

Sarah is going on a school trip. She has food allergies and this is the first time that her mum isn't coming with her. She is feeling worried about having an allergic reaction.

Helpful thoughts ...

Helpful actions ...

Steve is joining a new soccer team. He is feeling worried because he doesn't know anyone.

Helpful thoughts ...

Helpful actions ...

Miah has a maths test tomorrow. She is feeling worried that she will get everything wrong.

Helpful thoughts ...

Helpful actions ...

Jacob is feeling really angry with his little brother who just broke his favourite toy. He wants to hit him.

Helpful thoughts ...

Helpful actions ...