Growing Through *Worries*

Root & Bloom Therapy

My worry garden: plant a worry, watch it shrink

Name _____ Date _____

1 *What is my worry about?*

What is going on that feels scary?

2 *Where do I feel it in my body?*

Sprout feels it too! Color where you do.



It feels like...

3 *What is my worry saying?*

What worried thoughts are in your head?

4 *Let's check the facts!*

Slow down and look at what is really true.

The scariest thing that could happen

What is most likely to happen

What I would tell a friend

5 *How can I calm my body?*

Check the ones you want to try.

- ☐ Belly breaths
- ☐ Cold water splash
- ☐ Stretch or move
- ☐ 5-4-3-2-1 look
- ☐ Squeeze a pillow
- ☐ Ask for a hug
- ☐ Other: _____

6 *Kind words I can tell myself*

Finish the sentences.

I can _____

I am _____

It's okay to _____

This feeling will _____

7 *Who can help me?*

Write the names of grown-ups you trust.

My worry meter

Circle how big your worry feels.

Before ○ ○ ○ ○ ○

After ○ ○ ○ ○ ○