**Table 7.1** Worries

|  |  |  |  |
| --- | --- | --- | --- |
| What might the worry be about?  | What positives might there be in this situation?  | Who would be best to talk to? Who else? | What one thing might stop worry turning into panic? |
| School |  |  |  |
| Friends  |  |  |  |
| Family  |  |  |  |
| Being safe  |  |  |  |



**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)