

## FEELING WORRIED?

Sometimes we want to participate but we're worried we might not do things right. You can turn your **Worry** into **Courage** by performing physical activities from the Wiggle Jar! Let's practice. Perform each activity for up to 30 seconds.

When finished, mark this event complete on your scorecard.



Perform all activities for up to 30 seconds with 15 seconds of rest in between each activity.

1. **Shake invisible paint off your hands (and oink like a pig).**
2. **Hop on one foot (or bounce your body) while naming 3 of your favorite things.**
3. **Put yourself inside an invisible bubble of safety and extend your arms to the edges.**
4. **Give yourself a BIG HUG.**
5. **And then to finish, put your hands on your heart and take 3 deep, slow breaths.**

Get 30-Second Interval Music on [Apple Music](#) or [Spotify](#).

**Congratulations!**

You've started the process of turning your **Worry** into **Courage**!



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## WIGGLE YOUR WORRY INTO COURAGE

**Worry shows up when we need to pay attention.** It helps us stay alert and get prepared. When we're competing or playing a sport, it's normal to feel worried.

**Here's how you can channel your Worry into Courage:**

1. Do some of the wiggles from the **Worried Wiggle Jar** to move some of your stress energy out of your body.
2. Once you're feeling calmer, take a deep breath.
3. Then ask yourself, "What am I worried about? Am I afraid to fail or make a mistake? Do I need more information on how to do an activity? Am I afraid to ask for help?"
4. It takes courage to try new things and to be open to making mistakes. Making mistakes is part of learning process. So is asking for help. Use the power of "Yet" to transform the worry of failing into the courage of trying: "I can't do this YET, I'm not good at this YET, I don't understand this YET."

***The only failure is not being willing to try.***



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