



# Worry Coping Skills for Kids Worksheet



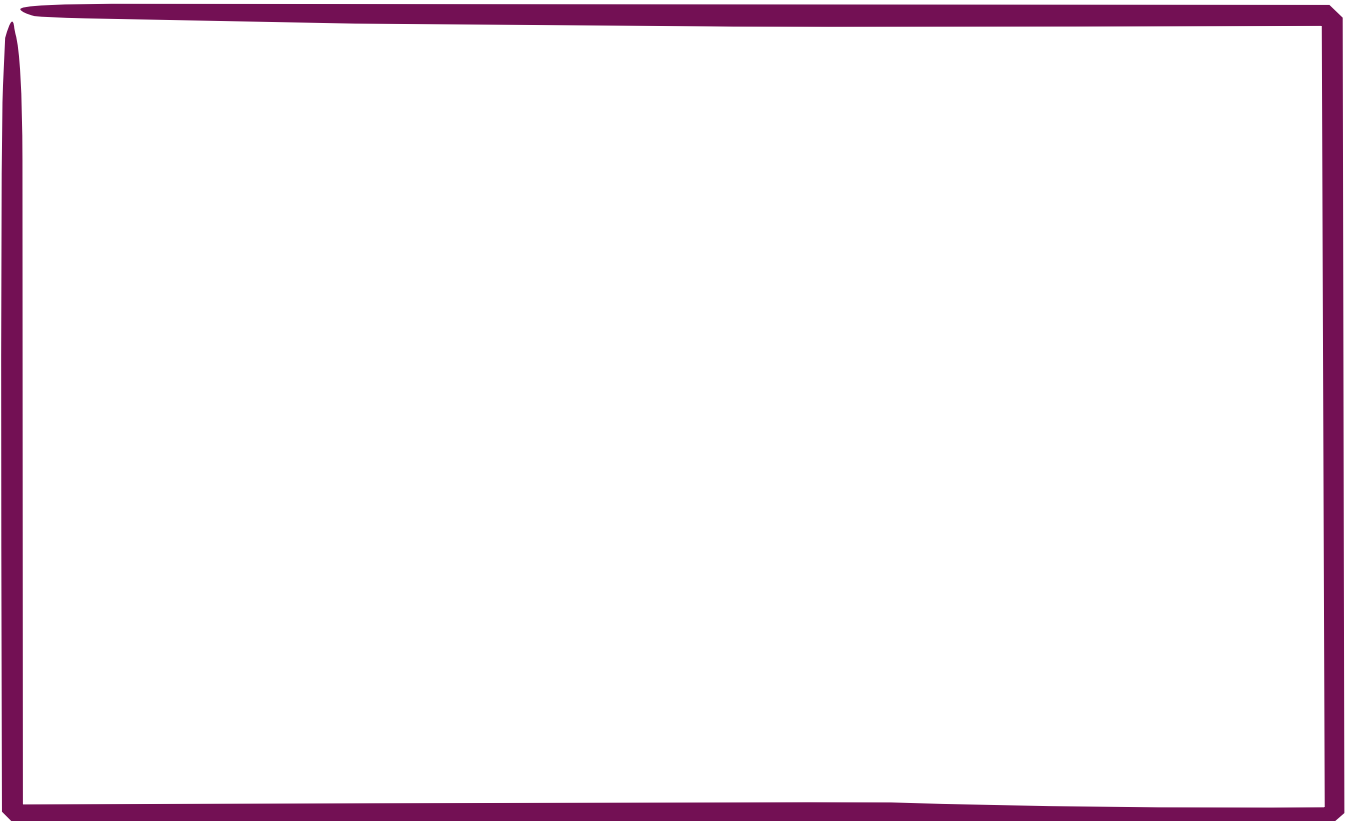
## Bubble Breathing

Pretend you're blowing a big bubble. Take a deep breath, hold it, and blow your worries away!



## Color Away Worries

Grab your crayons and color! Focus on making your picture bright and happy.





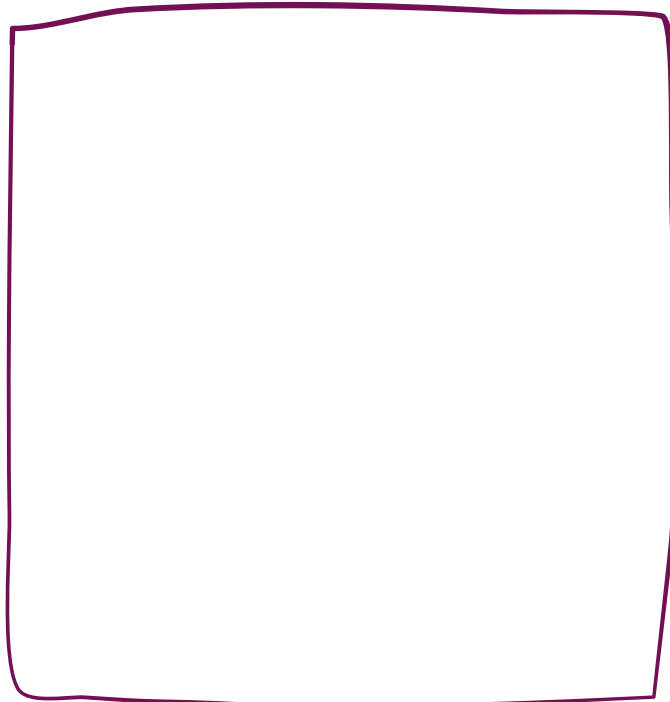
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## Worry Box



Draw your worries, then lock them away in a special box.



## 5-4-3-2-1 Game

Write 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.

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## Superpower Words

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Say, "I am brave!" or "I can do this!" to remind yourself how strong you are

## Wiggle It Out

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Jump, dance, or wiggle to shake off your worries.

## Worry Journal

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Write about your worries in a notebook to feel better.

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## Talk to a Grown-Up

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Share your worries with a trusted adult—they can help!

