

My Worry Cards

How to make the cards

1. Print off the cards
2. Discuss worries together.
3. Write or draw one worry down on each card.
4. Discuss possible solutions together for each worry. Use the image sheet for help with this.
5. Write or draw possible solutions for each worry together.

Other ideas

- You can make this resource portable by sticking the Worry and solution card back-to-back laminating and popping up on a key chain
- Use the pictures to help generate discussion to label solutions or to decorate the cards.

My Worry Cards

I AM WORRIED ABOUT

WHAT I CAN DO ABOUT
MY WORRIES

I AM WORRIED ABOUT

WHAT I CAN DO ABOUT
MY WORRIES



My Worries



School



Mealtimes



Noises



Public
transport



Getting poorly



Making friends



The dark



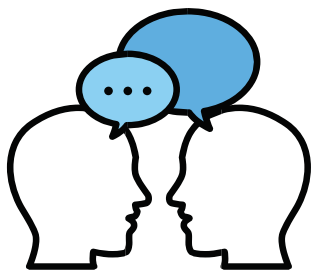
Bugs



Getting
things wrong



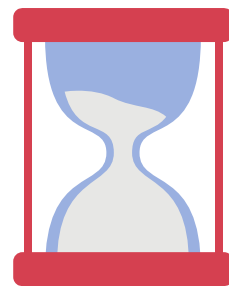
When I am worried I can...



Tell a familiar adult



Write or draw my worries



Take some timeout in a quiet space



Try some mindfulness or breathing exercises



Take part in a hobby or special interest



Listen to some music

