

I Am Worried About ...

Tick what are worried about and you want help with. You will get a reply from an adult soon and then you can talk through all your worries and make a plan about how you can feel calmer.

I am worried about...	
my friendships	
SATs	
missing someone	
not making it onto the sports team	
not passing my tests	
controlling my temper	
school trips	
moving class	
moving school	
feeling sad	
feeling angry	
making friends	
I am worried about... 	

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