



# 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**?

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

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

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