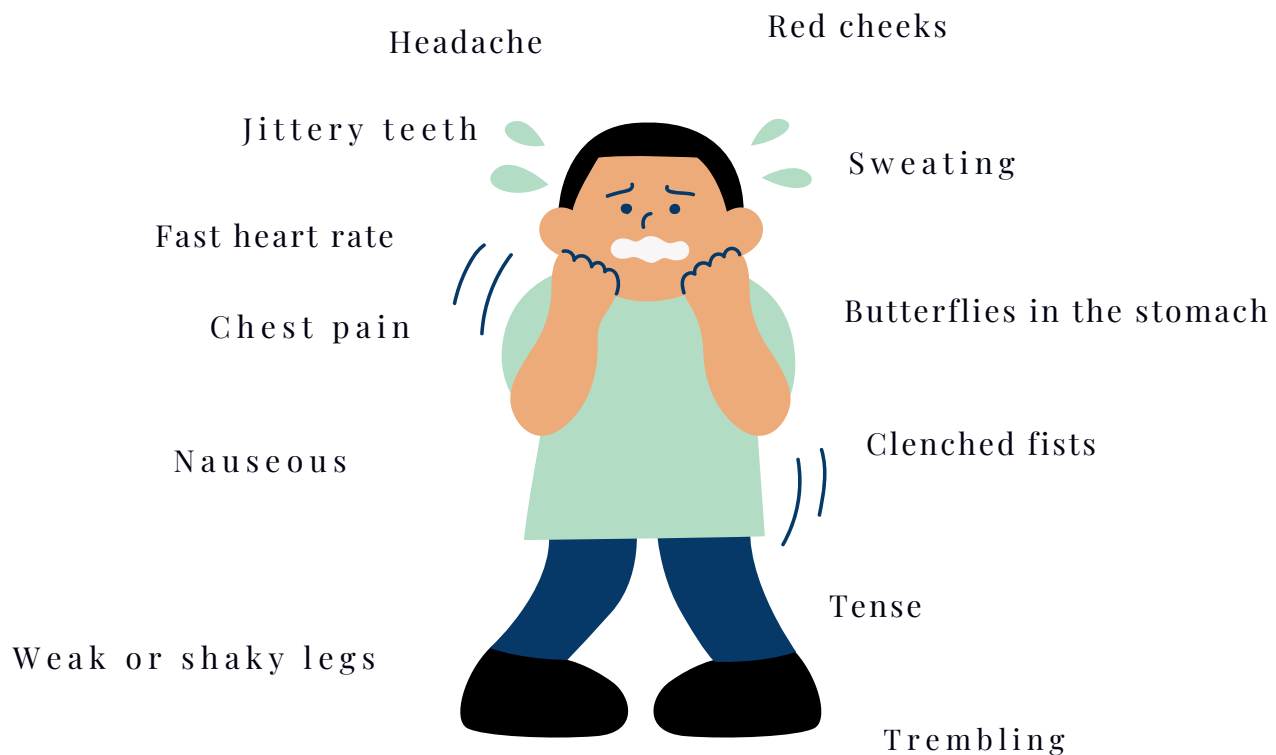


PHYSICAL SYMPTOMS OF ANXIETY

When our brains perceive a threat, whether it's a real physical danger like a tiger or a threat caused by worry or fear, they trigger a response that releases certain chemicals. This reaction is part of the sympathetic nervous system, which controls involuntary physical responses. These responses can vary greatly from person to person, but some common physical symptoms of anxiety include:

- Increased heart rate
- Rapid breathing or hyperventilation
- Sweating
- Trembling or shaking
- Muscle tension
- Headaches
- Dizziness or lightheadedness
- Nausea or upset stomach
- Dry mouth
- Cold or clammy hands
- Feeling of restlessness or being on edge
- Difficulty concentrating or thinking clearly

Understanding these symptoms can help individuals recognize when they are experiencing anxiety and take steps to manage it effectively.

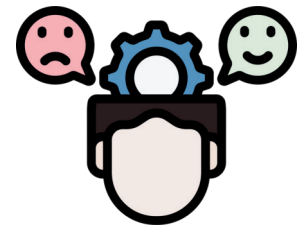




WHEN I FELT ANXIOUS I NOTICED SYMPTOMS IN MY BODY

Look at the previous page and try to outline or draw your physical symptoms.
Close your eyes and try remembering what happens to your body when you
feel worried.

WHAT IS CBT?



