

Write your own **POOFAS** story!

OK every one, now it's YOUR turn to gather your POOFAS to help you fight your biggest worries!

Follow the questions on these 2 pages to write your own POOFA story!

Think about a time that you remember that was challenging and made you feel worried, scared, mad or some other strong feeling. Write about that situation and how it made you feel below:

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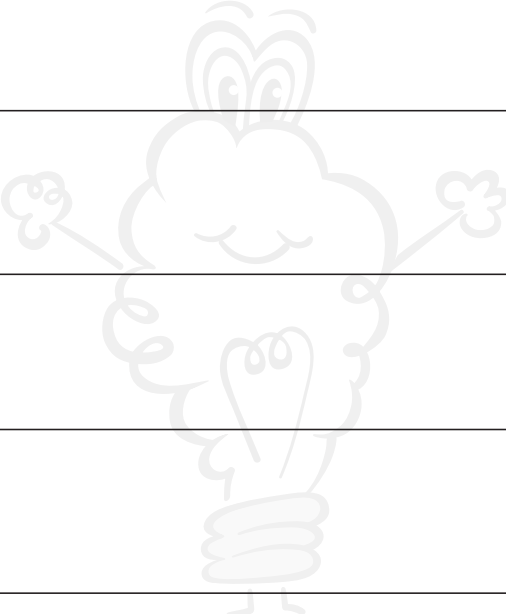
OK, now that you have the situation and your feelings written down, let's take a second to write down ALL the worry thoughts that were stuck in your mind about that situation:

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Finally, choose 3 different POOFAS that can help you change those thoughts!  
Write down below exactly what the POOFAS would tell you & how this can help you with your worries:  
*(HINT: Be really specific on exactly what you can do - e.g., talk to someone, tell myself a positive thing about me, remember the good things in my life, pet my dog/cat, take a walk, play outside, etc.)*

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**CONGRATS!**

*You just wrote your own POOFA story and you can do this EVERY time you have a worry thought!!!!  
Your last step is to tell a trusted adult what you wrote on this page,  
so they can learn how the POOFAS helped you and they can help you too!  
Write your trusted adult support person in the space below!*

