

# ANXIETY

# ICEBERG

## Free Anxiety Worksheets for Children and Teens

### THE WORRY ICEBERG: WHAT'S UNDERNEATH?

Some worries are small, like the tip of an iceberg you can see. But just like a real iceberg, there's often a bigger worry hidden underneath!

**The Tip of the Iceberg:**  
This is the worry you can easily say out loud.

Example:

I don't want to speak in front of the class!

I don't want to go to school.

What if I forget what to say?

Feeling ashamed

Feeling embarrassed

What if everyone stares at me?

What if people laugh at me?

What if I mess up?

Feeling uncomfortable

Feeling overwhelmed

What if I don't understand the work?

I feel nervous when things change.

What if my friends don't want to play with me?

**Under the Water:**  
The deeper you go, the bigger the worry.

### MELTING THE WORRY ICEBERG!

Now that you've spotted your hidden worries, it's time to shrink them! Just like ice melts in the sun, worries get smaller when we understand and challenge them.

**Look at the Worry Under the Water**  
Take each hidden worry and ask yourself:

Is this really true?

What can I do about it?

Example:

I don't want to speak in front of the class.

### MELT YOUR OWN WORRY ICEBERG!

Now it's your turn to shrink your worries! Use this worksheet to challenge your hidden worries and make them feel smaller.

**Step 1: Write down your The Tip of the Iceberg worry.**

**Step 2: Look Under the Water**

Now, look at your hidden worries beneath it. For each one, ask yourself:

Is this really true?

What can I do about it?

Hidden Worry:

Hidden Worry:

# THE WORRY ICEBERG: WHAT'S UNDERNEATH?

Some worries are small, like the tip of an iceberg you can see.  
But just like a real iceberg, there's often a bigger worry hidden underneath!

## The Tip of the Iceberg:

This is the worry you can easily say out loud.

Example:

I don't want to speak in front of the class!

I don't want to go to school.



Feeling ashamed

Feeling uncomfortable

What if I forget what to say?

Feeling embarrassed

Feeling overwhelmed

What if I don't understand the work?

What if everyone stares at me?

Feeling lost

I feel nervous when things change.

What if people laugh at me?

What if my friends don't want to play with me?

What if I mess up?



## Under the Water:

These are the deeper feelings or thoughts behind the worry.

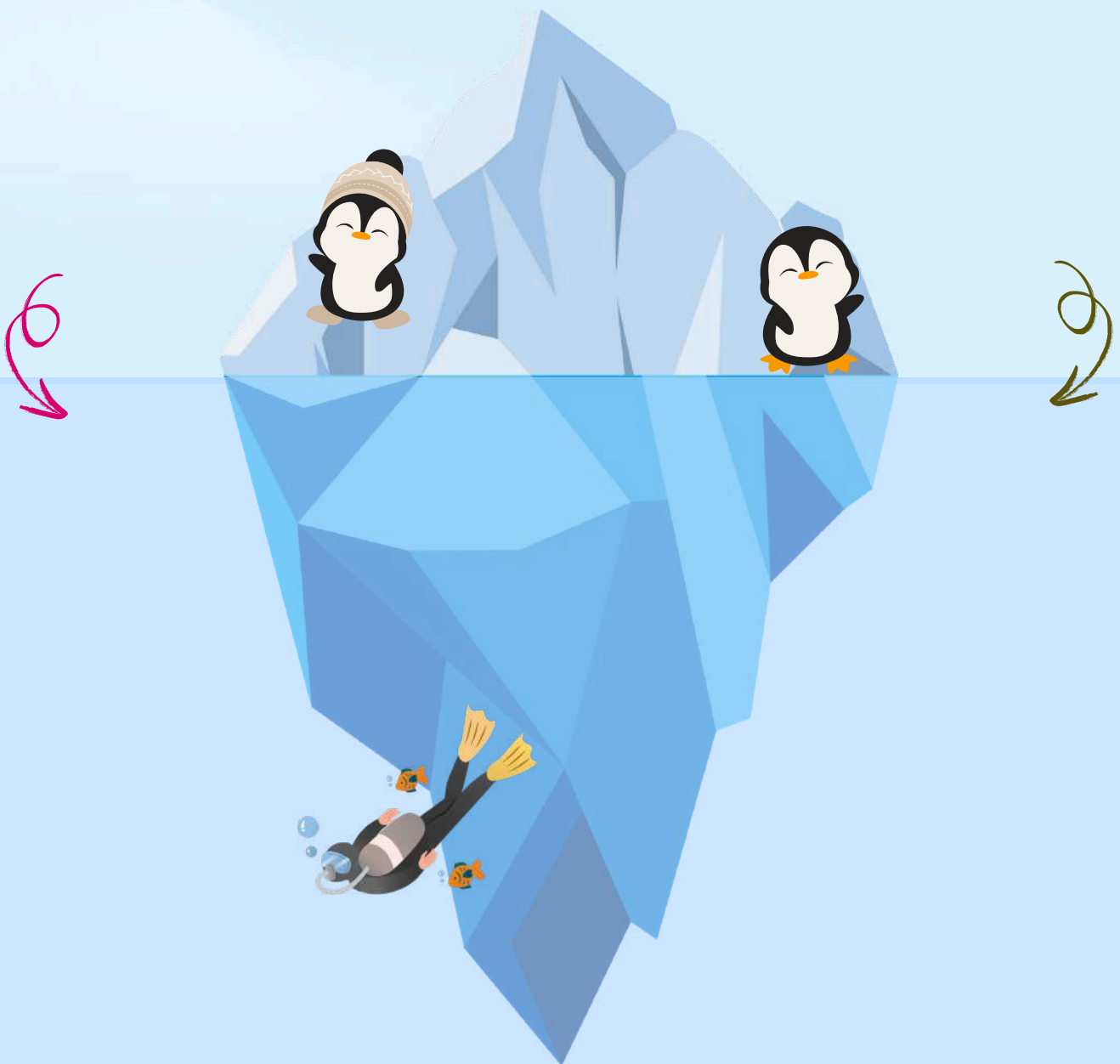
What if I get an answer wrong in class?

