



When I Feel Worried

Infants and Toddlers

Sometimes, I feel worried.



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

I might feel worried when...

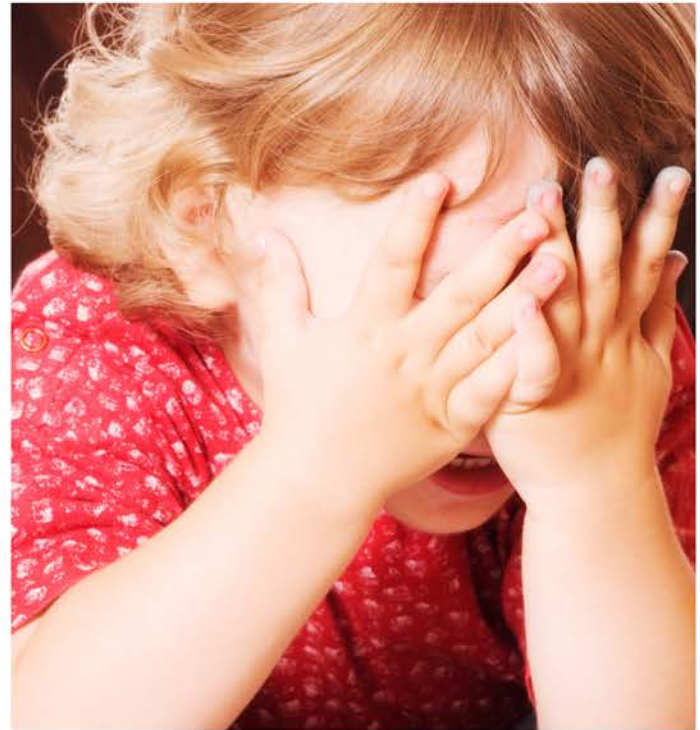


there is a thunderstorm.



I can't find someone.

**When I feel worried,
I might feel like running away.**



I might want to hide.

I might cry.





When I feel worried, my educators and family can help me feel better.



**I can use words or signs to tell them,
“I feel worried.”**



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



**I can stay near a
grown-up.**



**I can take deep
breaths.**



I can cuddle or get a hug.



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

I will not feel worried forever.

