The worry tree

Work through your child's worries using the tree below.

Acknowledge the worry

↓

What are you worrying about?

↓

Can you do something about it?

No → Let the worry go ↓ Let the worry go

Yes, now ↓ Decide what to do and do it

Yes, later ↓ Decide what to do and schedule it ↓ Let the worry go

BE HAPPY