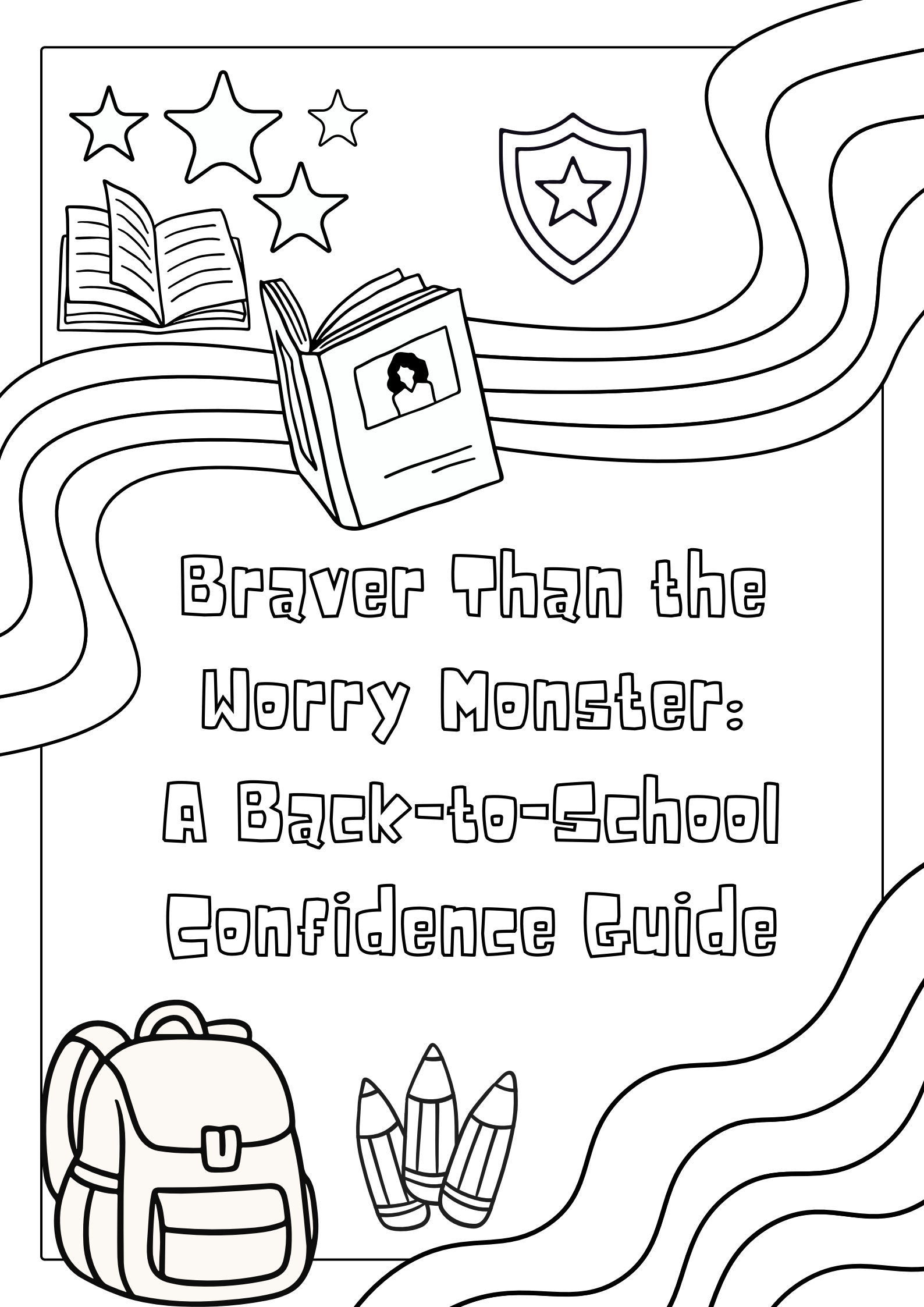
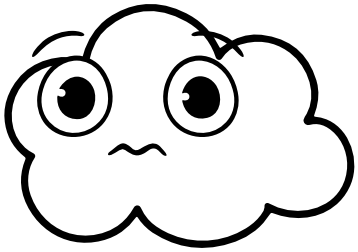
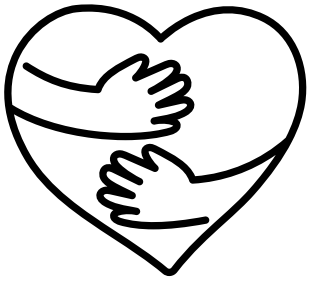

Braver Than the Worry Monster: A Back-to-School Confidence Guide

Why Does the Worry Monster Show Up?

