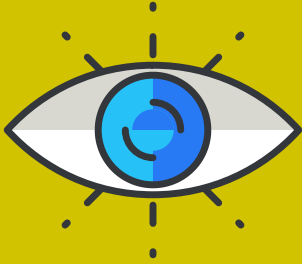


SUPERHERO DETECTIVE

Source

Let's pretend we're an emotion detective! Below, write down a worry you might have and investigate that emotion more!



1. Write down any worrying event or worrying thought you may have:



2. Set aside time to worry and THINK through where that worry is coming from:



3. RESEARCH: Is there evidence to support your worry?



FIND! Locate a solution or coping skill! DRAW: your Superhero Detective and make a list of superhero traits that will help you combat the worry

