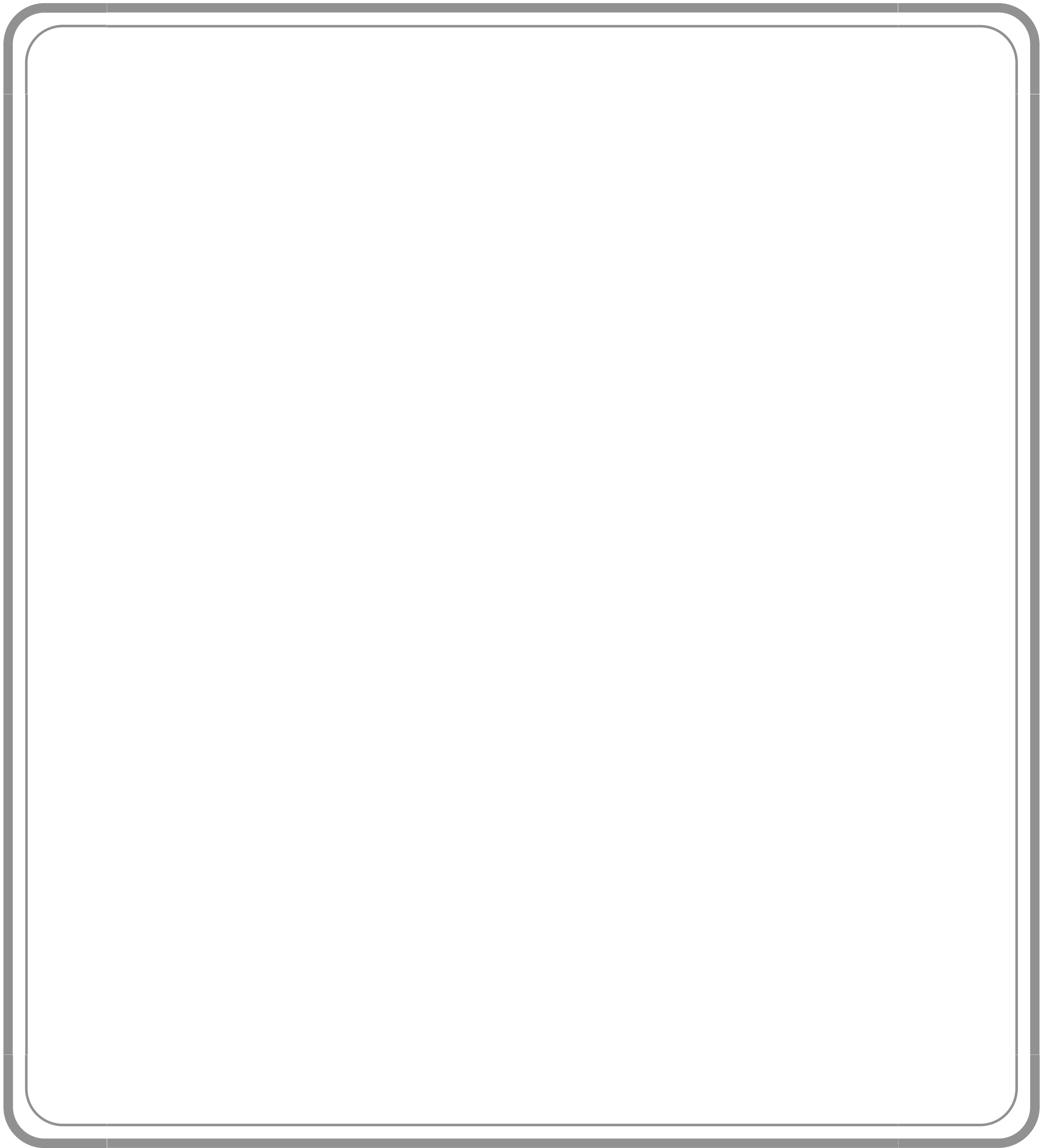


Thinking about worries a lot is like watering your worry tree. Try to think about your worries less and if the worry pops into your mind put it into a WORRY JAR. Draw your imaginary WORRY JAR where you will store your worries. Make sure you add a solid lid!



Make your worry to go away

Worries can be ugly like a monster. Did you know you can talk back to your worry? Imagine that your worry is an ugly monster sitting on your shoulder. Draw what your monster looks like and write down what you will say to the worry bully on your shoulder to go away.

