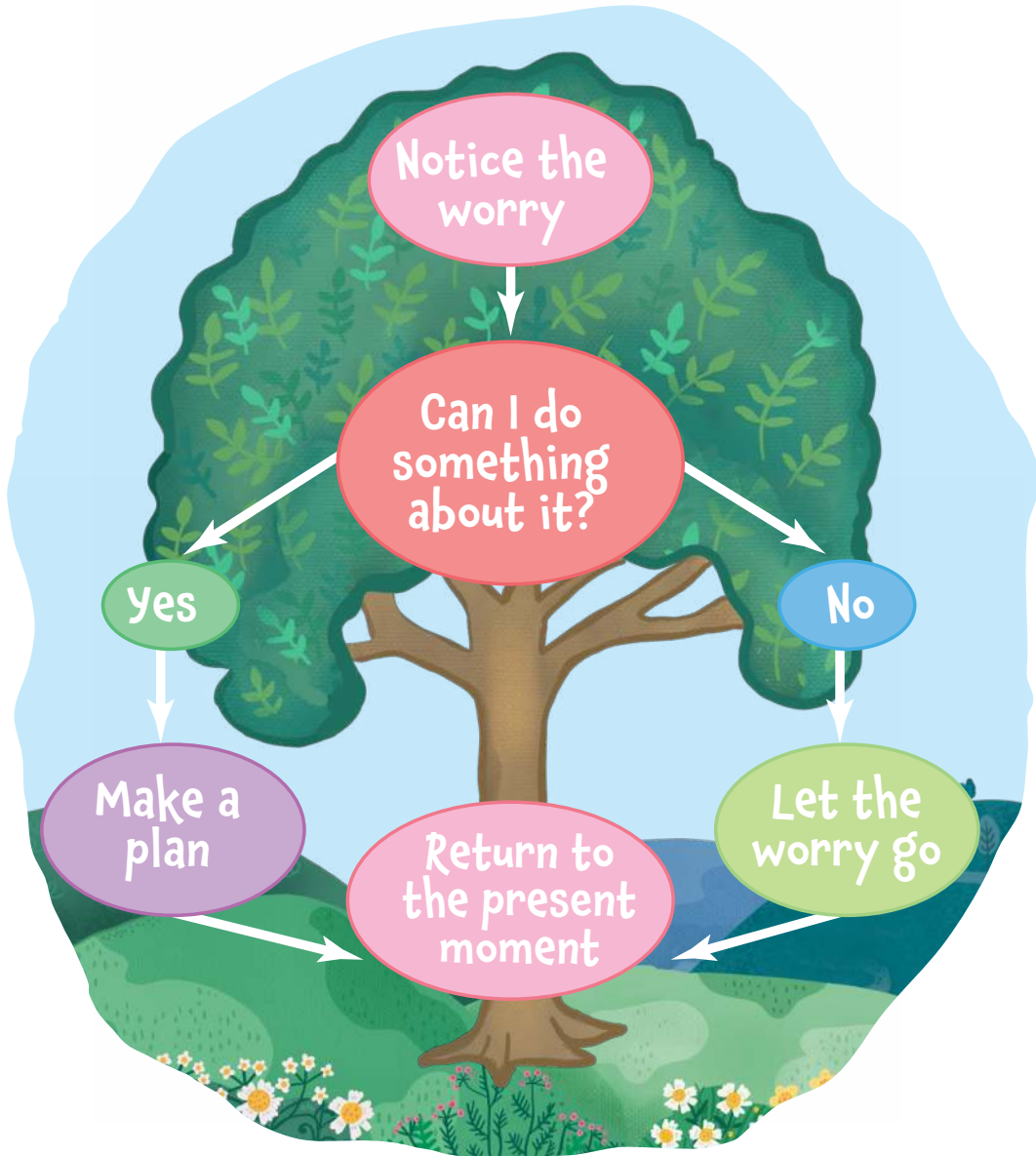


## The Worry Tree

A **Worry Tree** is a visual decision map children can use alongside the jar. It helps them decide what to do with a worry:



1. **Notice the worry** "What am I worrying about?"
2. **Can I do something about it now?**
  - **Yes:** Make a plan (What? When? How?) and take action.
  - **No:** Let it go or put it in the Worry Jar.
3. **Change focus of attention and return to the present moment.**

**Key Outcome:** The Worry Tree helps children externalise their worries, organise their thoughts, and decide whether a worry needs action or can be let go. They learn healthier thinking habits, reduce rumination, and build confidence in their ability to cope with uncertainty.

