

# The Worry Bully Worksheet

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*\*\*Name It. Draw It. Defeat It!\*\**

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Anxiety can feel big and scary, but when we give it a name and a face, we can start to fight back! This worksheet helps you create your own 'Worry Bully' so you can recognize it, talk back to it, and boss it around!

## Step 1: Start with an Identity

Choose a name for your worry or anxiety. You can make it silly or serious, whatever helps **YOU** feel stronger.

For younger kids (K–Gr 3):

- Think of a character from a story or movie you don't mind defeating.
- Some ideas: The Worry Monster, The Anxiety Beast, The Worry Dragon, The Bully

For older kids (Gr 4–7):

- Try a name that sounds bossy or mean like The Controller, The Dictator, or even just 'Anxiety'.

My Worry Bully's name is: \_\_\_\_\_

## Step 2: Make it Real

Draw, write, or build your worry bully!

### Younger Students:

- Draw or paint your Worry Bully. Tape it to your planner or hang it at home.
- Make a Worry Bully trading card or sculpture. Let your creativity flow!

### Older Students:

- Draw your Worry Bully or write about it. You can describe it in a story, poem, or even a song!

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**What does my Worry Bully look like? (Draw here)**

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## Step 3: Talk Back to the Bully

When anxiety shows up, it often tells you things that aren't true. What can **YOU** say back?

What the Worry Bully says...

What I can say back! (Truth)

I am stronger than my **Worry Bully**. I can boss it back by talking to my support team, doing something fun, and reminding myself of what's true.