

NO WORRIES

Let go of your what ifs

Materials: Worksheet copies, pre-cut strips of paper, pens or pencils, bag

Directions: Read the worksheet, complete the activity and discuss as a group.

We all worry — especially when we dwell on the “what ifs?”

What if it happens?

What if I can't?

What if...?

Worry can be a constant companion if we don't try to calm down and refocus our thoughts.

Worrying is inevitable, but it doesn't have to stop us from reaching our goals. Learning how to use appropriate life skills can ease worries and allow us to move forward.

ACTIVITY INSTRUCTIONS

- 1 Write a worry you experience on a paper strip and place it in the bag.
- 2 When everyone has placed a worry in the bag, we'll take one out and read it aloud. Listen for worries you've also experienced. If the worry you wrote down is read, don't share additional details.
- 3 After every worry has been read, let's discuss our common worries.

Why do you think they're common?
What life skills can help us overcome our worries?

