



WHAT CAN WE DO TO HELP THE WORRIES GO AWAY?

IT'S OK TO FEEL WORRIED.

I FEEL BRAVE WHEN I...

WHAT DOES WORRY FEEL LIKE TO YOU?

SHARE YOUR FEELINGS WITH PEOPLE YOU LOVE!

LET'S TALK ABOUT WORRIES

FUN THINGS CAN HELP US FORGET OUR WORRIES!

TALK READ SING

TALKING IS TEACHING.