



When I Feel Worried

Sometimes, I feel worried.



**It is okay to feel worried.
Everyone feels worried sometimes.**

I might feel worried when...



**there is a
thunderstorm.**



**my Parent is late
picking me up.**



I make a mistake.



I can't find someone.



When I feel worried, my heart starts beating faster, and my breathing gets quicker.

**I might feel like running away.
I might want to hide.**



I might not feel like I can move at all.



**When I feel worried,
There are things I can do to feel better.**



**My educators and parents
can help me feel better.**

When I am feeling worried, I can use my words to tell people: “I feel worried.”



**I can do other things to help me
with my worries.**



I can take deep breaths.



**I can remind myself
that I am safe.**



I can stay near a grown up.



I can read a book.



**When I feel better,
I can go back and play!**

I will not feel worried forever.