Sometimes before something new like going back to school your brain tries to protect you. It says, “What if something goes wrong?”



That part of your brain is trying to keep you safe...but sometimes it gets a little too loud. It turns small worries into giant monsters.



The good news is you also have a brave part inside you. When you learn how to listen to that part, the Worry Monster gets smaller. This workbook will help you train your brave side.

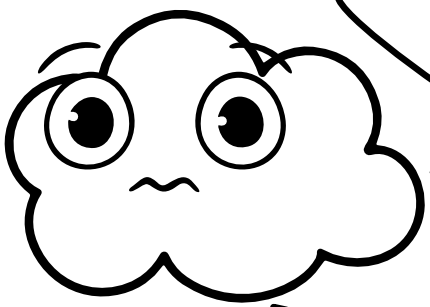


You can use this for returning to school in the fall, after a break, or any time you notice anticipatory anxiety about going back to school.

Worry Monster Says

The teacher will be mean!

I'll mess everything up.



It will be terrible!

Superhero Says

What else can be true?



Everyone makes mistakes. That's how we learn.

Have I ever had a terrible back to school experience?

Create Your Characters

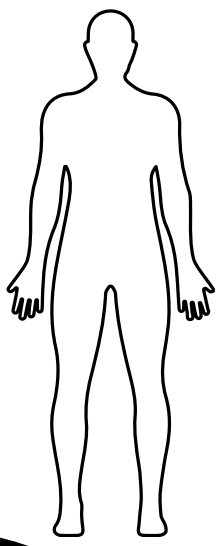
I. Draw Your Worry Monster and Superhero.

II. How Loud Is Your Worry Monster?

Tiny squeak Small growl Loud roar Giant explosion

III. Where do you feel it in your body?

Circle the part in the image.



Battle Your Worry Monster

What Does Your Worry Monster Say?

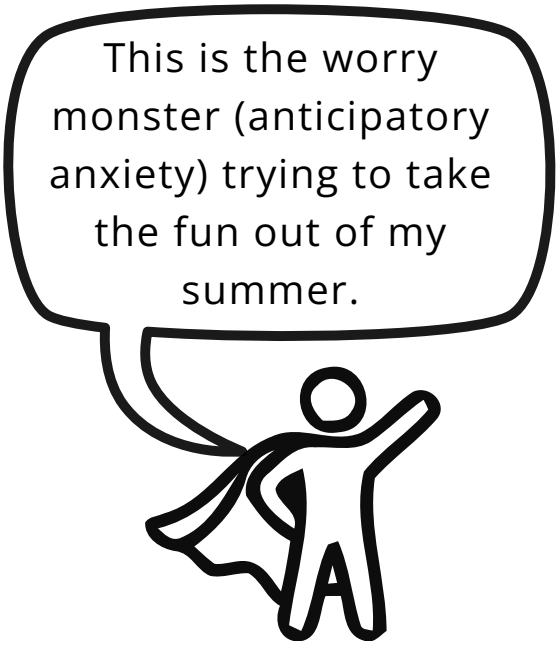
What Could Your Superhero Say Back?

Attitudes + Actions That Can Help

What could be good about it? (Hint: recess, lunch, friends) _____

_____

_____



How many times have I gone back to school in my life and it's been ok?_____

My favorite attitude (coping thought) : _____

_____

What will help me feel brave on day 1? _____

_____

_____

I can
a. wear _____
b. bring _____
c. listen to _____



A reward for being brave:

_____

_____

I can do _____ to relax