

## Be a Wise Worrier

(Challenge 'what if?' worries with 'then I can' solutions)



Have a go at coming up with the 'then I can' solutions to the 'what if' worries. Then you can fill in your own 'what if' worries and try to find a 'then I can' solution!

| 'What if' question                                       | 'Then I can do' answer                                                                    |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------|
| What if I cannot answer the question in my maths lesson? | Then I can ask for help from my friend. Making mistakes is a good way to learn new things |
| What if my friend does not want to play with me?         | Then I can...                                                                             |
| What if I make a mistake in my school work?              | Then I can...                                                                             |
| What if I cry in public?<br>It might be embarrassing?    | Then I can...                                                                             |
| What if...                                               | Then I can...                                                                             |
| What if...                                               | Then I can...                                                                             |