

My worries

Worksheet: Everyone has worries. Write your worries below and see if it helps you feel a bit less worried. Use the hand below to work out who you can talk to.



Brain
Connect

My Top 5 Worries



Sometimes, we can feel down or we can be worried about something.

It is very important to talk to a trusted adult or friend about these worries or problems.

Think of 5 people you know who are there for you and will listen to you. Write their names on each finger.

