



My worry time

Who is this resource aimed for?

For children with a high perception of threat

You might be feeling very worried about COVID-19 due to your own personal circumstances. It is no surprise that during COVID-19 pandemic you might find that your worries are more obvious and that you are worried about your own health or the health of others around you. These feelings might be even more difficult if you had worries before the pandemic. You might find that you are aren't able to do things that you enjoy and that you are spending less time with friends and other family members.

These questions are to help you explore your worries and write down some of your thoughts. Some people recommend a worry time where you set aside 10 minutes a day to write down some worries and to talk about them. Other people like to work through their worries and really have space to explore their thinking. You can use this sheet in a way that is helpful for you!



As an example Crosby has the following worries:

What am I worried about?

- That there won't be enough of my favourite food because of the pandemic

Is it in my control?

- Partly - I can make sure that I don't just eat all of my cereal and have a smaller bowl rather than a massive one.
- Not really, I can't control the manufacturing process of the cereal

If it is in my control how can I look at ways of reducing my worry?

- I can have a smaller bowl of cereal so that it lasts longer
- Remind a grown-up when they are doing their shopping that we are running out

What am I worried about?

Is it in my control?

If it is in my control how can I look at ways of reducing my worry?



Crocodile fact

Crocodiles are sometimes called 'living fossils' because they have been living on Earth since the time of the dinosaurs