

WIN OVER FEAR

Don't be a worrywart!

Materials: Worksheets, worry templates, pencils, markers, crayons, calculator

Directions: Read the worksheet, complete the activity and discuss with the Group.

What in the world is a “worrywart”?
Someone who’s afraid to touch a frog or a toad?
Someone who fears getting warts?

No, silly!

A worrywart is someone who worries too often, often over things they shouldn’t worry about.

In the poem, “Waiting in line for the rollercoaster,” Jack is afraid to ride the rollercoaster. As he gets closer to the front of the line, he becomes more and more fearful.

Read along as we say the poem out loud.

Waiting in line for the rollercoaster

Jack is waiting in the rollercoaster line.
He’s been waiting a long, long time.
Every time the coaster roars by,
Jack just wants to scream and cry.
Every time he gets near,
Jack begins to shake with fear.
Jack thinks, what if I pass out?
What if I can’t get out?
What if I get stuck on top of a hill?
What if I take a spill?
Will they say I’m a baby if I don’t ride?
All I want to do is run and hide!

TEMPLATE INSTRUCTIONS

Think about all the things Jack worried about and the things you worry about.

On your worry template, write down the three things you spend the most time worrying about.

We’ll give you a couple of minutes to write down your three worries.

Next, choose one of your three worries and write down how many times you think about it during a day, a week and a year. If you need help, raise your hand and we can total the numbers with a calculator.

What numbers did you come up with? Are you surprised by how much you worry every day? Are you surprised at how your worrying adds up over time?

That’s a lot of time spent worrying and being fearful, isn’t it? Can you think of better ways to spend your time? Ways to be happy and not to worry? On the worry template, circle and write down all the things you’d rather do than to be a worrywart!



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1

My three biggest worries are:

Worry 1

Worry 2

Worry 3

2

Worry choice (Pick Worry 1, 2 or 3)

How many times a day do you worry about it? a day

How many times a week do you worry about it? a day x 7 = _____

How many times a year do you worry about it? a day x 365 = _____

3

THINGS I'D RATHER DO THAN WORRY!

Ride a bike.

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Eat a healthy snack.

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Watch a movie.

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Read a book.

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Play a game.

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Email or talk to a friend.

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Play a sport.

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Write a poem.

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Play a video game.

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