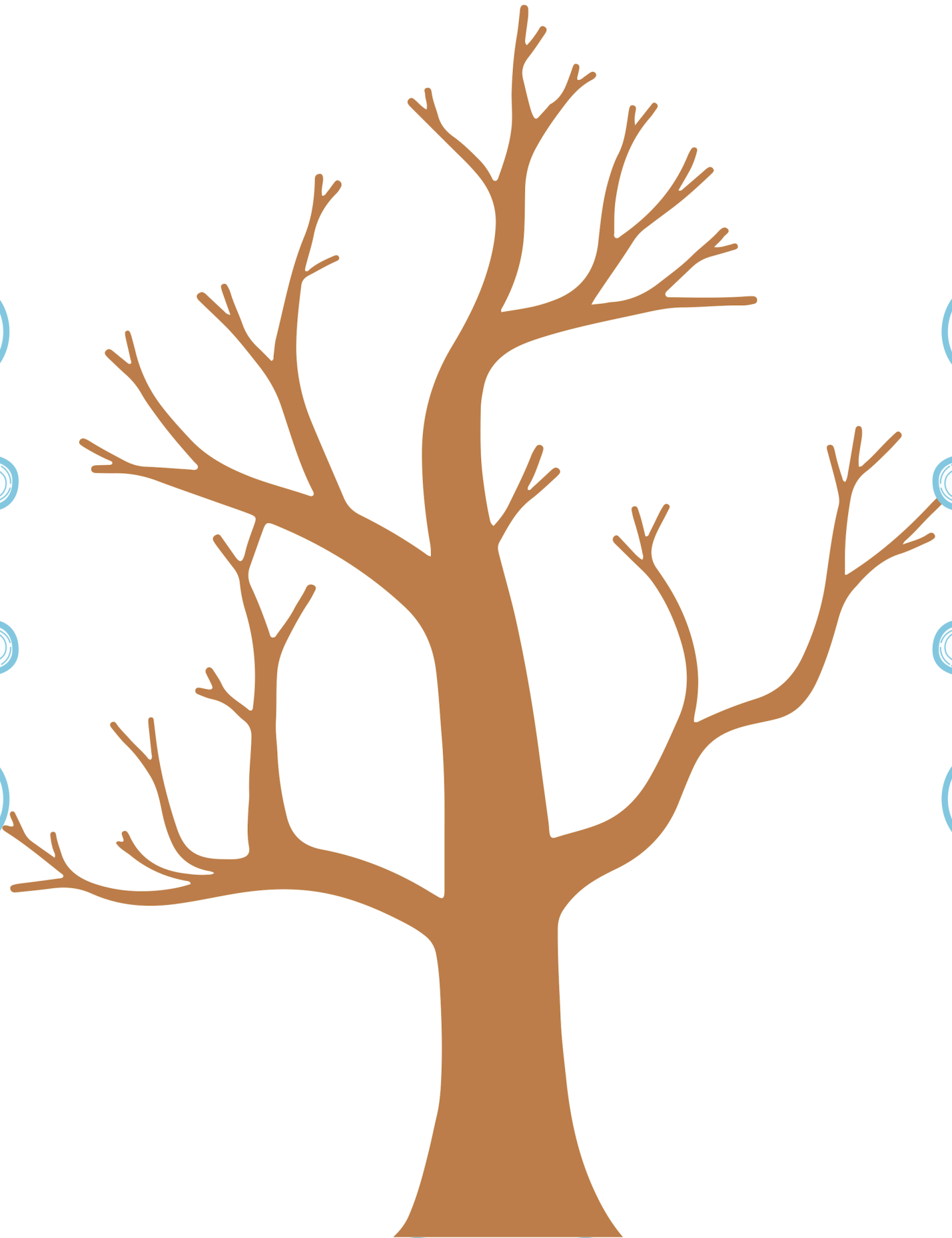
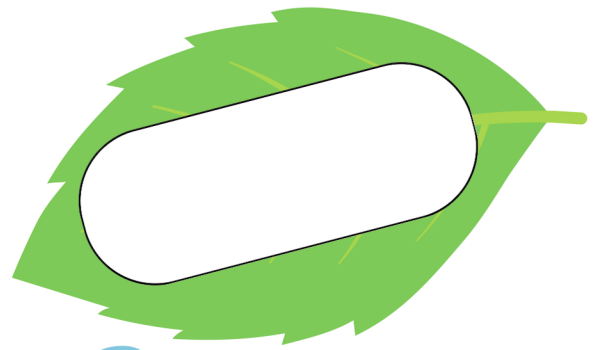
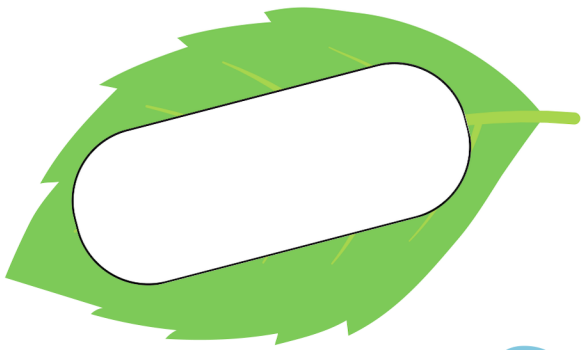
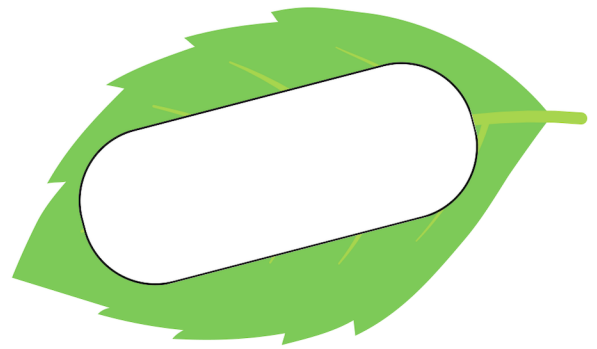
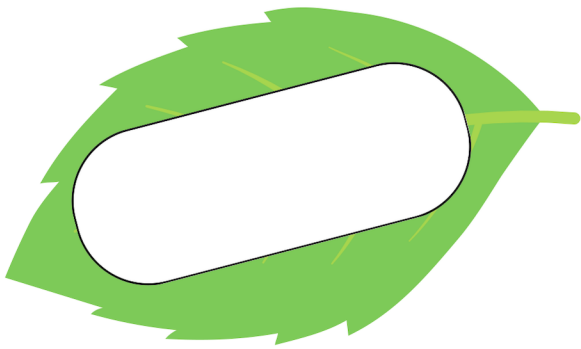
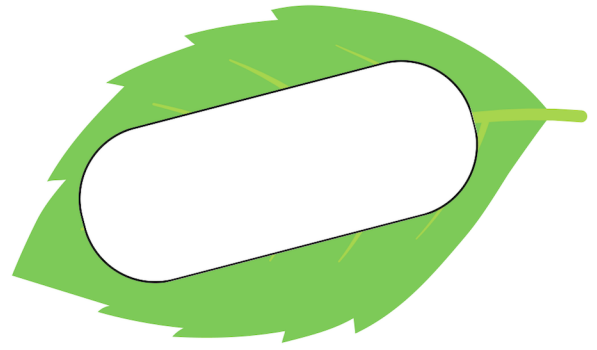
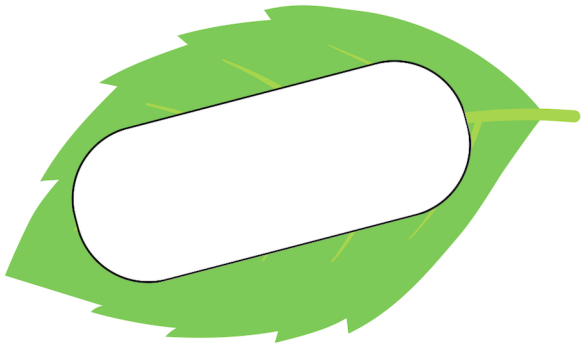
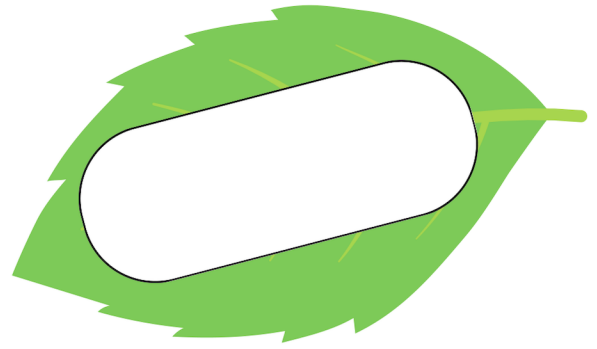
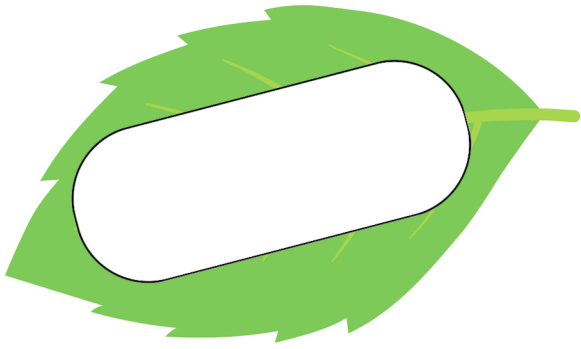
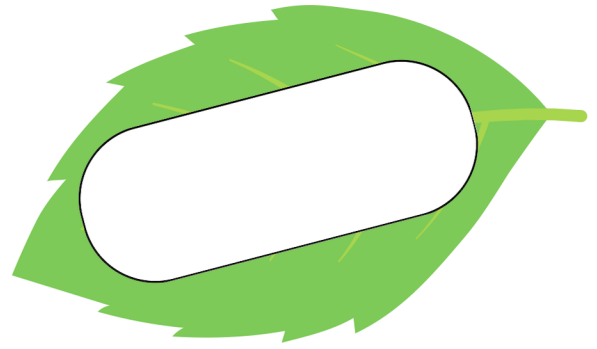
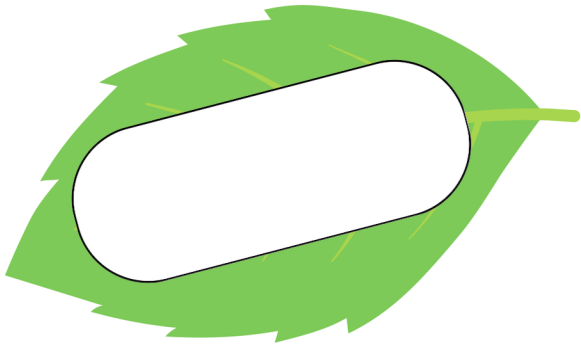


# My Worry Tree





# How to use the worry tree

A worry tree is a wonderful tool for helping toddlers navigate their emotions. Here's a simple way to introduce it to your little one:

1. Find a quiet and cozy space where you and your toddler can sit together comfortably.
2. Print out the worry tree and place it on a wall or table where your child can reach.
3. Explain to your toddler that the worry tree is a special place where they can share their worries and fears.
4. Encourage your child to draw or you can write their worries on the leaf. These worries could be about anything that's bothering them, from monsters under the bed to feeling left out at playtime.
5. Together, you can then "hang" these worries on the branches of the tree. This action symbolizes letting go of their worries and putting them in a safe place.
6. Reassure your toddler that it's okay to feel worried, and that you're there to help them work through their feelings.
7. Regularly check in with your child about their worries and encourage them to add new worries to the tree whenever they need to.

By using the worry tree, toddlers can learn to express and process their emotions in a healthy and constructive way. It's a valuable tool for nurturing emotional intelligence and providing a sense of comfort and security.