

You be the judge...

When our brains are worried about things, it can create all sorts of thoughts, which affects our emotions and our feelings. Particularly right, now, children may be expressing a number of fears, particularly with respect to their health and their parent's health.

But inside all of us, we have a little judge who can help out. A judge's job is to make a decision about a situation based on the evidence that they see in court. They weigh up the evidence to decide the truth about a situation.

When you're feeling worried about something, or think that something is scary, you can do the same thing by looking hard at the evidence that you see about a situation.

Evidence is all about looking at what's true in a situation. Sometimes you can think that things are true, when they're really not.

Let's look at an example – one about someone who's worried about catching coronavirus, and doesn't want to leave their house, even just to go into their yard.

Evidence for	Evidence against
<p>The coronavirus is outside</p> <p>Lots of people have it without knowing about it</p>	<p>If I'm smart and wash my hands, and keep social distance, it will be okay</p> <p>People who have it stay at home.</p> <p>I'll be the only one in my yard</p>

What do you think that a judge might think? They would weigh up both sides, and then decide what to do, for example they may decide that it's okay to go outside.



Now, let's try it with something that might worry you:

Write it here: _____

Now, write about the evidence:

Evidence for (True)	Evidence against (False)

If you were the judge, which side do you think is the right one?

What is a new way to think about the thing that might be worrying?

