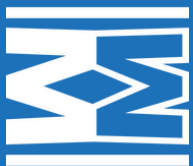
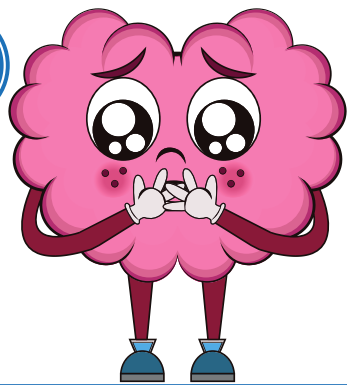


Adults, remember that children need your help with learning how to tame their worry brains. Practice the skill yourselves and remember to engage in self-care to be able to effectively support children with this.



1

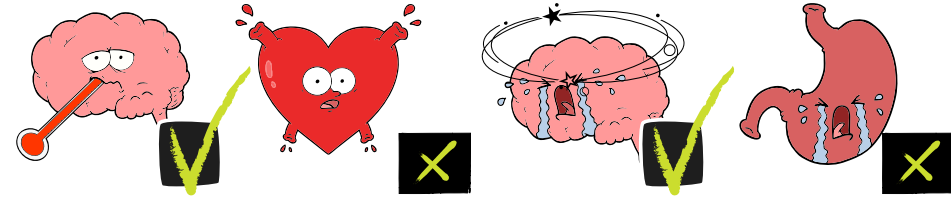


Worrying is normal!

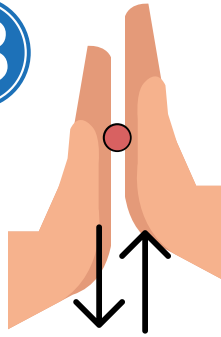
We ALL do it because we ALL have a worry brain.

2

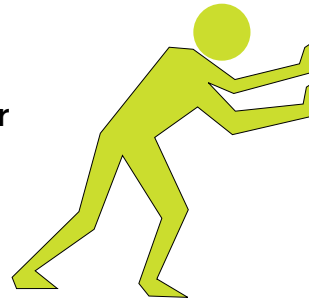
Learn the signs of worry brain and recognize when worry brain is talking - use the "Worry brain signs" checklist to help you with this.



3

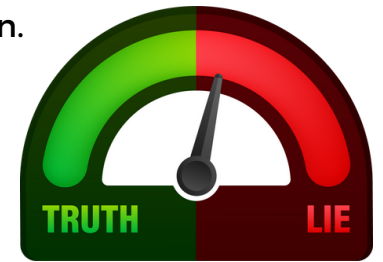


Have a few of calm-down activities up your sleeve to use to calm the worry brain down.



4

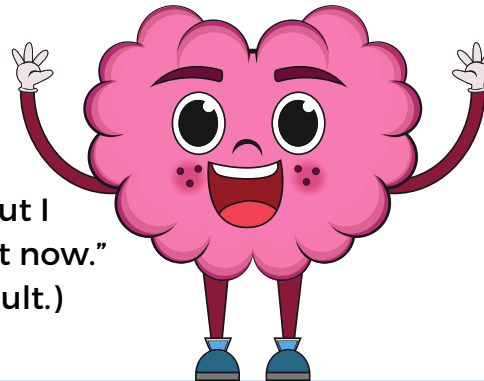
Question your worry brain.



Are you really in danger?

5

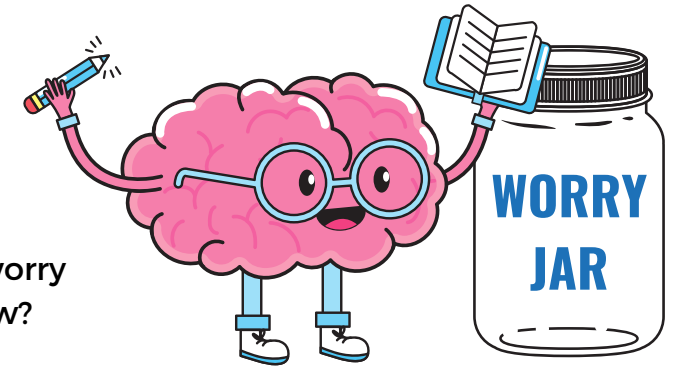
If not in danger, say:
"Thank you, worry brain but I don't need your help right now."
(If in danger, talk to an adult.)



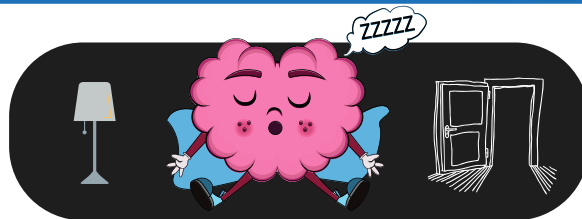
6

Dedicated worry time.

Do I have to worry about this now?

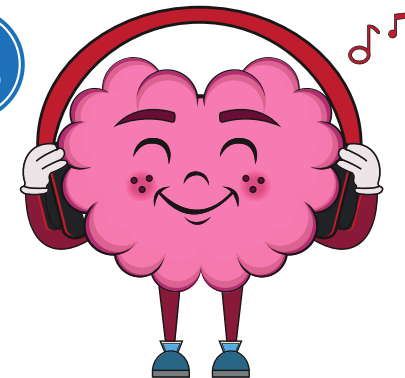


7



Courage Challenges! Set yourself regular challenges to do things that your worry brain tells you are scary. Remember to start small and build from there!

8



Be kind to yourself - if things don't go the way you were hoping and worry brain seems too loud, take some time out and try again when you feel better.