

Scenario 1

You are really worried about your upcoming Math test at school, even though you completed all of your homework and studied hard all week.

Scenario 2

Your grandmother fell and broke her hip. She had surgery and now your family is heading to the hospital to visit her. You are really worried about her.

Scenario 3

Your parents asked you to put all the dishes in the dishwasher last night before dinner, but you forgot and ran upstairs to play before bedtime. This morning the dishes from last night are still sitting on the table. You are afraid you are going to get in trouble.

Scenario 4

You wake up one night afraid. Your parents reassure you that it was just a bad dream and remind you that you are safe and they love you. You are still having a hard time falling back to sleep.