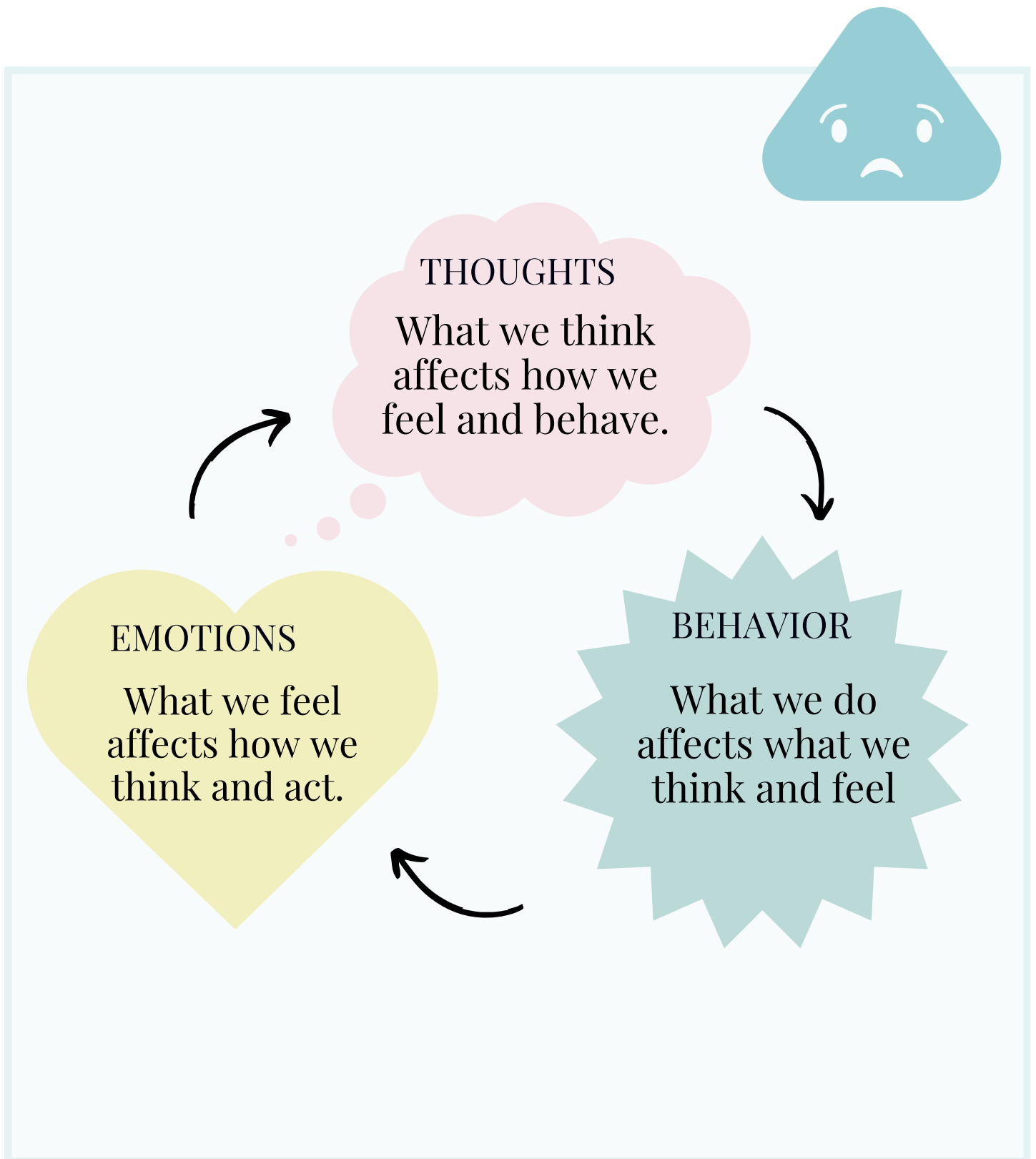
Cognitive behavioral therapy (CBT) is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns. CBT aims to help you identify and explore the ways your emotions and thoughts can affect your actions. Once you notice these patterns, you can begin learning how to change your behaviors and develop new coping strategies.

It is okay that there are aspects of your life you cannot control. However, continuing to worry about the things that you cannot control is like constantly holding an umbrella and waiting for it to rain. That "umbrella" will weigh you down eventually,

