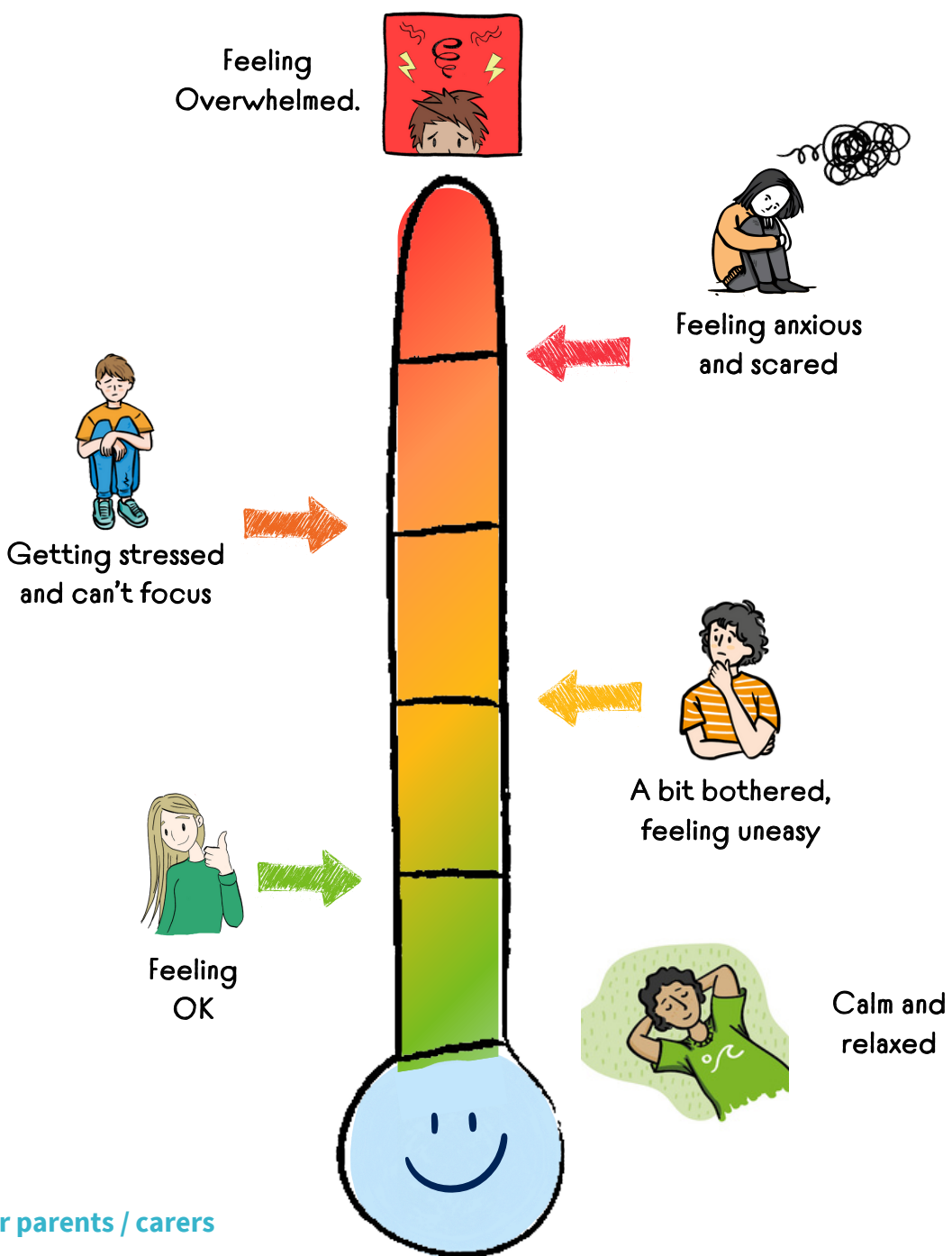


WORRY -OMETER!



Notes for parents / carers

Use the thermometer to explore what causes your child to worry or feel anxious. Check how your child is feeling in particular situations, e.g. the first day back to school after the holidays; going on a trip or being invited to a sleepover.

Ask questions about when your child experiences the different stages on the scale. "I feel bothered / uneasy when..."

Discuss when they could use their coping strategies or when it is time to ask for help?

Idea: You could make your own version of the thermometer together - using your child's own words and colours / images to help them express their feelings (template below).

Idea: Use a pipe cleaner and a bead to create a moveable scale.

