



IT'S OK TO FEEL WORRIED.

I FEEL BRAVE WHEN I...

WHAT CAN WE DO TO HELP THE WORRIES GO AWAY?

SHARE YOUR FEELINGS WITH PEOPLE YOU LOVE!

WHAT DOES WORRY FEEL LIKE TO YOU?

LET'S TALK ABOUT WORRIES

FUN THINGS CAN HELP US FORGET OUR WORRIES!

TALKING IS TEACHING.

TALK READ SING