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MY WORRY JOURNAL

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Welcome to your very own worry journal! The world is a big old place and sometimes things can seem a little bit scary. But it's okay to worry about things. Even grown-ups worry sometimes!

This journal is a safe place for you to write about those little worry trolls. You'll find that talking about them can make them feel a whole lot less scary.

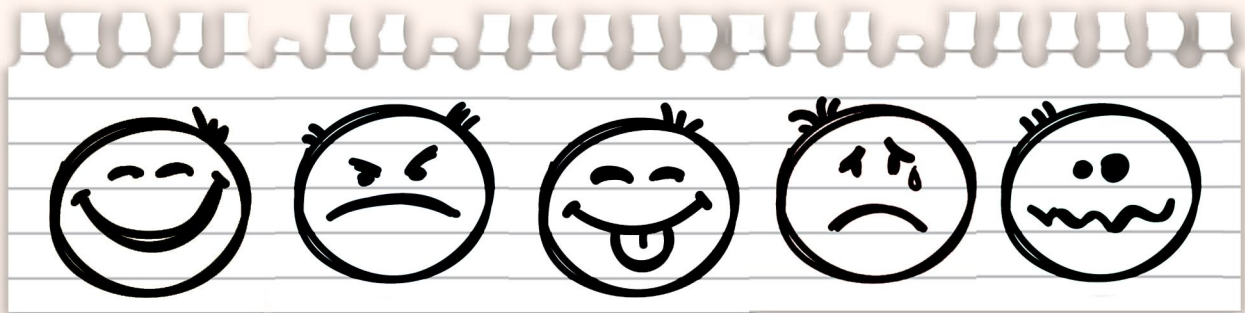
Have fun x



WHAT DAY IS IT TODAY?.....

HOW AM I FEELING TODAY?

(Circle the face that best shows how you feel)




WHAT HAPPENED TODAY?

Something that made me happy today...

Did anything make me feel sad or worried today?

