



# THE WORRY TREE

Is something worrying you? Write it down on a worrypuff and place it in the Worry Tree. By writing down your worry and talking about it with someone, you can set it free and leave it for the Worry Tree.

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# HOW TO USE YOUR WORRY TREE: PARENTS & TEACHERS

We all worry sometimes. For kids, it can be hard to understand what they are feeling. What may seem like something small to us can feel really, really big for them! The Worry Tree can be used to get kids thinking and talking about what they're feeling, and finding ways to tackle their worries.

Some psychologists use Worry Trees to help children with their worries, fears, and anxiety. Use our Worry Tree pack to help kids set their worries free.

## HOW IT WORKS:

1. Show your children the Worry Tree, and ask them to colour it in.
2. Talk to them and explain what worrying is, and how it can make someone feel. Ask them if they have any worries they want to talk about or, if they are old enough, ask if they have any worries they would like to write down on a Worrypuff.
3. Ask open-ended questions to find out how they are feeling (e.g. 'how do you feel about your spelling homework' rather than 'are you worried about your spelling homework?') and talk through any worries that they have. Try to help them come up with their own solutions and work through what is worrying them, instead of offering answers. The goal is to help them figure out:
  - Is something worrying them?
  - What is it?
  - What can they do about it?
4. Now that you've talked about the worry together and written it down, they can put it into the branches of the tree. Encourage them to let go of their worry as there's no need to worry about it now; they've talked about it and together, you've solved that worry.
5. If they have other worries, repeat the process.

If they have trouble talking about their worries, encourage them to write their worries down and pop them on the tree by themselves. When they are ready, they can show you the tree and you can work through their worries together.

Remember: it's their worry. By letting them write it down and put it onto the tree, it helps them take back a feeling of control over their worries.

For more information, advice, tips and free resources, visit: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk) or follow @happifulkids on Facebook, Twitter, Pinterest, or Instagram now.