




Social and Emotional Literacy Resource

Worry Tracker

Tracking your worries and concerns about returning to school will help you become less anxious and stressed. By writing your feelings down helps you to make a plan, think about it, stick with it, find a solution and a way to cope.

Don't forget talk to an adult about your back to school worries.

Always remember everything will be OK.

MY WORRY & DATE	
HOW MY BODY FEELS	
WHAT I NEED TO DO NOW	
HOW MY BODY FEELS NOW AFTER THINKING THINGS THROUGH	
WHAT COULD I HAVE DONE BEFORE I STARTED TO WORRY	