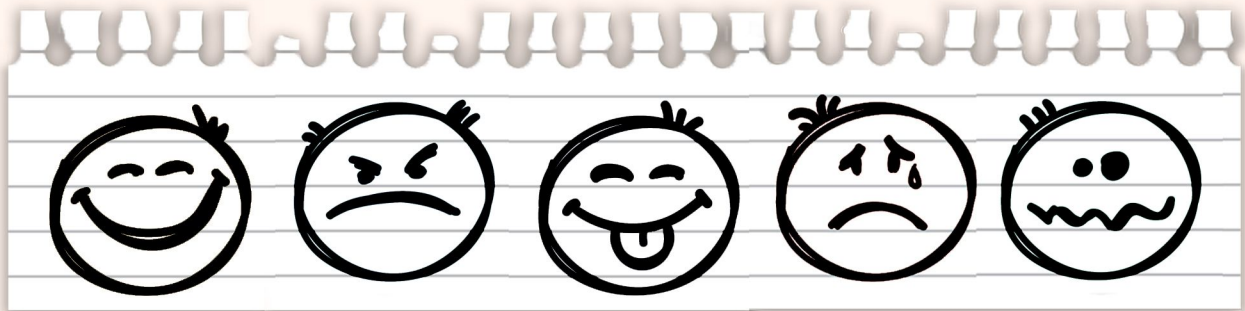
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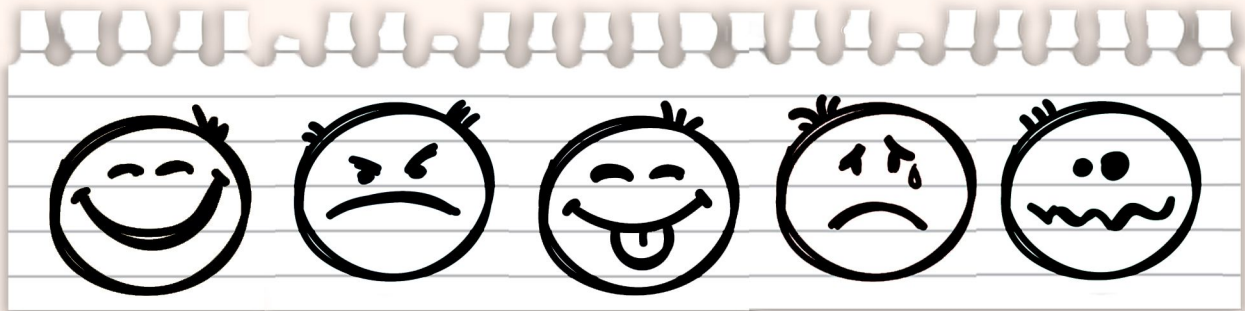
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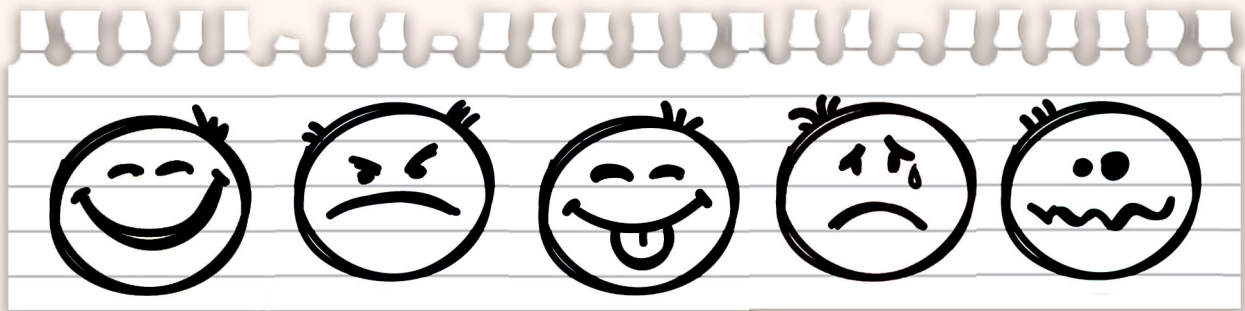
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