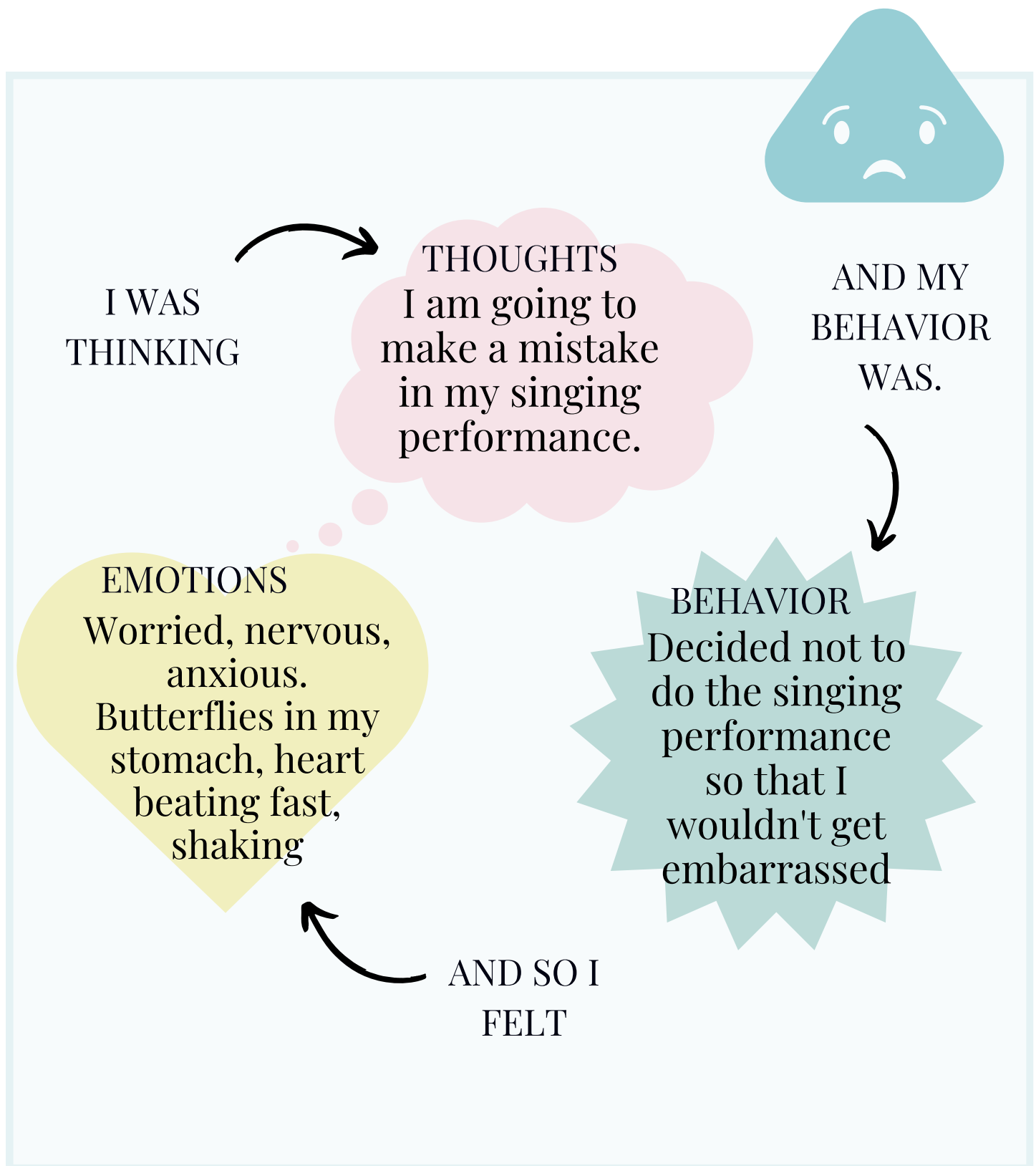
Let's practice identifying things you can vs. cannot control.

Through CBT, these thoughts are identified, challenged, and replaced with more objective, realistic thoughts.

