

My worry cloud

Inside the cloud, write down the thing that is worrying you. Then around the cloud, write down the things that you can do to make that worry smaller.

The worksheet consists of a central cloud shape with the text "My worry is" written inside it. Six empty shapes are arranged around the cloud, connected to it by lines. These shapes are intended for writing down actions to reduce the worry. The shapes are: two ovals at the top, two circles on the sides, and two ovals at the bottom.