


## Bring Fun, Adventure & Freedom Back into Your Child's Life



Does your child worry a lot, seem overly anxious, or become easily stressed? Many kids worry about the *unknown*—things like starting school, trying out for a new sport, or going to a sleepover for the first time. But if your child suffers from chronic worry, trying new things can be particularly frightening. So, how can you help your child move from “No, I’m too afraid,” to “Okay, I’ll try it,” and embrace life with courage and resilience?

*The Worry Workbook for Kids* offers engaging, action-based activities to help your child move past fears of uncertainty, set and accomplish goals, and—*most importantly*—enjoy being a kid. Written for children ages seven to twelve, these simple practices can be used anytime, anyplace, to help kids put a stop to worry before it takes over. By teaching kids how to deal with stress and worry now, you’ll help to ensure a lifetime of healthy coping skills. Let this workbook guide you both as you bring fun and adventure back into your child’s life.

**“In an age of increasing anxiety and worry in youth,  
this workbook is both highly valuable and timely.”**

—PHILIP C. KENDALL, PhD, ABPP, Distinguished University Professor and  
Laura H. Carnell Professor of Psychology at Temple University

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