

## In My Hands: Worries I Can Do Something About

*Some worries are in your hands — they are things you can do something about.  
You might not be able to fix everything all at once, but you can take small steps.*

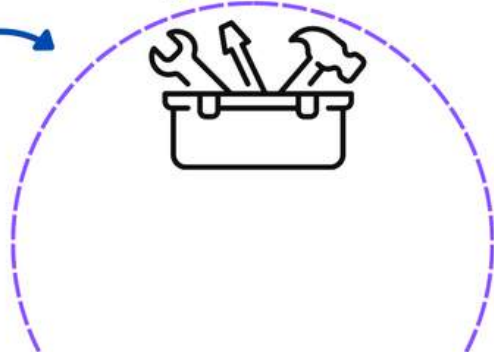
### On the hand:

Draw or write one worry that is in your hands.  
Think about something you can change, manage, or take  
a small step with — even just a little bit.



### In the toolbox circle:

Write one small step you could take to help with this worry.  
This is your tool — something that might make things a bit easier or  
help you feel more in control.



**FREE DOWNLOAD**

# Worry Sorting Activity: What Can I Control?

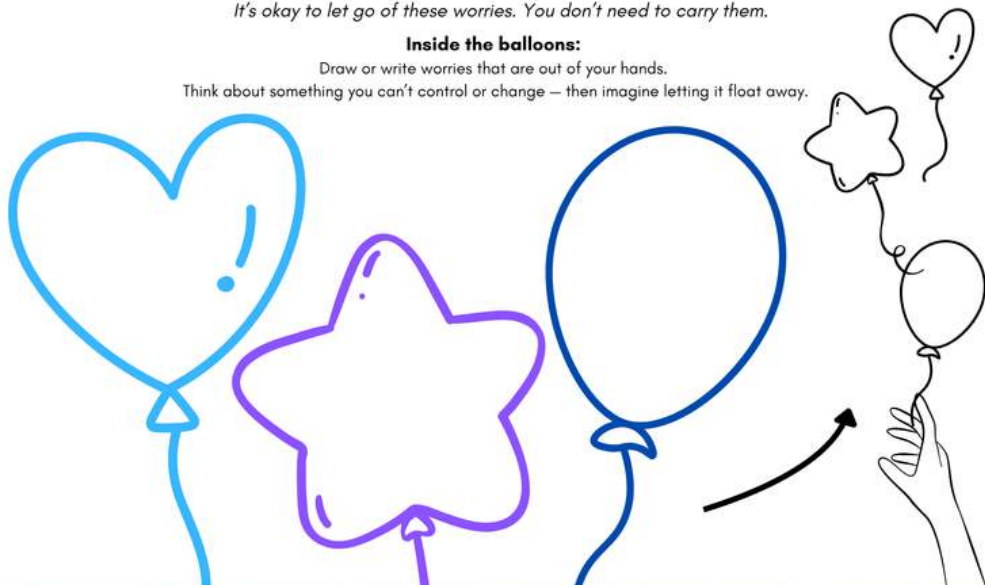
[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)

## Out of My Hands: Worries I Can Let Go Of

*Some worries are out of your hands — this means you can't control or change them.  
It's okay to let go of these worries. You don't need to carry them.*

### Inside the balloons:

Draw or write worries that are out of your hands.  
Think about something you can't control or change — then imagine letting it float away.



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**3** [WWW.FEELINGSHELPBOX.COM](http://WWW.FEELINGSHELPBOX.COM)



