

Practice Activity to Do at Home: Bug Off!

When a worry bug (unhelpful worry thought) is buzzing around your head, pretend to swat it away. Come up with a helpful thought to make it stay away!

Worry that's bugging me: _____

Unhelpful thought:

Helpful thought:

Worry that's bugging me: _____

Unhelpful thought:

Helpful thought:

Worry that's bugging me: _____

Unhelpful thought:

Helpful thought:

Helpful Thoughts

THIS ISN'T EASY BUT I CAN TRY MY BEST

I'VE GOTTEN THROUGH DIFFICULT TIMES BEFORE, I CAN
GET THROUGH THIS

EVEN THOUGH I FEEL WORRIED I CAN STILL HAVE FUN

I DON'T HAVE TO BE PERFECT

MAKING MISTAKES IS PART OF LEARNING

IT DIDN'T GO THE WAY I WANTED BUT I STILL HAD FUN

THIS IS BOTHERING ME BUT IT'S NOT DANGEROUS

I'M NERVOUS BUT I CAN HANDLE IT

I CAN CHOOSE TO BE BRAVE

Bug Off! Worry Bugs

