

How to ignore your worries?

Worries don't like being ignored. They don't like being funny too. You can flick your worry monster off your shoulder or make it funny and less scary. Stick to your worry a crazy mustache or make it sound like a cartoon character. Then get busy doing something else. Instead of worrying you can play, help your parents or do some sport.

Make a list of the things you can do instead of thinking about your worries.

Make your body feel better

Worries can make your body feel bad and tired. But there are ways to make your body feel better. You can do fun activities or try relaxation.

Draw or make a list of fun things you can do to make your body feel better.