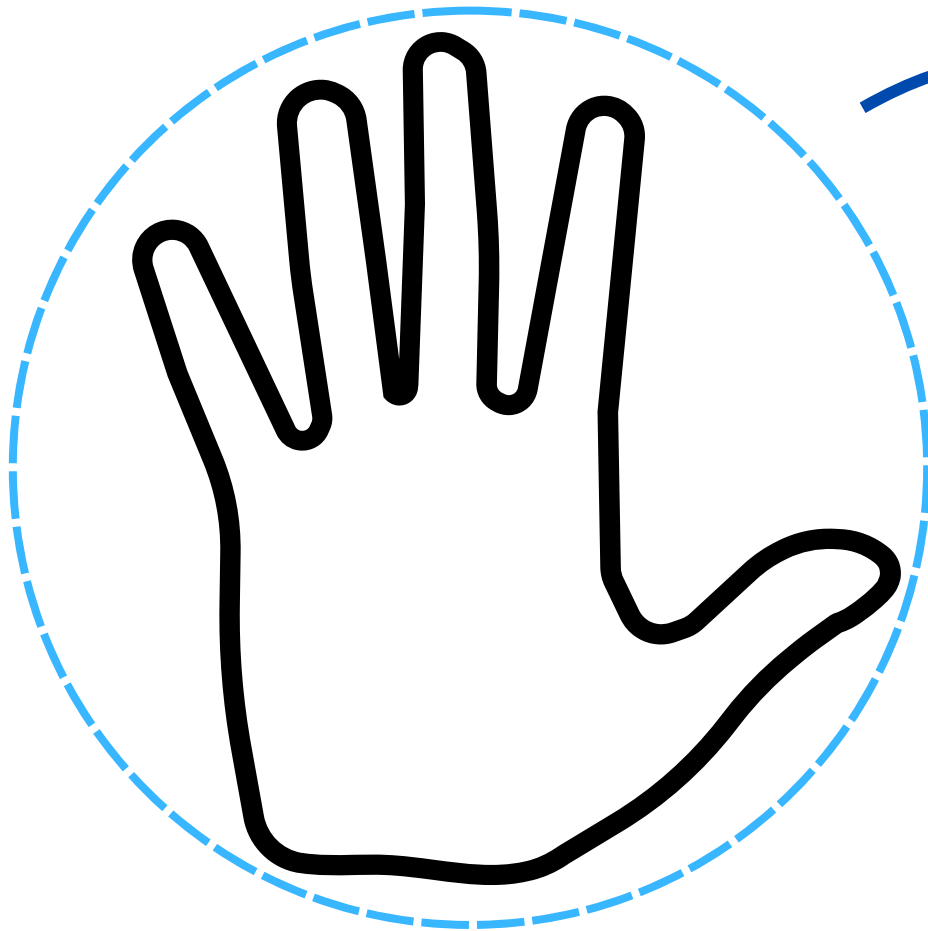
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TO ITS CONTENT.

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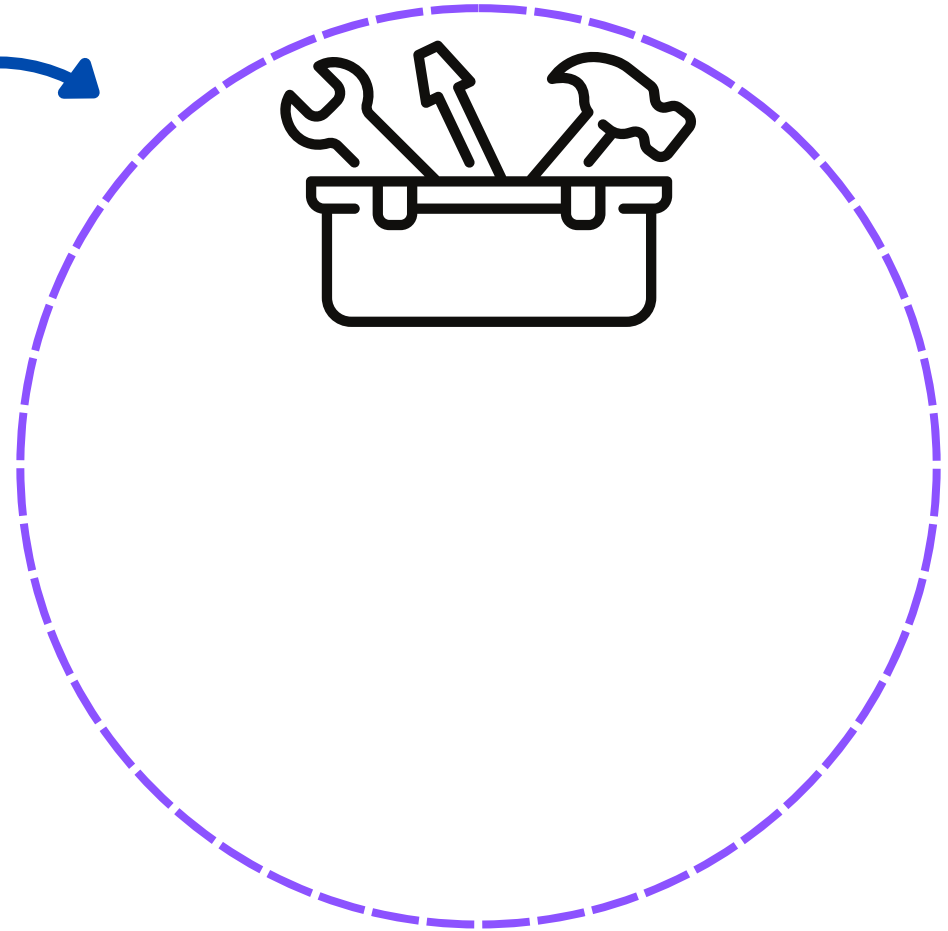
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# Out of My Hands: Worries I Can Let Go Of

