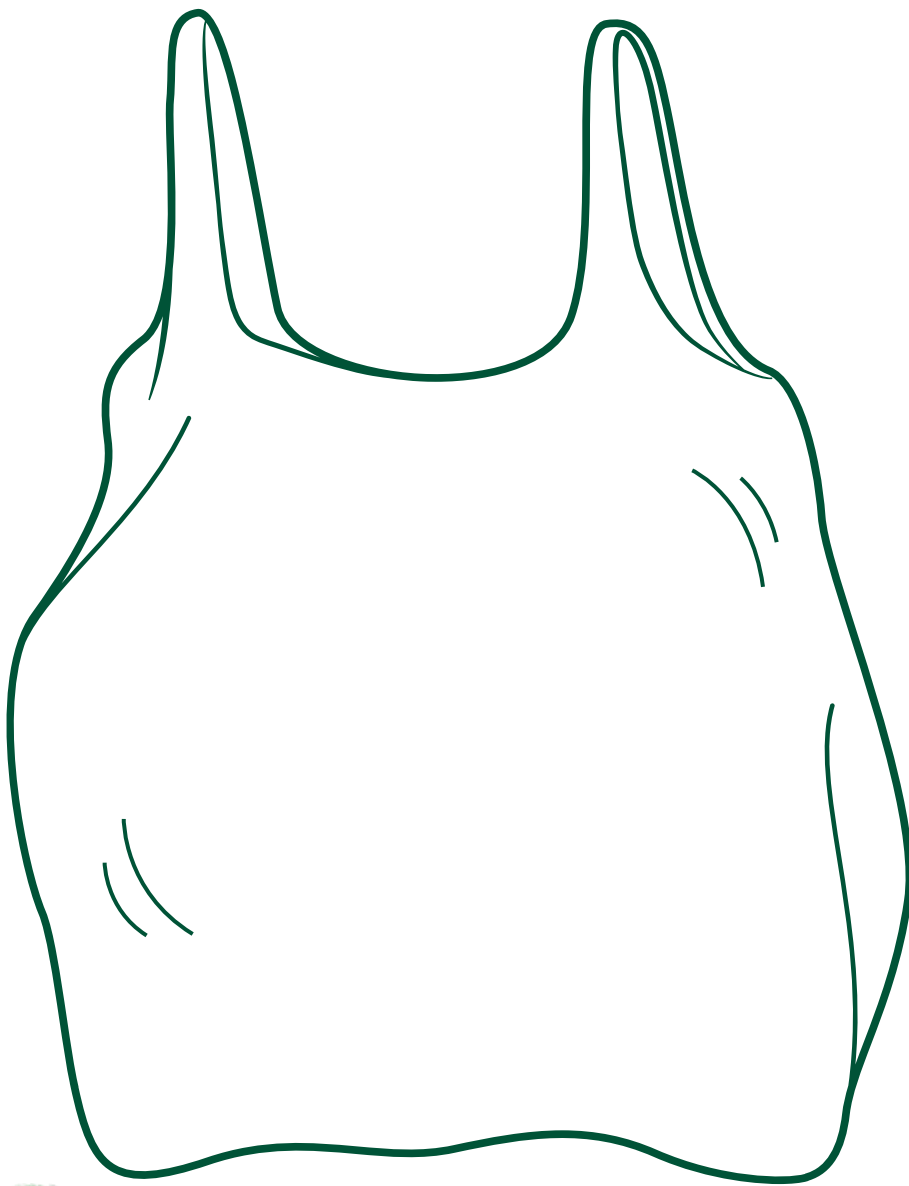


MY WORRY BAG

A worry bag is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried?

Write or draw them in the bag below.



Writing down your worries can give your brain a little break from thinking about them.

Talking to someone you trust about your worries can help you feel understood and may support a way to solve any problems.

Who would you like to share these worries with?

