



Everyone Feels Worried Sometimes

Everyone feels worried sometimes.
Children can feel worried,
and grown-ups can feel worried too!



You might feel worry in your body.

You might feel like
there's a lump in your
throat.

Your heart might
beat harder.



You might
breathe faster.

You might feel
like crying.

Your stomach may hurt.

Different things can make people feel worried.



Zarah worries about making art.
She worries about getting her hands dirty.



Zayd worries at group time that he won't get a chance to share his ideas.



Danica worries about gym time.
Sometimes she finds it difficult to catch the
ball.



Sam worries about snack time.
What if they don't like the taste?



Alona feels worried about going outside because she doesn't like being cold.



When you feel worried, there are many ways to feel better.

- Talk to a grown-up or someone you trust
- Take a deep breath
- Drink a glass of water
- Go to a calm, comfortable place...



Note to educators: Some children might benefit from key words in sign and/or their home language. <https://babysignlanguage.com/>

Remember everyone feels worried sometimes.
You won't feel worried forever.

