

"I Can"

Katie





Katie was just like the other kids. She went to school, she liked sports, she liked pizza and she had lots of friends. Katie also had lots of worry thoughts that sometimes got in her way.



These were the things that Katie worried about the most: messing up in class, getting in trouble, sleeping alone, getting sick or hurt, making new friends and trying a new food.



Sometimes Katie's worry thoughts kept her from having fun. Katie did not want to play soccer because there were new people on her team. Her worry thought said, "You will embarrass yourself in front of everyone!" She said she was scared.



Katie knew that if she didn't play soccer she would be sad because Katie **LOVES** soccer.

She was really scared and she didn't know what to do. Katie told her parents, "I want to play soccer but I'm scared."



Katie's parents took her to a psychologist. A psychologist is a doctor who helps people with their thoughts and feelings. She taught Katie lots of ways to help with worry thoughts. Katie learned about cloud relaxation, square breathing, bubble breathing, spaghetti relaxation and balloon breathing.



Katie learned to shrink her worry thoughts by changing them to real thoughts. For example, Katie changed her thought "I'm going to embarrass myself at soccer" to "I'll probably have fun at soccer." She felt better when she changed the thought.



	Monday	Tuesday	Wednesday	Thursday	Friday
Starting off in my bed	X	X	X	X	X
Staying in my bed	X	X	X	X	X
Points	2	2	2	2	2
Points	2	2	2	2	2

2 points - pancakes
7 points - tooty frooty
10 points - stuffed animal

Katie made a Bravery Chart to help with her worries. Katie had a chart about sleeping alone. Every night she tried to be brave to stay in her own bed. She checked off the chart when she did it. It was hard at first but it got easier. Katie learned to be brave about sleeping.



Katie learned to try new things.

One of the things she tried was jelly beans from Harry Potter.

Some of them were okay and some were disgusting. She didn't know

which was which until she tried them.

Katie was brave for trying new

things without knowing what they were.



Now Katie is braver and her worry thoughts don't keep her from having fun. She is most proud of how great she is getting at sleeping by herself. Her next challenge is to try out for a harder soccer team because Katie **LOVES** soccer.