Fact or guess?

A fact is something you know.
A guess is something you predict.
Circle your choice for each clue.

1. **“My teacher said the quiz is Friday.”**
   ◯ Fact ◯ Guess

2. **“I will get every answer wrong.”**
   ◯ Fact ◯ Guess

3. **“My teacher offered to help me practice.”**
   ◯ Fact ◯ Guess

Check: 1 = fact, 2 = guess, 3 = fact.

A guess can feel real. You can check it.

Some worries are about real problems. If someone hurts or threatens you, tell a safe adult. Keep telling until someone helps.

Worries are easier to share.



A safe adult I can talk to:

Words you can borrow:

“My worry keeps showing up. Can you help me?”

If worry gets in the way of school, sleep, or fun, ask a safe adult to help you talk to a counselor or health professional.

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988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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Mile or a Millimeter
www.progresscounselingprograms.com

When Worry Gets Loud

A Worry Detective adventure



You don’t have to solve every “what if” alone.

NOTICE / CHECK / CHOOSE

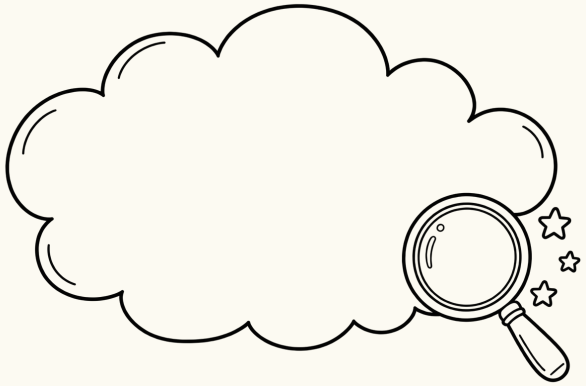
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01 / NOTICE

Meet your worry.

Worry can bring busy thoughts or a tight tummy. You might notice something different.

Draw your worry inside the cloud. Add colors, shapes, or a name.



My worry shows up when:

When I notice it, I can:

- ☐ Feel my feet on the floor.
- ☐ Look around me.
- ☐ Ask for help.

02 / CHECK

Check the clues.

Worry says:

“I’ll have nobody to sit with.”

What I know:

I haven’t asked anyone yet.

Another possibility:

“I don’t know yet. I can ask.”

Now try yours.

My worry is saying:

What do I know for sure?

What is another possibility?

You don’t have to force a happy thought.

03 / CHOOSE

Choose one small step.

Pick a safe next step with a grown-up. Small is enough.

I could:

- ☐ Ask one question.
- ☐ Practice what I want to say.
- ☐ Try it with someone safe.

One step I will try:

Someone who can help:

Afterward, I noticed:

Still worried? That’s okay.
You can ask for more support.