THE WORRY TRIANGLE

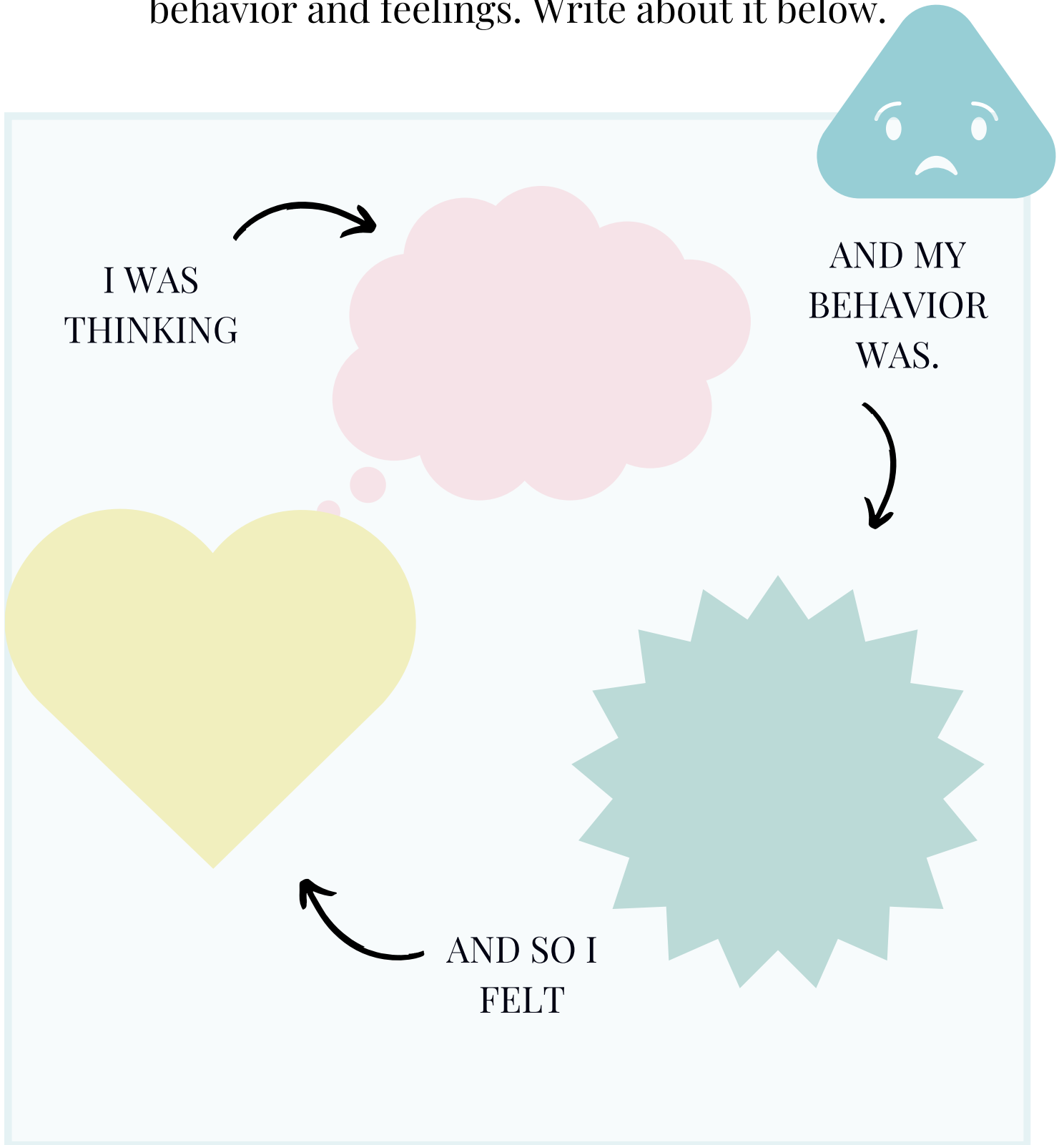


THE WORRY TRIANGLE



THE WORRY TRIANGLE

Think of a time you had a thought that affected your behavior and feelings. Write about it below.



What Worries You

Let's identify what worries you. List your worries in the 2 columns below:

[illegible]

MY BODY'S RESPONSE TO WORRY

Identify your triggers and change your negative thoughts.

Take this diary home and fill it out every time you feel anxious.

[illegible]

Putting your thoughts on trial

In this exercise you will put a thought on trial by acting as a defense attorney, prosecutor and judge, to determine the accuracy of your thought.



Prosecution and defense. Gather evidence in support of and against your thought. Evidence is a verifiable fact, not guesses, thoughts, or emotional feelings.



Judge. Come to a verdict of your thought. Is it fair and accurate? Are there any other thoughts that could explain the facts?

THE THOUGHT

CLUES FOR

CLUES AGAINST



THE CONCLUSION



REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive and productive thinking.

Instead of..	Try..
I'm going to fail this test	
Everyone is going to stare at me	
What if i make a mistake	
I wont know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come in last place	

WHAT IF ??



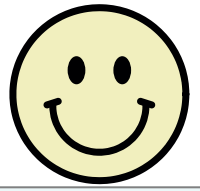
The fear:

What is the worst case scenario?

What are the chances of that happening? How likely is it?

What can you do to help yourself cope if that happens?

BEST CASE



What is the best case scenario?

~~What are the chances of that happening? How likely is it?~~

What can you do to try and make that happen?

What is the most likely scenario?

WHAT COULD HAPPEN VS. WHAT WILL HAPPEN

When you are worried about something, it's easy to imagine the worst possible thing that could happen. In reality, these worries may never come true. What *could* happen is not necessarily what *will* happen.

What is something you are worried about?

Thinking about what *will* happen instead of what *could* happen can help you worry less. When you start to worry, answer these questions.

What are some clues that your worry will not come true?

If your worry does not come true, what will probably happen instead?

If your worry does come true, how will you handle it? Will you eventually be okay?

After answering these questions, how has your worry changed?

THOUGHT RE-FRAMING

My Worry Thought

Is this really true?
What's the evidence?

How would someone else view this
thought?

Reframed Positive Thought

My Worried Thought

Is this really true? What's the
evidence?

How would someone else view this
thought?

Reframed Positive Thought

daily AFFIRMATIONS

I AM
brave

I AM
honest

I AM
Smart

I AM
loved

I AM
strong

I AM
valued

I AM
enough

I AM
kind

I AM
Safe

I AM
happy

I AM
worthy

I AM
fierce

IS IT A THOUGHT, FEELING OR ACTION?



