

## Walt's Worry Tree

What are you worrying about?

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



What if ...?





Practical [



Problem solving

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....



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



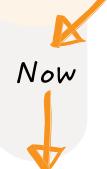
can you act right

now or later?

Choose a favourite way to distract yourself

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

My favourite is \_\_\_\_\_



Do it!



Think about something else



#YouGotThis!