

# George's list of worries

- Safety of his parents when they travel (injuries, accidents, etc.)
- Embarrassing himself and not knowing what to say when interacting with classmates
- Asking his teacher for help on assignments
- Storms
- Worry about his own health (if he has cancer)
- Touching door handles or other shared items
- Books on his bookshelf not being lined up symmetrically
- Things that make loud noises or places with loud noises
- Uncertainty about the future after high school

# Sophia's list of worries

- Accidents happening to her parents
- Hanging out with a group of classmates
- Not getting a perfect score on math tests
- Public speaking
- Not getting to school on time
- Getting sick after hugging or high-fiving other people
- Having to brush hair over and over until it feels “just right”
- Changes in her routine
- Starting middle school at a new school