mooki WELLBEING

10-minute activity

# Worry Time

Write or draw it, then let it wait.

Name _____ Date _____

## 1 My worry time is at .....

## 2 My worry box Write or draw



## 3 At worry time Tick each step

- ☐ Read the worries together
- ☐ Cross out any that don't bother you
- ☐ Pick one to talk about or plan
- ☐ Close the box. Do something fun!

FOR THE GROWN-UP

Pick 10 minutes a day, not near bedtime. When a worry pops up, say kindly: "That's one for worry time." Always listen straight away to safety worries.

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