

Everyday Speech Teaching Plan



Worry Toolbox Preschool Activity

Objective: The Worry Toolbox is a tangible tool that provides preschoolers with practical strategies for self-regulation. By using visual cues and age-appropriate activities, children learn to identify and cope with their worries.

Part 1: Exploring Worry Triggers

Begin the lesson by engaging children in a discussion about worry triggers. Encourage them to share what makes them feel worried or anxious. Create a supportive environment where children feel comfortable expressing their emotions.

Part 2: Introducing Self-Regulation Strategies

Introduce a variety of self-regulation strategies, such as deep breathing, positive self-talk, and engaging in calming activities like drawing or listening to soothing music. Display visual cues or use the accompanying PDF from Everyday Speech to familiarize children with these techniques.

Part 3: Personalizing the Worry Toolbox

Distribute the visual toolbox template included in the PDF resource. Guide children to cut out their worry toolbox. Allow them to write their name on it, making it uniquely theirs. Encourage creativity and individual expression.

Part 4: Identifying and Cluing Strategies

Provide children with a list of self-regulation strategies. Have them choose strategies that resonate with them and cut out corresponding visuals from the PDF resource. Assist children in gluing the visuals onto their worry toolbox.

Part 5: Reflecting and Sharing

Engage in group discussions to allow children to share their experiences using the worry toolbox. Encourage them to express how the strategies helped them manage their worries. Celebrate their successes and offer guidance when needed.

My Worried Toolbox



PART 1 - DIRECTIONS:

- 1) Practice using each tool below.
- 2) Cut out your tools and toolbox, fold along fold line, and staple.
- 3) Add your tools to your toolbox!



Belly breathing



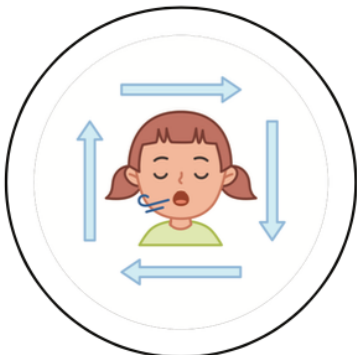
Tell someone how I feel



Think about something happy



Do a body scan



Box breathe



Take a Break

My Worried Toolbox



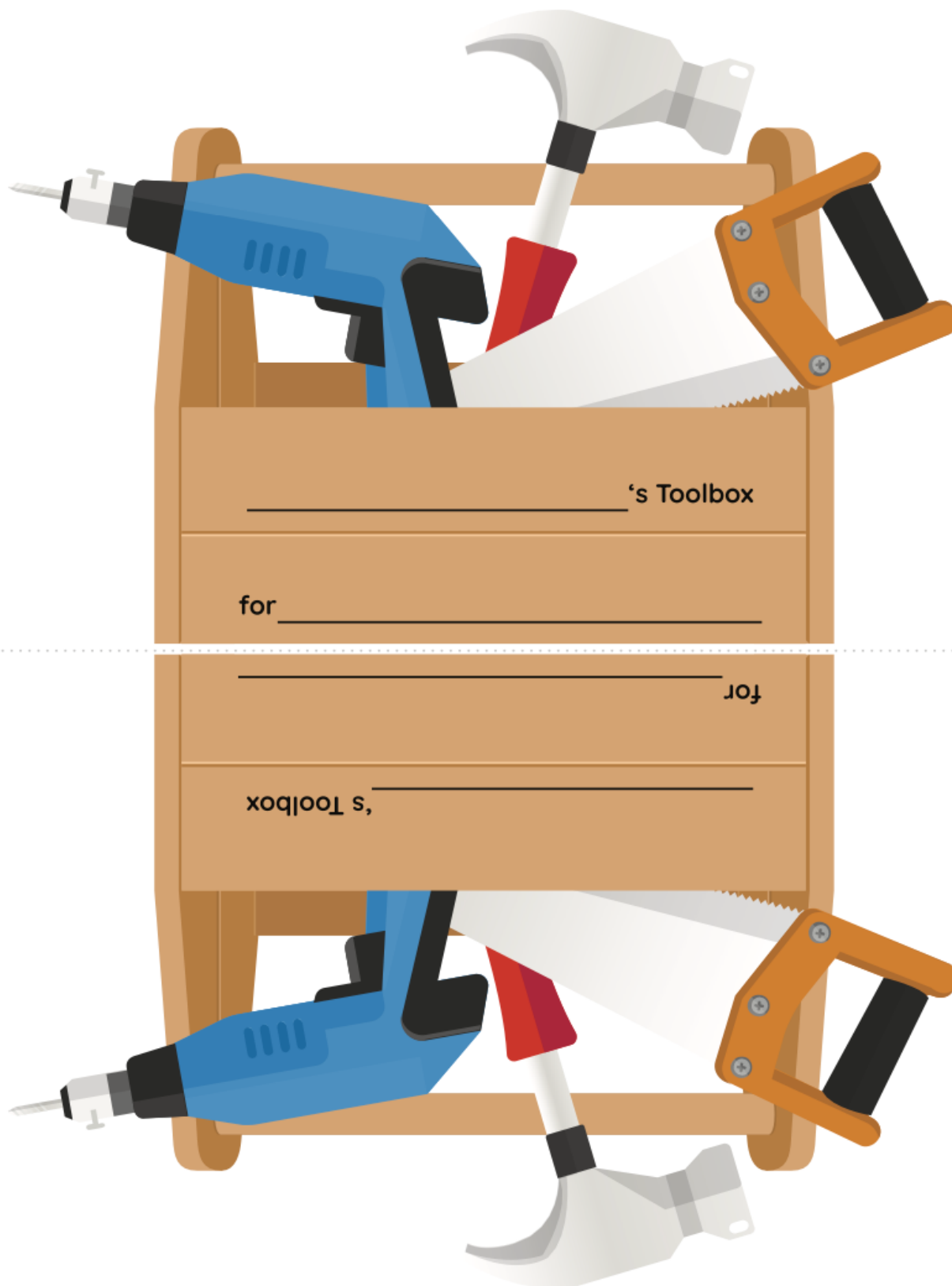
staple

staple

staple

staple

fold-line



My Worried Toolbox

Name: _____



PART 2 - DIRECTIONS:

Draw and/or write when you would use these tools.

I would use these tools
when
