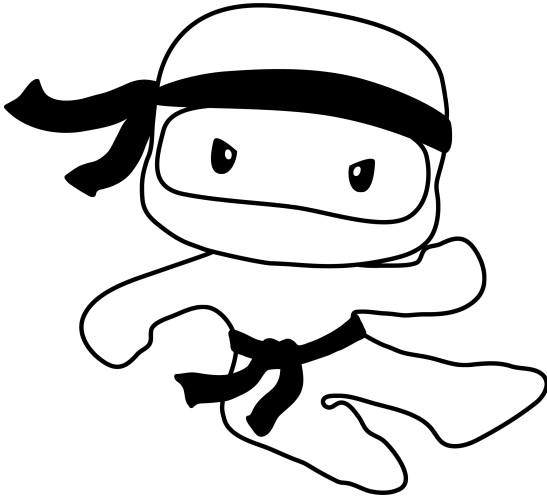


# WORRY NINJA POWER CARDS



Worry Ninjas have  
physical discipline

Worry Ninjas are in  
control of their bodies.  
They know how to calm  
themselves if they begin  
to get anxious:

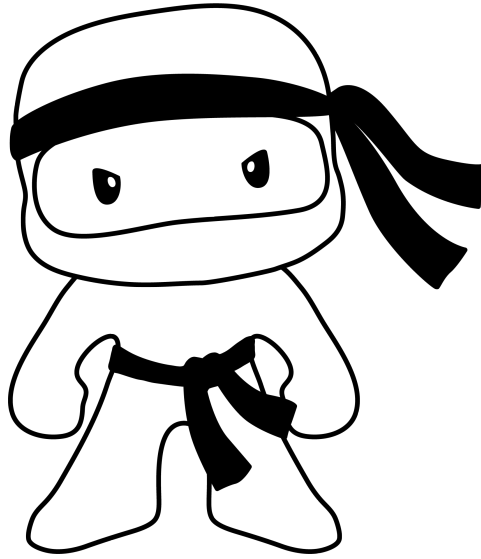
- ☆ They breathe slowly and deeply.
- ☆ They ask if they can take a walk or run an errand.
- ☆ They squeeze a stress ball.
- ☆ They sit with a friend.
- ☆ They listen to calming music.



Worry Ninjas have  
mental discipline

Worry Ninjas are in  
control of their thoughts.

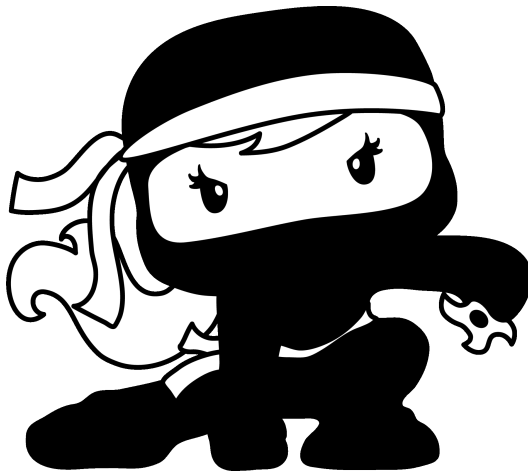
- ☆ They think of happy things.
- ☆ They remember times the worry didn't come true.
- ☆ They think about how big the problem REALLY is, instead of how big it feels.



Worry Ninjas have  
self-confidence

Worry Ninjas know they  
are strong and capable.

- ☆ They use positive self-talk:
  - They say, "I can do this."
  - They say, "I am stronger than my worry."
- ☆ They tell the worry, "You're just trying to scare me. I don't believe you."
- ☆ They tell the worry to "GO AWAY!"

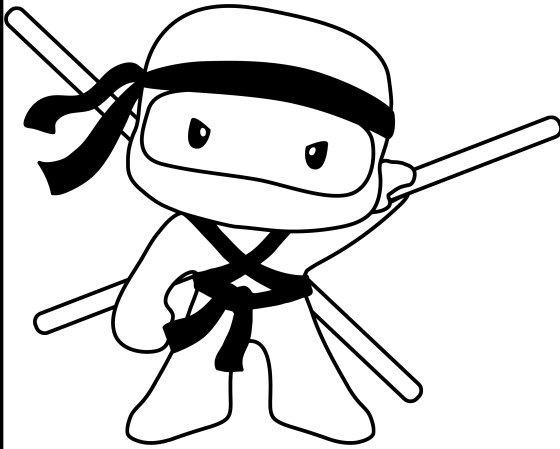


Worry Ninjas have  
inner strength

Worry Ninjas know that  
their mind is their  
strongest muscle.

- ☆ They create a strong box in their mind to lock up their worries.
- ☆ They only let their worries out of the box during one special "Worry Time" each day.
- ☆ If the worries try to escape at another time, they push them back into the box.

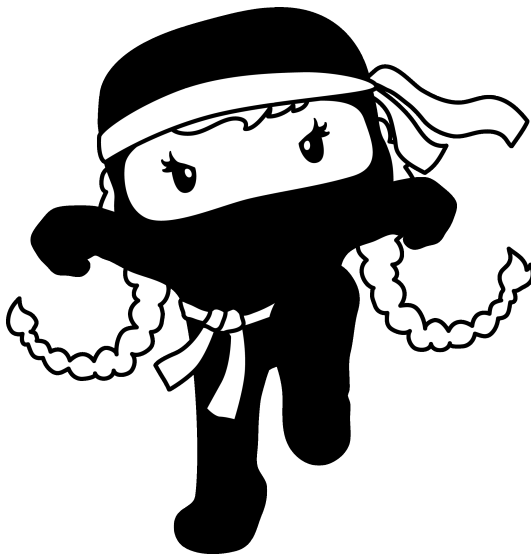
# WORRY NINJA POWER CARDS



Worry Ninjas seek help

Worry Ninjas know that there are people who can help them defeat their worries:

- ☆ Family members
- ☆ Teachers
- ☆ The school counselor
- ☆ Their friends
- ☆ A scout or church leader
- ☆ A coach
- ☆ A therapist
- ☆ Many others



Worry Ninjas find balance

Worry Ninjas can do other things besides think about their worries.

- ☆ They can play outside.
- ☆ They can call a friend.
- ☆ They can read a book.
- ☆ They can draw a picture.
- ☆ They can have a dance party!

Ninjas don't let worries win!

# Terms of Use



## WORRY NINJA POWER CARDS

Created by Laurie Mendoza, MA, CAGS  
[www.schoolcounselingfiles.com](http://www.schoolcounselingfiles.com)

Thank you for downloading my power cards! I hope your students/clients will find them useful. Some of these strategies are from Dawn Huebner's excellent book, What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety.

Cut out cards and glue them front-to-back on a 3x5 index card. Laminate if desired for added durability. Then punch holes in the upper lefthand corners and place the cards on a key ring for flippability (hey, I made up a word!). Some of my students' teachers put a sticky hook on the side of the child's desk to hang the keyring on. Quick and easy access is especially important when a kiddo is feeling anxious!

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Please e-mail me at [lauriepmendoza@gmail.com](mailto:lauriepmendoza@gmail.com) if you have any questions or suggestions for improvement. Just put "Worry Ninjas" in the subject line.

Happy counseling! Laurie

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