

Illustrated Worries

SLCSD Elementary Lesson at Home with Student & Family

*Adapted from Dawn Huebner, PhD

Discussion: A worry is a specific thought that might upset you or make you feel bad on the inside. Sometimes adults call them “stress” or “anxiety”. A worry might be, “What if Dad forgets to pick me up from ballet?” or “What if I get a bad grade on my math test?”. Sometimes a worry is a feeling in our body, like a sick stomach, tearful eyes, or a headache and it’s harder to put into words. It’s normal to have worries sometimes, they can help keep us safe. But other times worries will stay and get bigger and bigger.

One of the best ways to help with worries is to find an adult you trust. Then use LOGIC. Logic means understanding that something really bad happening is usually rare, and if it does happen we can get through it together. When we use logic we can make a smart plan and we’ll feel less worried.

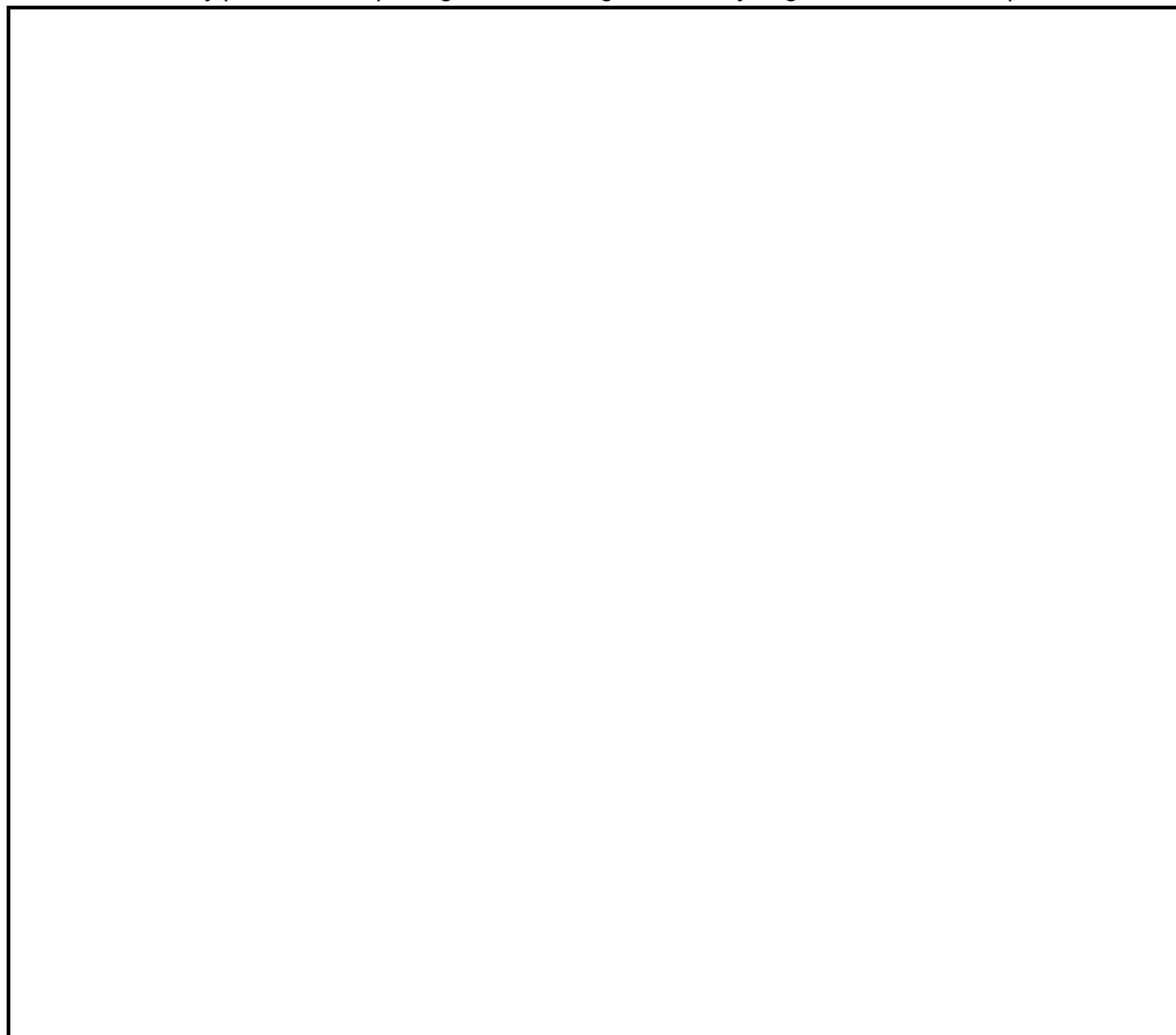
Activity Part 1: The first step is to put your worry or worries into words and pictures. In the box below write down words and pictures that describe your worry. Share this with your trusted adult after it’s done and then have a discussion. Your trusted adult will just listen and help you explore the worries. Sometimes a worry has another worry linked to it that we never really thought about.

Example: “What if the neighbor’s dog bites me?”, “I’m scared to be at the park if I see a dog?”



Activity Part 2: Now that you've expressed and illustrated your worries for the second step an adult can help you. In the next box write and draw what you can say or do to help yourself feel less worried. We maybe can't "fix" the root problem, but using LOGIC an adult can help us rethink about this worry and how it affects us.

Example: "I can ignore the worry.", "I can talk to an adult", "I can reset by riding my bike!", "I can ask my parents to help me go visit the neighbor's scary dog." "I can take 5 deep breaths"

A large, empty rectangular box with a black border, intended for the student to write and draw their response to the activity.

Followup Discussion: Now that you are stronger using logic, thinking about these worries will now be easier. You'll be someone who is less bothered by this worry. Take a minute to imagine yourself as that stronger/smarter kid! Can you visualize the worry slowly getting smaller and smaller and smaller?