THOUGHT



FEELING



ACTION

THOUGHT, FEELING OR ACTION CARDS

I am so
dumb

No body
likes me

Everyone is
going to
laugh at me

I can't do
this

My hair
looks so
bad

My teacher
hates me

What if I
fail

The park is
unsafe

Being late to
school is
really bad

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT, FEELING OR ACTION CARDS

Useless,
dumb

Scared

Anxious

Overwhelmed,
frustrated

Angry

Uncomfortable

Worried,
nervous

Jealous

Grateful

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

THOUGHT, FEELING OR ACTION CARDS

Spending too
much time on
social media
instead of
studying

Making new
friends

Waking up very
early to make
sure you are not
late to school

Not doing
any work in
class

Avoiding
places

Wearing a hat to
cover up your
hair

Asking
classmates for
help

High
five

Speaking at
the
assembly

PRINT DOUBLE SIDED

THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

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FEELING OR
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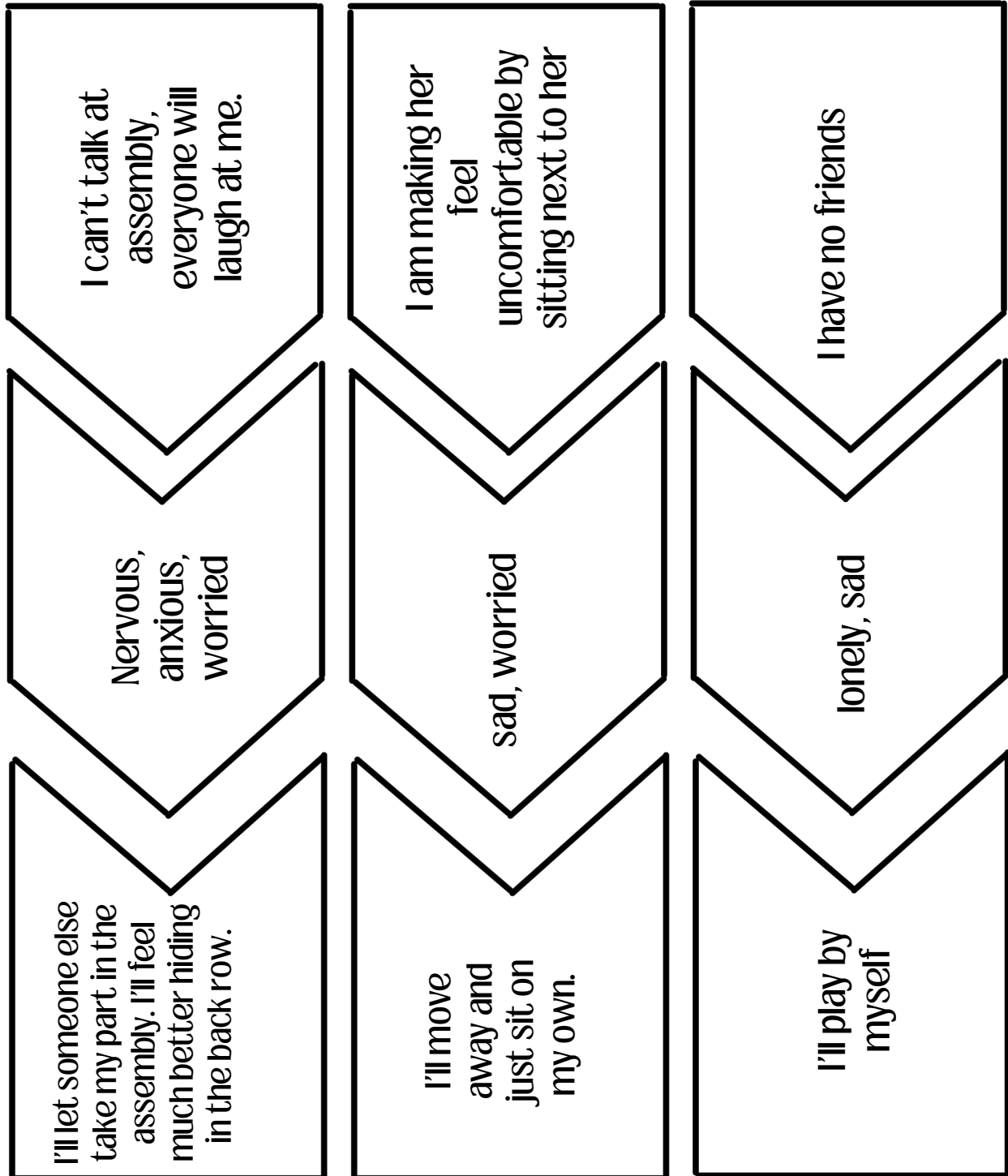
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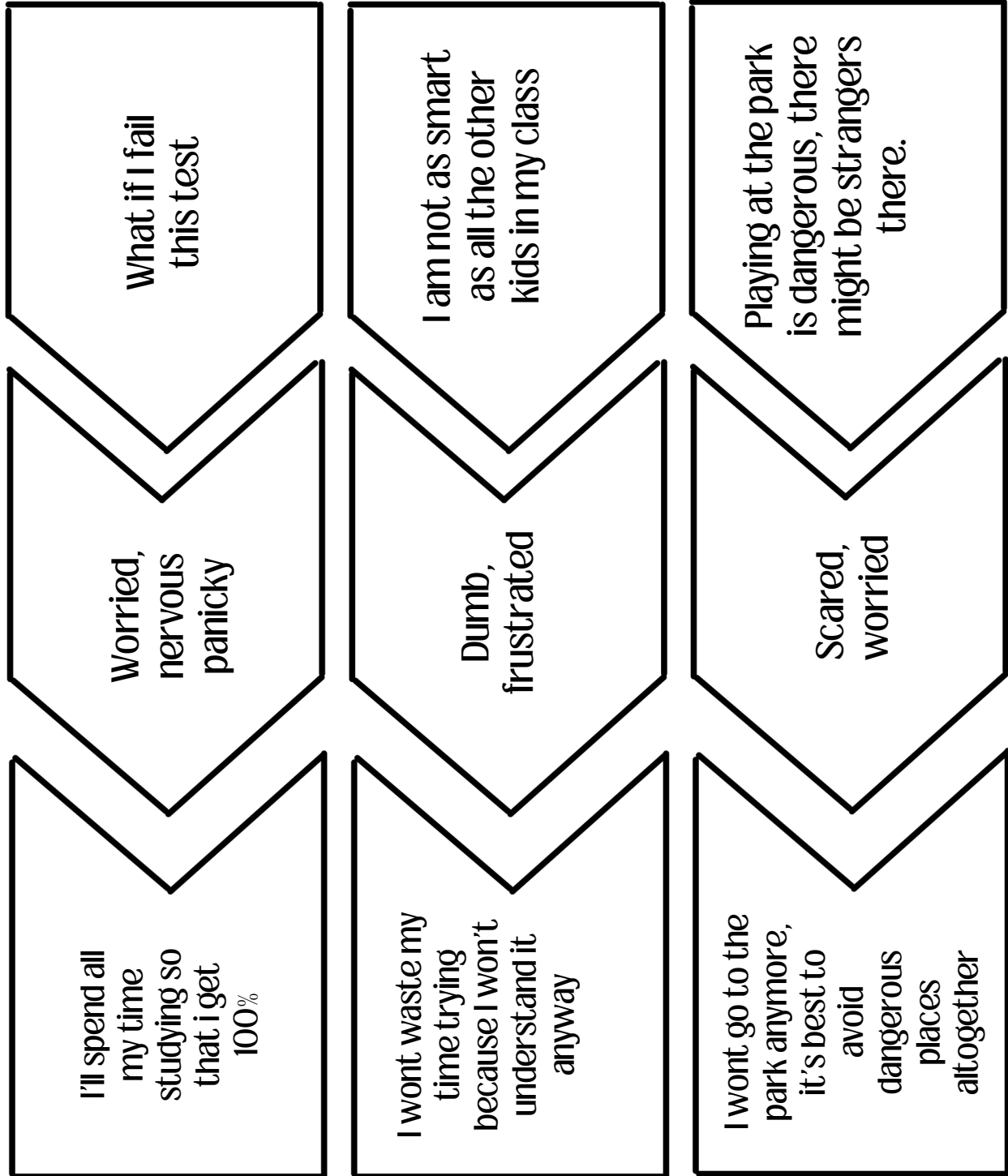
THOUGHT,
FEELING OR
ACTION?