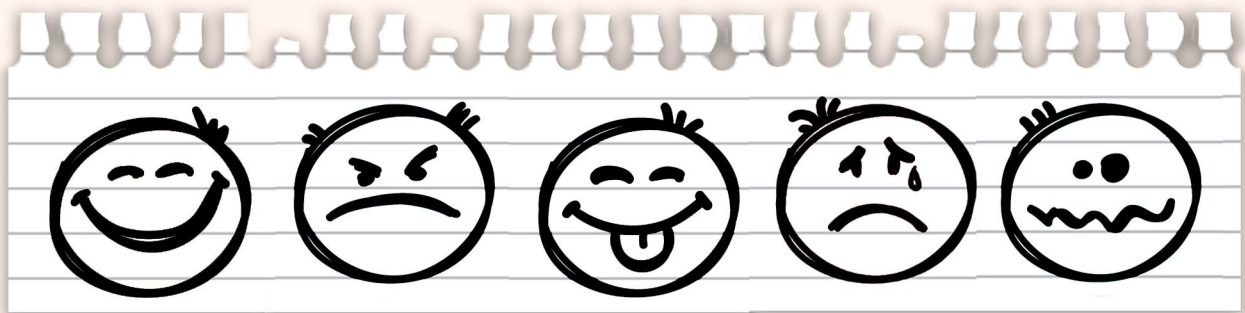
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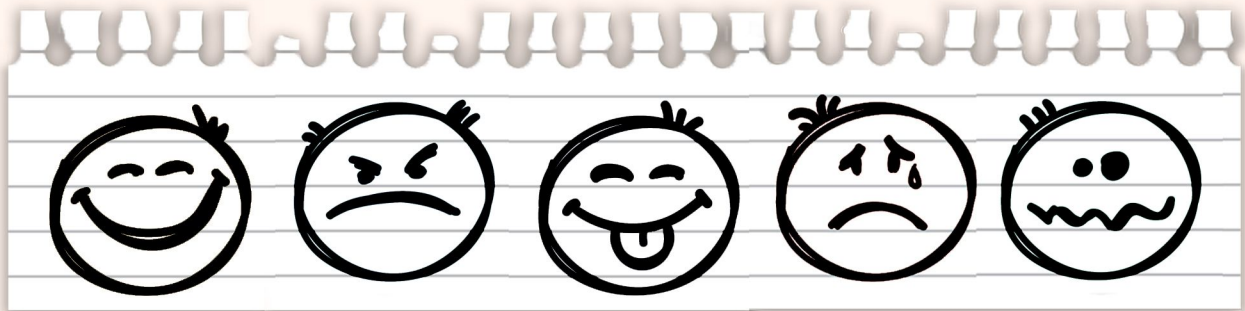
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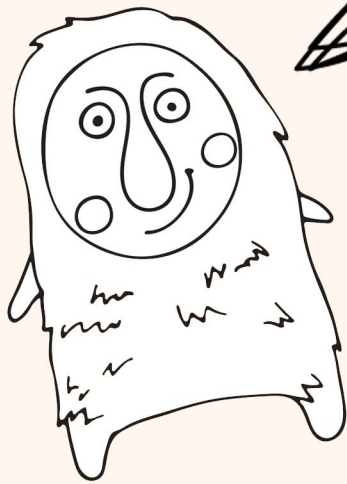
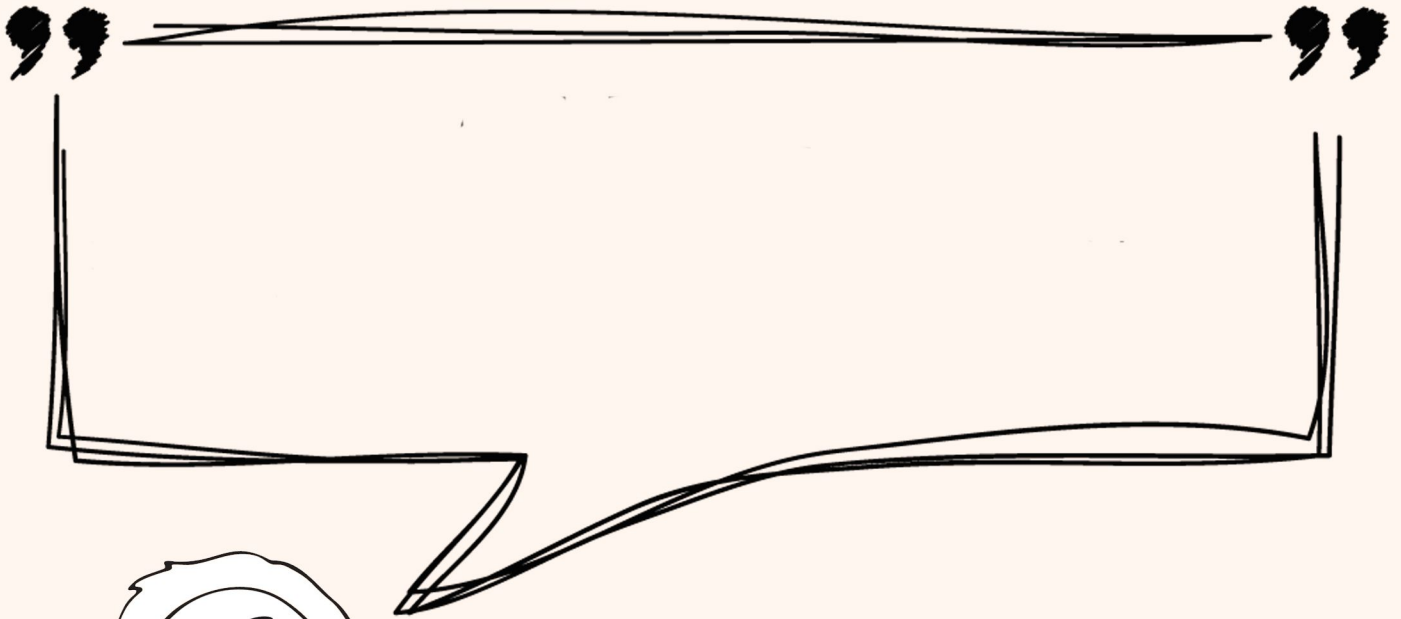


