



Welcome
Day 10

Child Counselling

Foundation Course

CBT | KFD

Overview

Everyone has feelings and gets worried sometimes no matter how old or young they are. People get scared about different things too. Some children are scared of animals like snakes or bears while others worry about things such as the dark or heights. Sometimes children worry about making new friends, going to parties, doing school work or being away from their mums, dads or home. Whatever it is that makes each of us feel worried, being afraid is a feeling everyone has sometimes.

Stated are some of the things lots of children worry about. Please tick the boxes which best describe your worries. If there are any things you worry about that are not on the list write them in the empty spaces at the bottom.

Spiders	Hospitals	Going to school	Snakes	The dark
Arguments at home	Speaking out in class	Keeping my family safe	Germs and dirt	Being told off
Eating in front of other kids	Being sick	Using the telephone	Being bullied	Making mistakes
Scary thoughts I can't get rid of	Being away from mum and dad	Not having many friends	Feeling I have to do things over and over again	Being fat and ugly
Secrets I can't talk about to do with home or school	What other kids think about me	Getting a serious illness like cancer or AIDS	What happens when I die	Being attacked

Rate yourself

Mark a cross on the number you currently feel most represents your life and how you are coping at the moment both in and out of school.

1 2 3 4 5 6 7 8 9 10



Very upset



Happy

Think of a time when you have felt unhappy and stressed. With a friend act out the scene and show it to the group.

Give a brief description of the scene you acted within this box:

Draw a picture of your family. Include yourself in the picture.