



Walt's Worry Tree

What are you worrying about? _____

Is it a 'what if..?' or a practical worry?

What if...?

Practical

Let the worry go

You can let the worry go by ripping up or scrunching and throwing it away... or imagine it float away like a balloon in the breeze....

Problem solving

What can you do? What will be most likely to help? Do you need anyone to help you? Make a plan...

Choose a favourite way to distract yourself

(like colouring, reading a favourite story or spending time with pets...)

can you act right now or later?

My favourite is _____

Now

Later

Do it!

When?

Think about something else



#YouGotThis!