

# WorriSOME

*to*

# Worry LESS

# Marco

*A Guide to  
Managing  
Your Worry  
So That  
Worry Doesn't  
Manage You*

Grades 4-8

**By Nicole Cleveland**

## Dedication

"To my sweet Memo who is the Master Worrier. She passed it on to me, but I happily work at retiring that trait as I work diligently to be the master of my worries!"

## WorriSOME to Worry LESS

*A Guide to Managing Your Worry So That Worry Doesn't Manage You*

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## Introduction

**WorriSOME to Worry LESS** is a self-exploration booklet to help children identify and manage things in their lives that are causing stress and anxiety. All children worry at times, and some may worry more than others. This book's purpose is to provide ideas and techniques for helping children to better cope with these situations.

As children complete the activity pages, they will learn the distinction between rational and irrational fears and become empowered in their ability to work through what worries them.

This book can be used with small groups or in individual counseling or classroom guidance. Parents who are helping their child deal with worries could also benefit from using these activities and ideas. While we don't all worry about the same things, worry is universal—at some point in time, we all have experienced what it feels like to be worried. This book will help children realize that they are not alone, and that they can have some control in moving from *worrying some to worrying less*.

I believe strongly in the power of bibliotherapy. There are many wonderful children's books on the topic of worrying that can provide a sense of solace and support to children who are facing stressful situations. When a child hears and sees characters working out their problems, it allows him or her to see the possibility of improving his or her situation.

Children who learn how to manage their own worry, anxieties, and fears become adults who know how to manage worrisome situations. By learning and implementing early on the skills taught in this book, children can learn to **Worry LESS**.

A graphic of a spiral-bound notebook with a black cover and silver spiral binding. The notebook is open to a white page with rounded corners. The title and text are centered on the page. A faint, large watermark reading 'Marico' is visible across the middle of the page, with a red copyright symbol to its left and a yellow star to its right.

## **How to Use *WorriSOME to Worry LESS***

Before printing/reproducing copies of the self-exploration booklet, read each page and select those pages that are appropriate for the age level and concerns of your students. Then print/copy the chosen pages for each child and staple the pages into a booklet for each participant. See the last page of this book for more information about using the included CD.

Distribute a *WorriSOME to Worry LESS* booklet, a pencil, and crayons or markers to each child.

As the children complete the booklet, allow time for them to discuss and reflect on the ideas presented. Let the children decide if they wish to share their responses with you or the group. I have found that in my 20+ years of working as an educator and counselor, children find comfort and relief in knowing they are not alone in their struggles. One of the best ways of knowing they are not alone comes through the sharing process, but only when, and if, children are ready.

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Marco



**Name:**



# My Support System

Think about the  
people you know.  
Who can help you when  
you are feeling worried,  
anxious, or stressed?

These are people you trust, people who will listen to you, people you want to talk with, and people who care about you.

**These people are your *Support System*.**

Look at the list below and check off those people whom you believe would be part of your support system. You may write their names in the box. Add any other people that are not mentioned.

☐ PARENTS

☐ BROTHER/SISTER

☐ GRANDPARENTS

☐ OTHER FAMILY MEMBER

☐ TEACHER

☐ COUNSELOR

☐ COACH

☐ FRIEND

**OTHER PEOPLE WHO COULD BE MY SUPPORT SYSTEM**

# Getting Help

Sometimes it is important to get help when you are feeling worried.

Have you ever had someone help you when you were worrying?

☐ Yes    ☐ No

If you checked "yes," look at the choices below and check the person that helped you. Then write the name of the person in the box under your choice.

If you checked "no," look at the choices below and circle the person you believe *could* help you when you are worried. Then write the name of the person in the box below your checked choice.

☐ PARENT

☐ COUNSELOR

☐ FRIEND

☐ TEACHER

☐ COACH

☐ MYSELF

☐ OTHER FAMILY MEMBER

☐ SOMEONE ELSE

How did or how do you think this person could help you?

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Are you still worried about the situation you experienced? Why or why not?

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THE FOLLOWING SAMPLES  
ARE REPRODUCIBLE/PRINTABLE PAGES  
INCLUDED ON THE CD-ROM





**“Worry never robs tomorrow of its sorrow,  
it only saps today of its joy.”**

~ Leo Buscaglia

What do you think this quote means?

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Have you ever let something that was worrying you stop you from enjoying what is happening at that moment?

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# Rational Worries

**Sometimes there is a good reason to worry.**

If this is the case, then feeling worried is  
**sensible.**

When you are stressed, fearful, or anxious  
for a good reason your worries are  
**rational.**

**Some examples of rational worries might be ...**

- Worrying about how you are doing at school with grades or behavior.
- Worrying about the health and well being of someone you care about who is ill.
- Worrying about parents who are not getting along and are fighting.
- Worrying about someone who is being mean or bullying you.
- Worrying about friendships with which you are having trouble.



# Ways to Help Worry Less

Decide what it is that is causing you to worry.

Decide who can help you when you are worried.  
A parent, friend, teacher, counselor, coach, sibling?

Decide if this is a situation that you can control.



Make a list of three things you could do to help yourself handle this worry.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Take three, slow, deep breaths. Breathe in through your nose and exhale through your mouth. As you breathe, picture yourself doing the three things you listed above to help your worrisome thought become less of a worry.

Close your eyes. Visualize yourself doing the thing that would help this worry lessen or go away.

# Irrational Worries

Irrational worries are illogical worries. Irrational worries are illogical because they are unproductive and pointless and we sometimes feel that they are beyond our control. However, knowing they are irrational is helpful, because it prevents us from spinning our wheels. Where a plan is useful for dealing with worries you can control, a mantra can be helpful when dealing with irrational fears.

Some examples of irrational fears are...

## Roller coasters



Look at the picture of the brain. Imagine it is your brain.  
Then imagine what your brain would look like filled with worries.

You can use colors or words to describe your thoughts.





Your **HEART** and **MIND** have room for good thoughts and feelings when they aren't filled with worries.



While we can't get rid of all of our worries, we can decide how to manage them.

Who is your support system?

My plan for handling worries I can control is

My plan for handling worries I can't control is

**Remember:**

When you are in control you will worry less and alleviate stress!