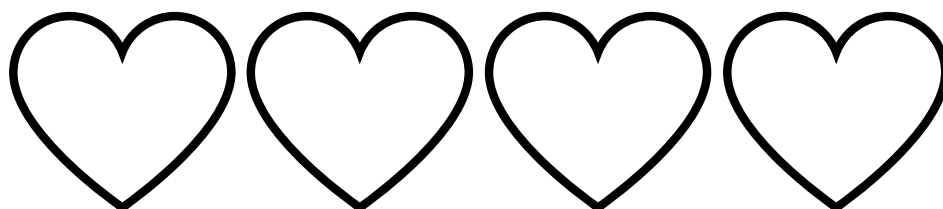


# The Worry Tree

Worry's come and go!

Can you ask an adult to write down any worries you have in the hearts - then cut and blu-tack them to The Worry Tree, when your worry has gone take it off the tree!



Share your outcome on social media using #HugABug

