

Draw Your Worry!

1. Gather your materials.

You will need:

- Paper
- Drawing and coloring utensils (pencils, markers, crayons, color pencils, etc.)
- Stickers or other craft decorations (optional)



2. Talk with your child: What does worry look like?

- What is its shape?
- What is its color?
- Does it have eyes, ears, nose, and a mouth?
- Is it large or small?

There are no wrong answers. Everybody's worry looks different!



3. Help your child draw, color, and decorate a picture of the worry.



4. Talk with your child about their “worry”.

- Describe its shape, color, and other characteristics.
- Ask the child about a time when they felt worried.
- You may need to model this conversation by telling the child about a time you felt worried.
- Talk with your child about what to do when they feel worried (e.g., talk to a grown-up, go to a quiet place, do some deep breathing, etc.)
- Place the drawing on the wall or an easy to find location in your home.
- Remind the child to use this drawing to talk with you when they feel worried.

