Worried

Feeling worried is feeling concerned that something may be wrong. When we feel worried, we may feel afraid that something we don’t like will happen.

**Times we might feel worried:**
- If we don’t know whether or not we did well on our homework
- If we forget something we were supposed to bring for school
- When we are missing someone like a friend we haven’t heard from in a while

**When we feel worried, our body might feel like:**
- Our heart is beating faster than normal
- We are frozen in place or stuck
- Our stomach feels empty or uncomfortable

**Understanding Worried / Questions for learning:**

What are some times a person might feel worried?

When you feel worried, what does your body feel like?

Write about a time that you felt worried. What was it like?