



# WORRY LADDER

Have you been worried lately? Use this activity to talk about what is worrying you.



## INSTRUCTIONS FOR KIDS & PARENTS:

- Print a few copies of this page.
- Draw pictures or write what you have been worrying about lately. The top row has some examples.
- Cut out the cards.
- Place the cards in order from least worry to greatest worry, like you are building a ladder with the cards.
- Parents- listen as your child talks about the fear/worry. Don't fix it, just listen!
- Help your child name an emotion that the fear creates and add it to the card.
- Encourage your child to develop some thoughts that will help decrease the fear/worry. Don't do this work for him/her. Allow him/her to create new thinking that will help with this worry.
- Write the new thought on the back of the card. Remember to practice these new thoughts when you worry!

<p>SPORTS</p>  <p>Nervous</p>	<p>MONSTERS</p>  <p>Scared</p>		