

Children can get anxious for lots of reasons. It can be helpful to scale their worries from small to large. This can help to work through the worries and sort out a plan on how to deal with them. The worksheet is simply a way to think about situations that might make us feel calm and then all the way up to anxious.

The thermometer can then be used when you think your child might be feeling worried. Can they tell you how big the worry is to them.

Show them the thermometer and ask them to mark off a number. If you can laminate them and use a dry wipe pen, they can be used many times

Anxiety Thermometer

Here are examples of what might make me feel worried

Anxious

5

5

I am anxious and scared when...

My mum or dad are poorly!
What if they die!

4

4

I am very worried when...

When I have to leave my mum
or dad and go to school

3

3

I am worried when...

I am laid in the dark. What
if there is something under
the bed?

2

2

I am a bit bothered when...

My mum is late picking me up
from school

1

1

I am calm when...

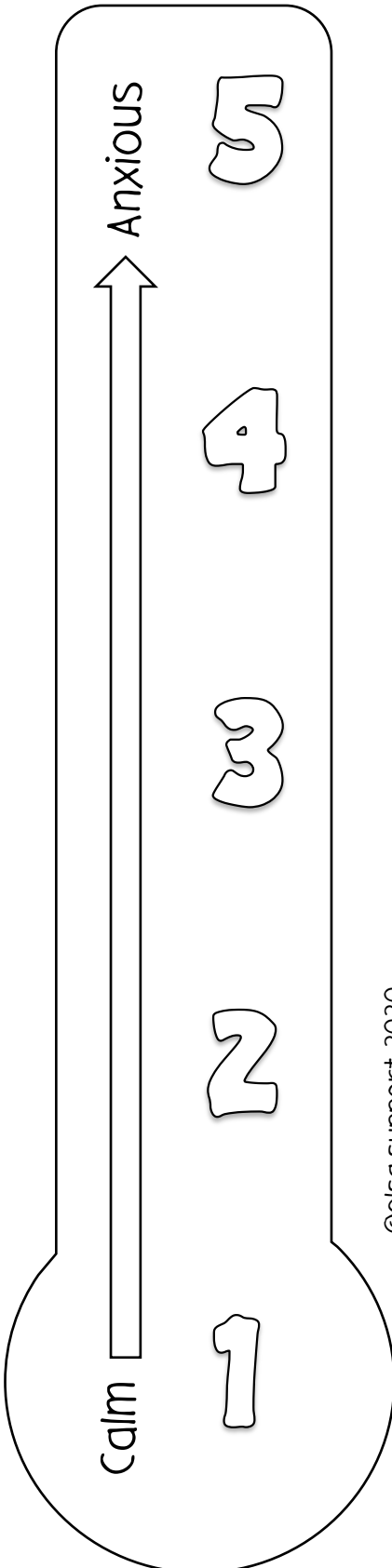
I am playing with toys

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Calm

Anxiety Thermometer

Here are examples of what might make me feel worried



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5 I am anxious and scared when...

4 I am very worried when...

3 I am worried when...

2 I am a bit bothered when...

1 I am calm when...