NAUGHTY LITTLE WORRY TROLLS

This is a 'Worry Troll'.
It's a way of describing
that funny feeling in
your tummy telling you
that something bad
might happen. Draw your
Worry Troll below...

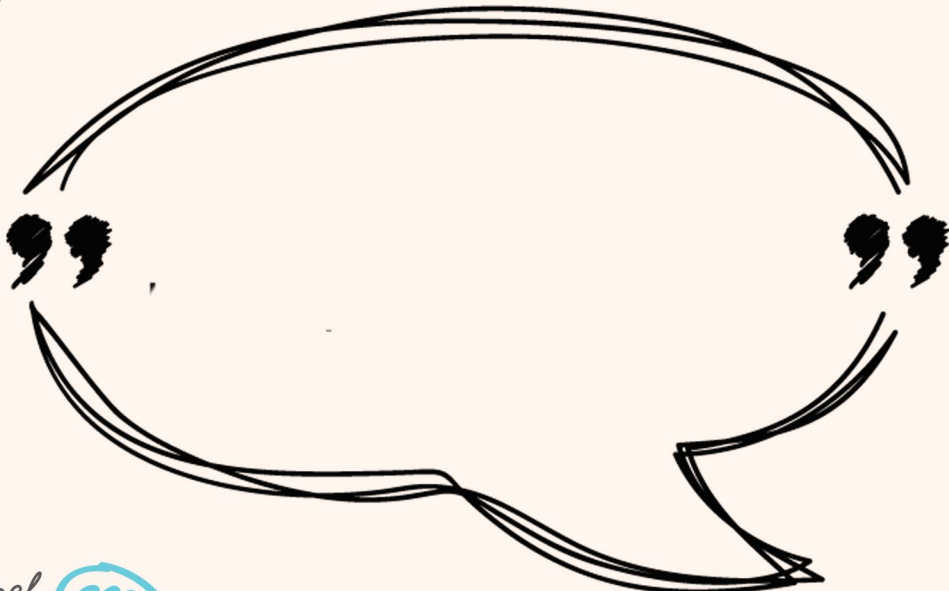


What does your Worry Troll say?



Although Worry Trolls might seem scary at first, we can always tell them to go away!

What would you like to say to your Worry Troll?



DEALING WITH YOUR WORRY TROLLS

This chart will help to deal with those pesky little worry trolls. You can look at it every time you find yourself worrying about something.

My Worry Troll



Can I do anything about it?

Yes

No



What am I going to do about it?



Then it's not worth worrying about. Tell that Worry Troll to go away!

THE GOOD THINGS IN MY LIFE

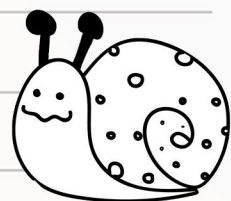
Fill out this sheet and then every time you're feeling worried, look back at it to remind yourself of all the good things in your life.

Things that make me happy

People I enjoy spending time with

Places that make me feel safe

People I can talk to when I'm sad

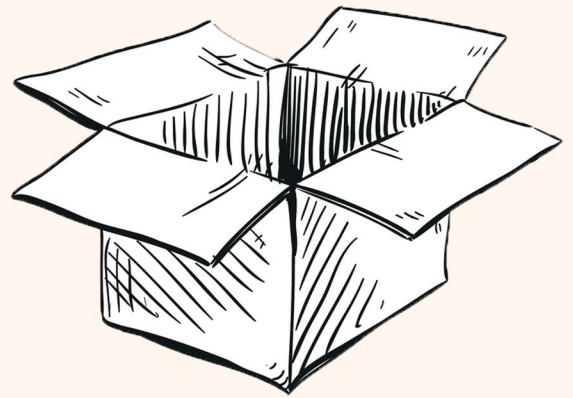


MAKE YOUR OWN WORRY BOX

A Worry Box is a safe place to put your worries. Here's how to make your own!

Step 1 - Get a cardboard box or jar

Step 2 - If you're feeling creative, try decorating it!



Step 3 - Every time you're feeling worried about something, write it down and pop it in your box



Step 4 - In the morning, see if you're still worried about it. If you are, pop it back in the box. If you're not, tear it up!