

Journal entry: Worry

Grade 5 Writing Worksheet

Write a personal journal entry responding to the prompt below.

Write about a time you felt worried or anxious about something.

- What was the situation?
- How did your body feel during this time?
(For example, did you have butterflies in your stomach?
Was your heart racing?)
- What helped you feel better or what would you like to do next time you feel this way?

