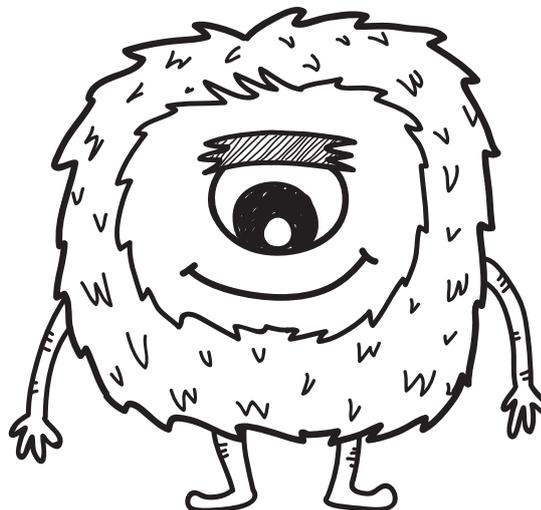
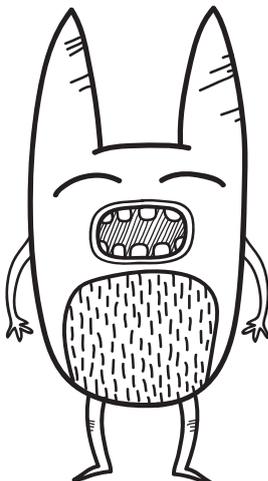
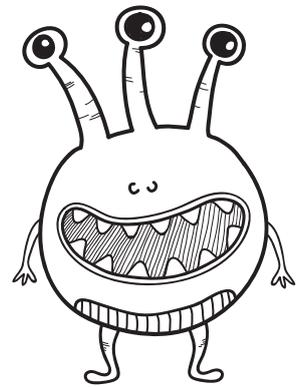
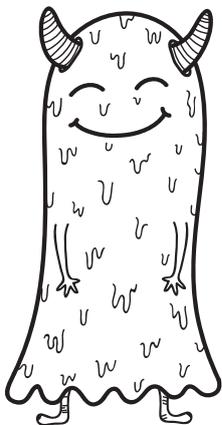
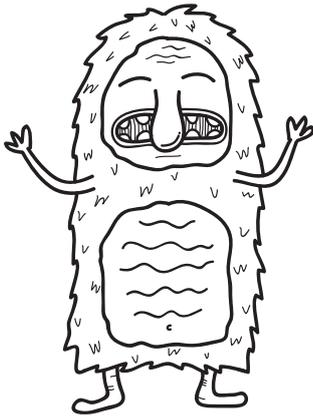


A HUGE BAG OF WORRIES

Which worries are you holding on to? Could you give them to a parent or another person to help? Could you let some go? Colour in the monsters and add them into your bag of worries to share with someone else, imagine where the worry might go.



A HUGE BAG OF WORRIES

Stick your worry monsters into the bag, write the worry on the back of each one before you stick it down, or write the worry around the monster to share with someone who you trust.

