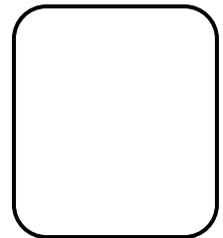
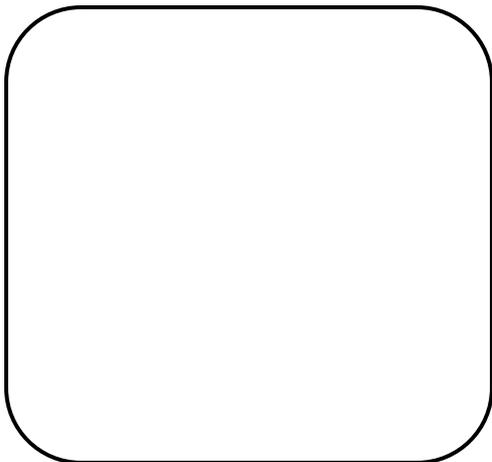
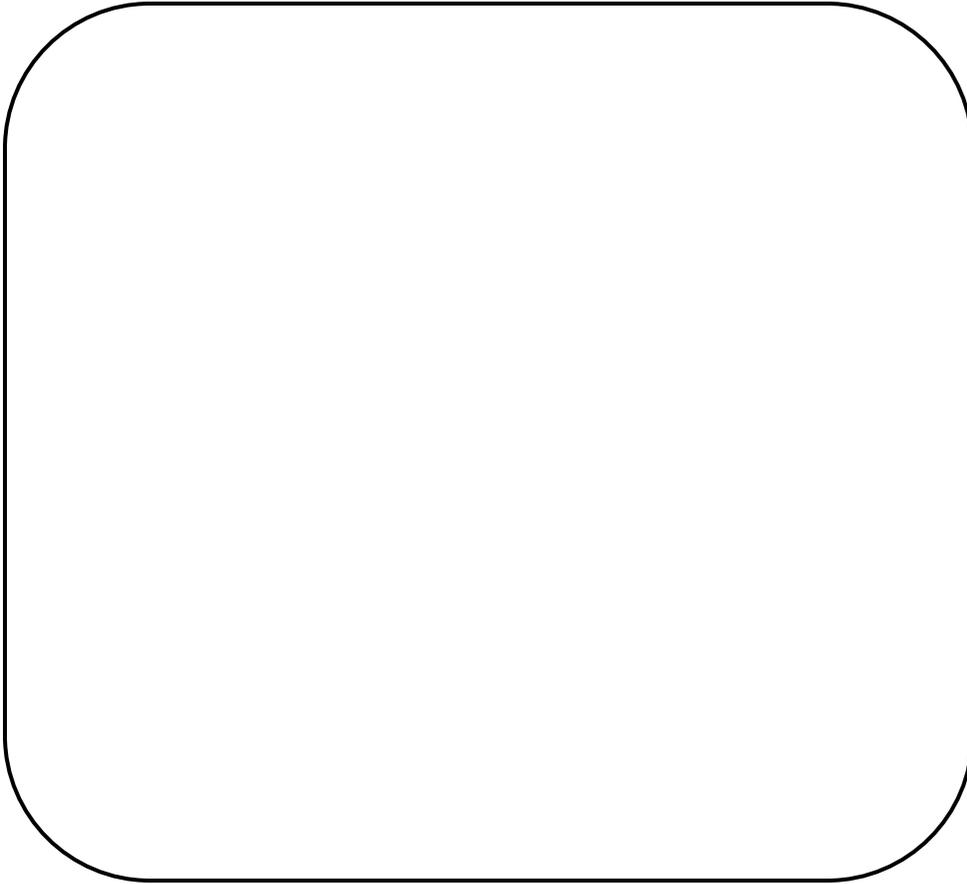
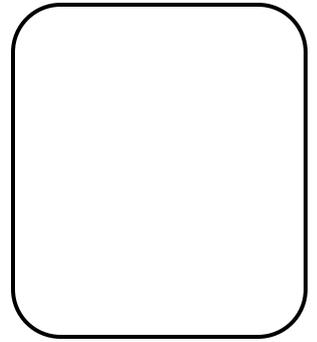
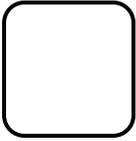


*My biggest \_\_\_\_\_ right now.*



## SHOW ME YOUR 'WORRY'

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This activity can be used with children and adolescents to gain insight with what the individual is struggling with in a way that is fun and comfortable for them.

### Considerations:

1. Does the individual have an understanding of the emotion being addressed?
2. This activity has the potential to take 15 minutes or more.
3. This activity requires crayons, markers, or colored pencils.
4. Hands on activity and simple
5. When repeated, serves as an informal measure for how child perceives progress
6. Empowers individual to be active with experiences
7. Adaptable to a variety of settings and experiences. Medical offices for what body pain, temperature, or discomfort looks like.

### Process:

1. After having a discussion about the emotion you would like to address provide the worksheet "My biggest \_\_\_\_\_ right now." and write in the blank the emotion they will be showing.
1. Ask:
  - "What is your biggest 'worry' right now?"
  - "How big is your 'worry' on a scale of 1 to 5, 5 being the biggest 'worry'?"
3. Encourage them to use the box on the sheet that best matches the size of their worry to show you what that 'worry' looks like. Because we often have several worries it is okay to use several boxes.
3. Other possible questions:
  - "What is happening to you when you worry about this thing the most?"
  - "What makes this worry go away, even for a little while?"
  - "Have you told anyone else about this 'worry'?"
  - "How often do you have this 'worry'?"

