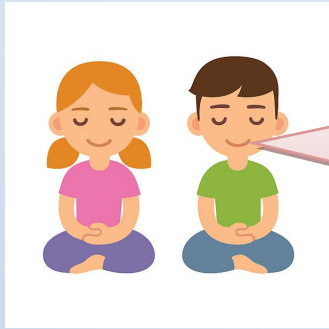


The Worry Tree



The worry tree can be a great way for children to think about and let go of their worries.

Follow the simple steps below to use the worry tree with your child.

1. *Either cut out or draw your worry tree.*
 2. *Also cut out little apples to place on the tree. (this could be counters).*
 3. *Depending on which you prefer, either:*
 - *Let your child talk about their worry and then ask them to place it in the safety of the branches on the tree.*
 - *Children to write their worries on the apple and place them on the tree.*
- Talking about and placing the worry on the safe branches of the tree will hopefully encourage them to take control of that feeling.*
- Remember, they might not feel ready to talk about their worry yet but could still place the apple on the tree.*

