

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.



I make a mistake.



my Parent is late picking me up.



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.

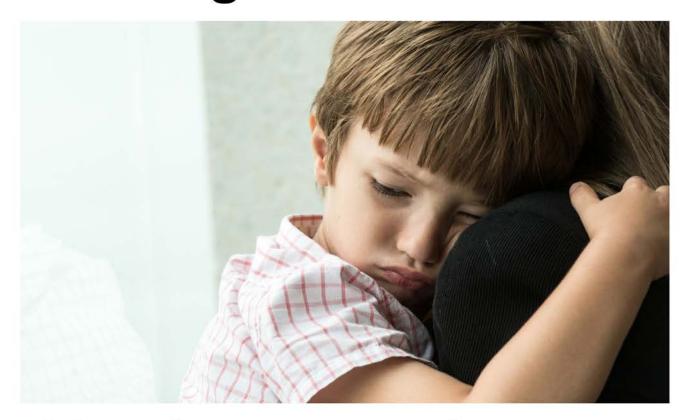




I might not feel like I can move at all.

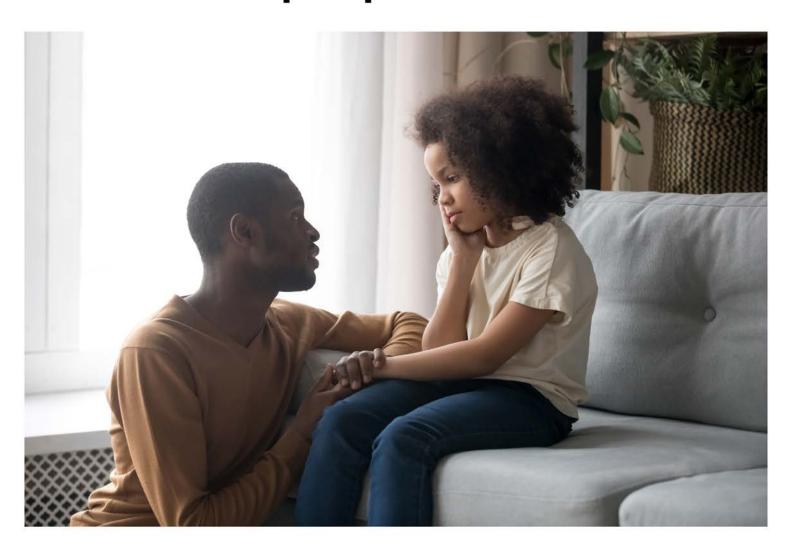


When I feel worried, There are things I can do to feel better.



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.

