**This week I might try:**

***To handle my worries***

**I’ll try to talk to an adult; make/use a worry box; do something that makes me feel good; exercise; figure out how to solve the problem; or let it go.**

**I can try to keep track of the ways I handled my worries on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **This week:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **Talked to an adult** |  |  |  |  |  |
| **Made or used a worry box** |  |  |  |  |  |
| **http://kieferlandscaping.com/landscaping/wp-content/uploads/2011/03/Smiley-face1.gifDid something to feel better** |  |  |  |  |  |
| **Tried some exercise** |  |  |  |  |  |
| **http://2.bp.blogspot.com/_4uvyB_DGKAI/Syx7SDmXq7I/AAAAAAAAEic/8bBNhcCqTlw/s400/thinking+caricature.jpgFigured out how to solve the problem** |  |  |  |  |  |
| **Let the worry go** |  |  |  |  |  |