THOUGHT,
FEELING OR
ACTION?

PUT THE PUZZLE TOGETHER

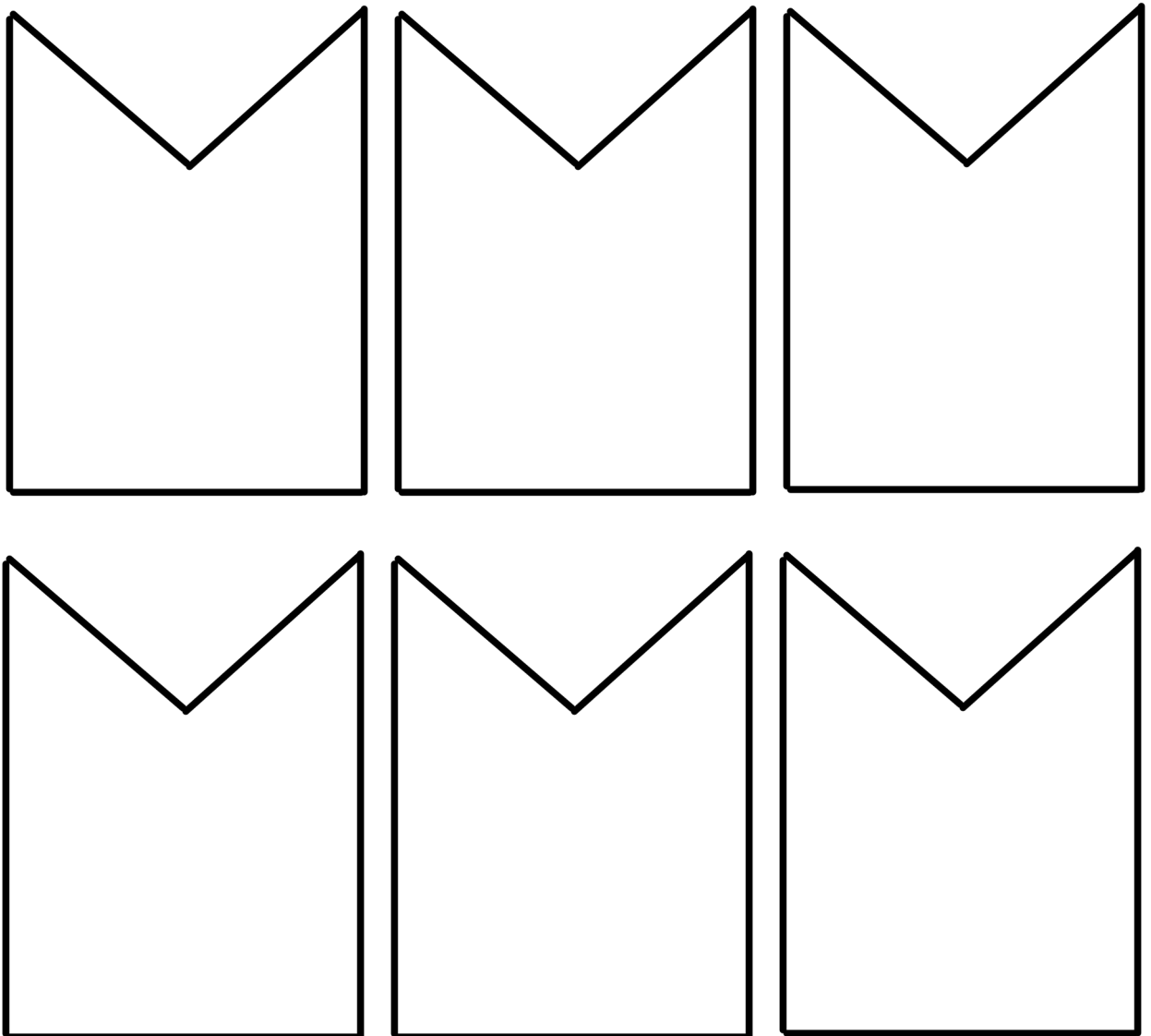


PUT THE PUZZLE TOGETHER



TAKING A DIFFERENT PATH

Reframe the ending to take a
different path that is more
positive.



REDIRECTING YOUR PATH CARDS

You said the wrong
answer out loud in class



Now everyone
thinks I'm dumb

You wore the wrong
colored shirt to school



I can't go to school, I
will stand out all day

You forgot your
pencil case



Now I can't do any work and
my teacher will yell at me

You forgot your
lunch



Now I will be hungry
all day

Someone said something
mean about you on social
media



Everyone agrees with that person
that said something mean about me

You got blamed for
something that
wasn't your fault



I always get blamed for
everything

Your best friend has
been spending more
time with someone else



They don't like me
anymore

You tripped over in front of
your class and everyone
started laughing



Everyone thinks I'm
so clumsy.

RE DIRECTING YOUR PATH CARDS



Embarrassed



heart beating fast



Stupid



Shakey



Unorganized



Butterflies in stomach



Silly



Sick



Angry



Sad



Annoyed



Worried



Hurt



Nervous



Confused



Jelly legs

REDIRECTING YOUR PATH CARDS



Try and learn from my mistakes and understand that it happens to everyone



Try and avoid answering any questions in front of the whole class ever again



Ask if you have done something wrong



Ignore them and stop being friends with them



Accept that these things happen and laugh it off



Go home immediately and stay there for the remainder of the day



Ask someone if you can borrow some pens or pencils



Don't ask for help, do no work and hope that nobody notices



Ask the teacher or cafeteria worker to borrow some money and pay it back the next day



Don't say anything to anyone and remain hungry all day



Confront the person



Get back at the person and say something mean about them



Explain the truth of what really happened



Don't say anything and allow people to blame you for more things in the future



Have a laugh to yourself, and find the humour in it



Yell at everyone for laughing at you

RE DIRECTING YOUR PATH CARDS



Gain confidence



Lose confidence



Gain resilience



Worry more



Gain communication
skills



Worry all the time about
what people think about
you



Be happier



Get more overwhelmed
in situations



Learn to not take life
too seriously



Lose more friends
in the future



Grow as a person



Become more lonely



Gain social skills



Argue with people more
often



Gain conflict
resolution skills



Always afraid of making
mistakes

Daily Affirmations

I believe
in myself

I am
strong

My
voice
matters

I will treat myself
with kindness

I choose
to be happy
no matter
what

I am learning each day

Good
things are
happening
to me every
day

I am worthy of
love and joy

I am
enough

I don't
give up

I am always
doing my best

Today is
going to be
amazing

I love my uniqueness

STRATEGIES I CAN USE TO MAKE MYSELF FEEL BETTER

Next time you are feeling worried about something, try some of these activities to see if they can help to take your mind of your worries.