# MY WORRY ICEBERG

Now it's your turn to create your worry iceberg!  
Use this iceberg to write down your own worry or worries. Think about what's  
on the surface and what's hidden underneath.

## The Tip of the Iceberg:

This is the worry you can  
easily **say out loud**.



## Under the Water:

These are the deeper  
feelings or thoughts  
behind the worry.

# MELTING THE WORRY ICEBERG!

Now that you've spotted your hidden worries, it's time to shrink them!  
Just like ice melts in the sun, worries get smaller when  
we understand and challenge them.

## Look at the Worry Under the Water

Take each hidden worry and ask yourself:

Is this really true?



What can I do about it?

Example:

I don't want to  
speak in front of  
the class!



What if I forget what to say? ✗

✓ I can practise beforehand so I feel more prepared.  
If I forget, I can take a deep breath and keep going.

What if everyone stares at me? ✗

✓ People look at me because they are listening, not judging!  
I can look at a friendly face or focus on my paper.

What if people laugh at me? ✗

✓ Most people won't laugh—they understand how I feel.  
Even if someone laughs, I can ignore it and keep going.

What if I mess up and feel embarrassed? ✗

✓ Everyone makes mistakes—it's okay!  
If I mess up, I can smile and keep going. No one will remember it!

# MELT YOUR OWN WORRY ICEBERG!

Now it's your turn to shrink your worries! Use this worksheet to challenge your hidden worries and make them feel smaller.

**Step 1: Write down your The Tip of the Iceberg worry.**

## Step 2: Look Under the Water

Now, look at your hidden worries beneath it. For each one, ask yourself:

Is this really true?



What can I do about it?

Hidden Worry:



Hidden Worry:



# MELT YOUR OWN WORRY ICEBERG!

Is this really true?



What can I do about it?

Hidden Worry:



Hidden Worry:



Hidden Worry:



# See Our Websites for More **Free** Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

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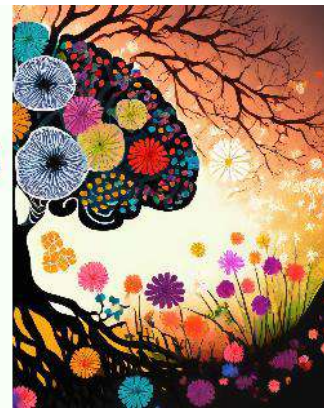
Free social work resources for direct work



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)  
Free Anxiety Tools & Resources



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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