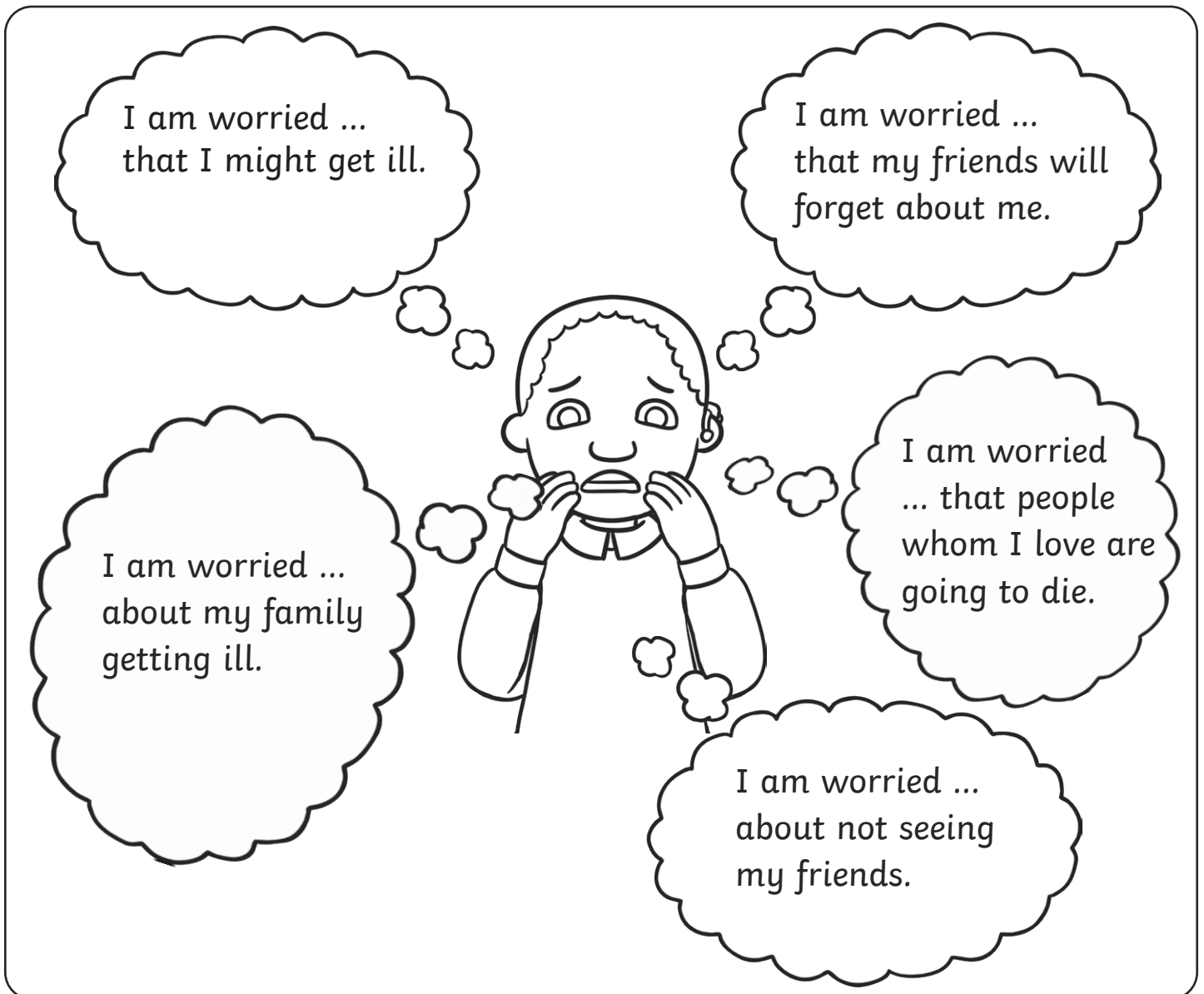


What Are Your Worries and How Can You Cope?

This activity will ask you how you are feeling and what you are worried about. The first page is completed for you as an example. Talk through the example with an adult and then complete the blank version on the following page.

Once you have talked about what is worrying you, please look at the activity that shows some ideas of useful coping strategies to try. The blank activity sheet gives you the space to write your own ideas about what will help you to cope with and feel better about changes that might be happening.



What Is Worrying Me?

I am worried ...

I am worried ...

I am
worried ...

I am
worried ...

I am worried ...

How Can I Cope?

Now you have talked about what is worrying you, look at the ideas on this page and talk about whether they may help you to feel better. On the next page, there is a blank activity sheet to which you can add your own ideas.

I can cope ... by getting some fresh air.

I can cope ... by keeping to a daily routine.

I can cope ... by playing and enjoying time with my family.

I can cope ... by thinking positive thoughts.

I can cope ... by thinking about one day at a time.

How Can I Cope?

I can cope ...

I can cope ...

I can cope ...

I can cope ...

I can cope ...