

My Worry Toolkit

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

AGES 5–10 • HOME, CLASSROOM & 1:1

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 at home, in the classroom or 1:1: 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.

How Big Is This Worry?



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

My worry: _____



tiny



huge

What would make it a little smaller? _____

My worry: _____



tiny



huge

What would make it a little smaller? _____

My worry: _____



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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