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?