DRINK
WATER



STAR JUMPS



YOGA



WRITE OR DRAW
YOUR WORRIES



TALK TO
SOMEONE



SPEND TIME
IN NATURE



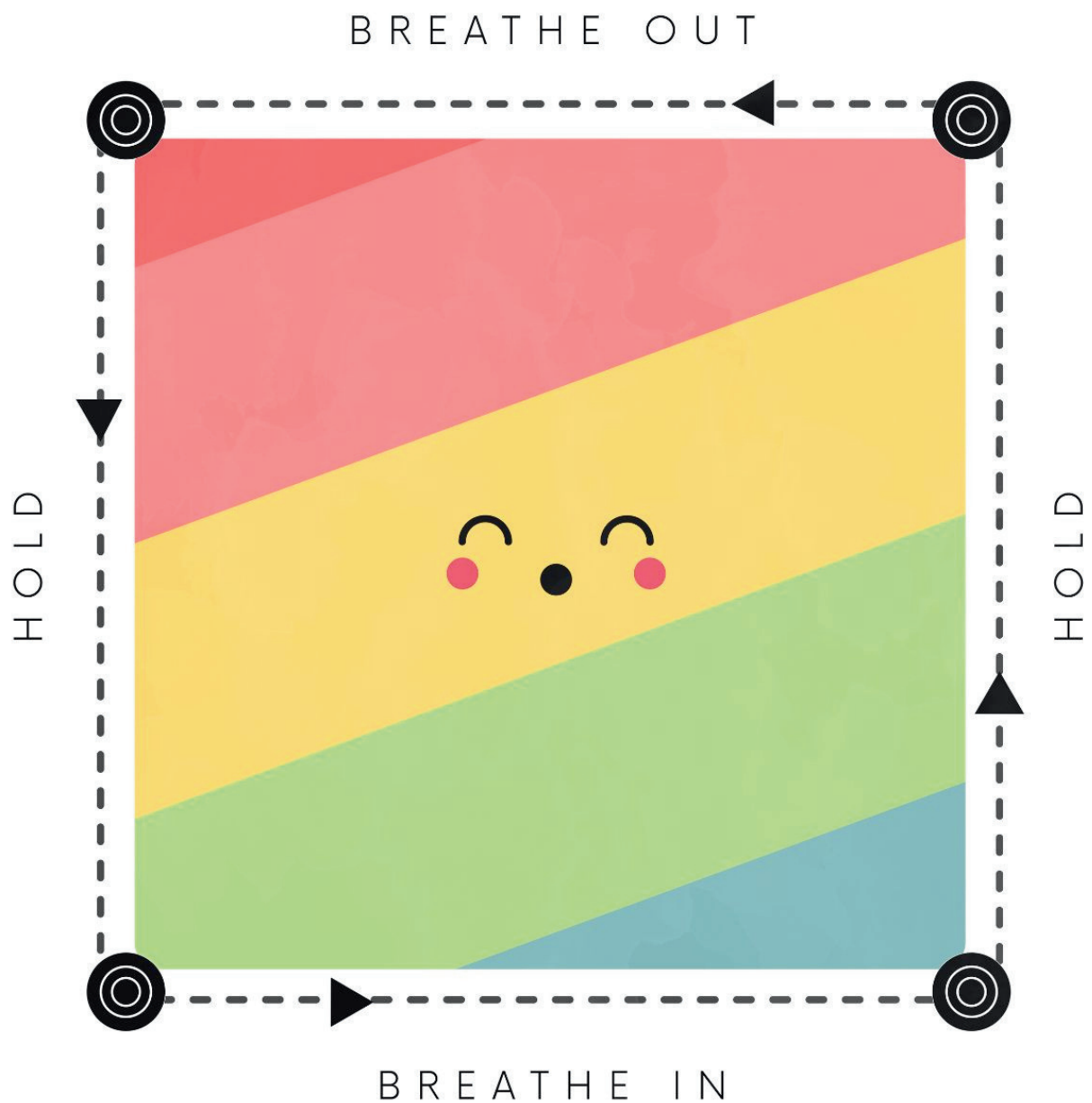
HUG A
TEDDY



LISTEN TO
MUSIC



BOX BREATHING



5-4-3-2-1

G R O U N D I N G

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THINGS YOU CAN TASTE