**LESSON: Emotional Regulation Skills –**

***What Should I Do About Worries?***

**OUTLINE:**

1. **What kind of things do you worry about?**
2. **What do you do when you are worried?**
3. **Things to try when you are worried:**
4. **Talk to an adult**
5. **Make a worry box - Activity**
6. **Do something that makes you feel good**
7. **Try a little exercise**
8. **Figure out how to solve the problem**
9. **Sometimes we can’t change things so we have to “let it go”**
10. **Review above strategies to help students move past worries**
11. **So What Do You Think?**
12. **Lesson Summary Card**

**MATERIALS NEEDED:**

* **Facilitator’s Guide**
* **Shoe boxes, construction paper, stickers, glue, scissors markers (Worry Box)**
* **Lesson Summary Cards**
* **Homework Sheet - optional**