# My Worry Toolkit

*Gentle pages for noticing worries, sizing them up and finding what helps.*

AGES 5–12

## What's inside:

- What worries are, and why everyone has them
- A worry-size scale and a worry diary
- Worry or problem? Sorting what I can change
- A worry box and a worry-time plan
- Calm thoughts cards to cut out
- Who can help me, and how to ask
- Small brave steps at my own pace
- A certificate to print and keep

*Designed for flexible use: work through in order, dip in and out, or pick a single page for a quick activity. There's no "wrong" way to use this pack.*

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# How Big Is This Worry?

*Write a worry. Then circle how big it feels. A worry can get smaller.*

Little Minds™

**My worry:** _____

1 2 3 4 5

tiny huge

What would make it a little smaller? _____

**My worry:** _____

1 2 3 4 5

tiny huge

What would make it a little smaller? _____

**My worry:** _____

1 2 3 4 5

tiny huge

What would make it a little smaller? _____

NEURODIVERGENT MINDS **Little Minds™**

# Well Done!

for completing the My Worry Toolkit Pack

*This certificate belongs to:*

_____

Signed (parent / carer / educator) _____ Date

*Every page finished, or even just one, is worth celebrating.*

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