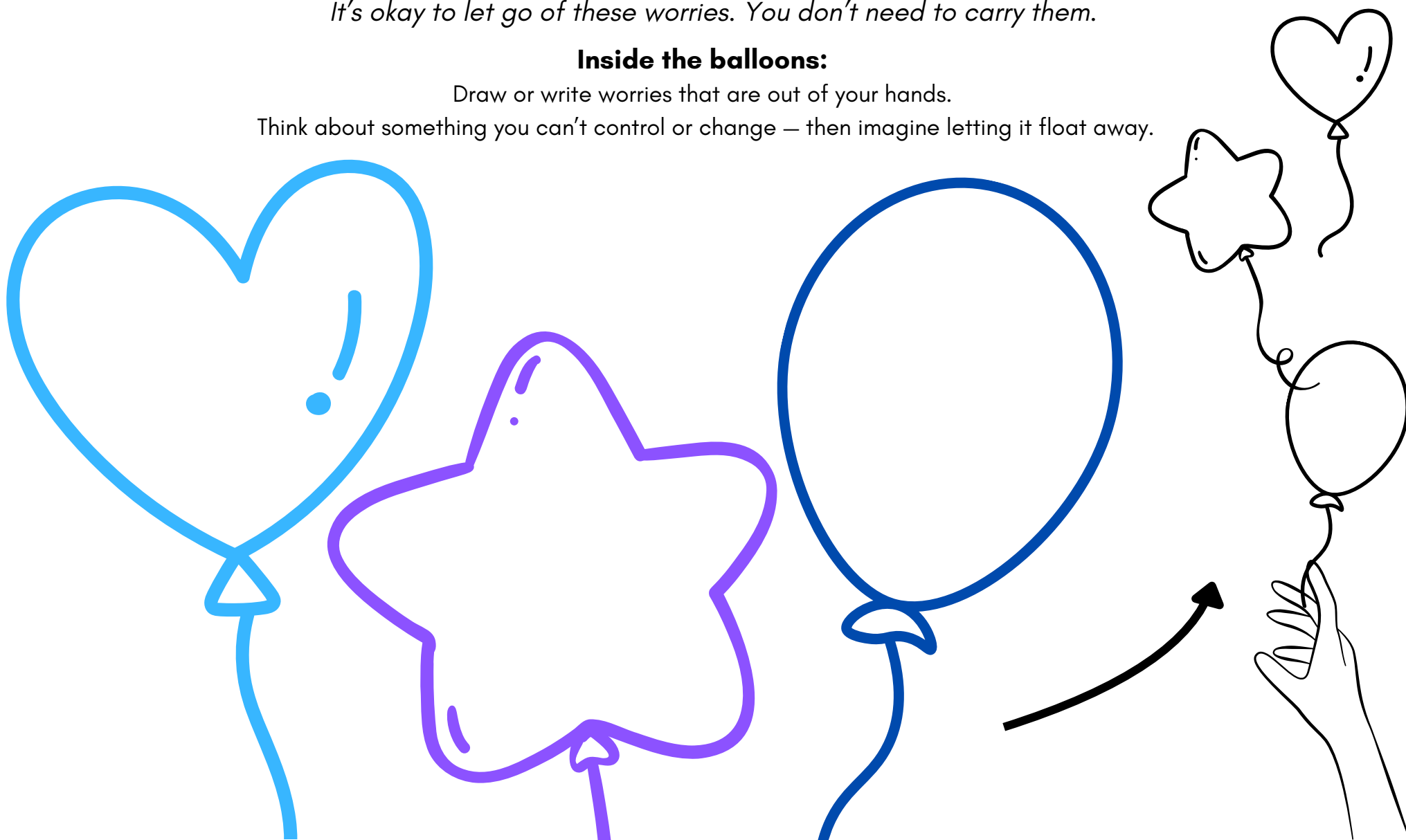
*Some worries are out of your hands – this means you can't control or change them.*

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Think about something you can't control or change – then imagine letting it float away.





# About the Resource

“Worry Sorting Activity: What Can I Control?” is a child-friendly worry sorting worksheet designed to help children understand the difference between worries they can control and worries they cannot control. This pdf printable tool supports children in learning how to manage anxiety using a simple and visual approach.

The worksheet uses two sections:

- In My Hands: Worries You Can Do Something About – Children draw or write a worry inside a hand outline and use a toolbox circle to plan one small step they can take. This encourages a solution-focused mindset and builds a sense of control.
- Out of My Hands: Worries You Can Let Go Of – Children write worries they cannot control inside balloons and imagine letting them float away. This helps with emotional regulation and learning to let go of unhelpful thoughts.

This resource is ideal for use by:

- Teachers, school staff, social workers, parents and therapists
- In 1-to-1 work, classroom activities, or emotional regulation lessons
- As part of a CBT-based approach to worry and anxiety in children

The worksheet supports kids’ mental health, promotes emotional awareness, and helps build healthy coping strategies for anxiety and stress.

[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)