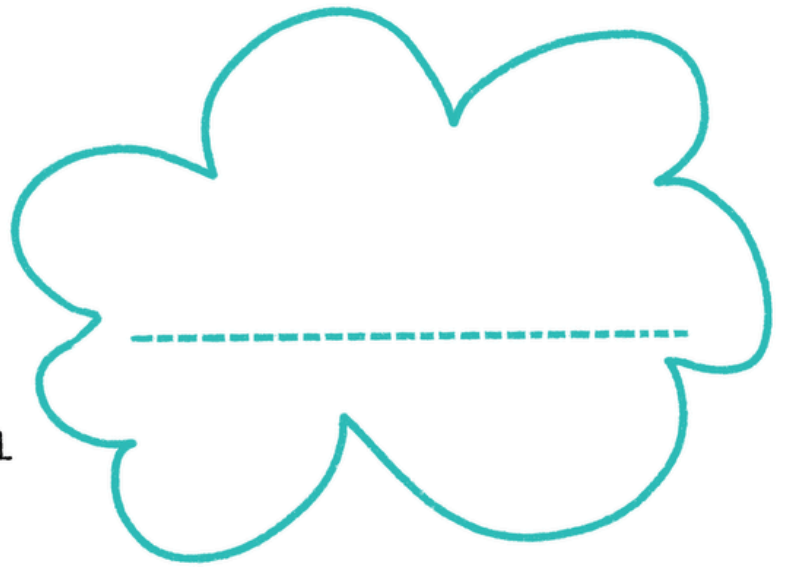
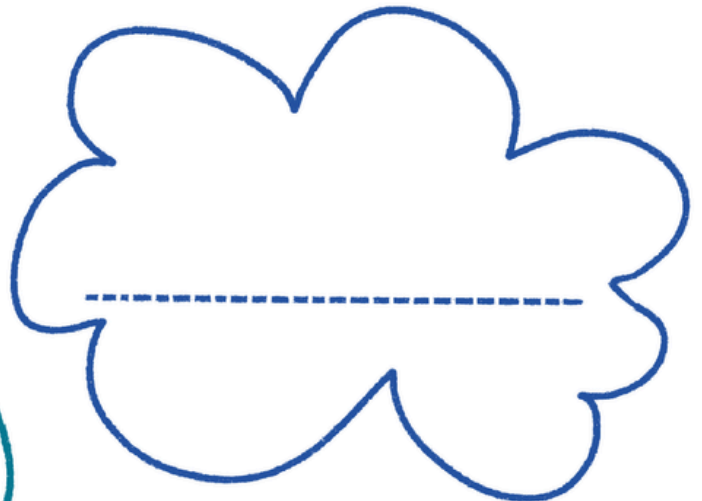
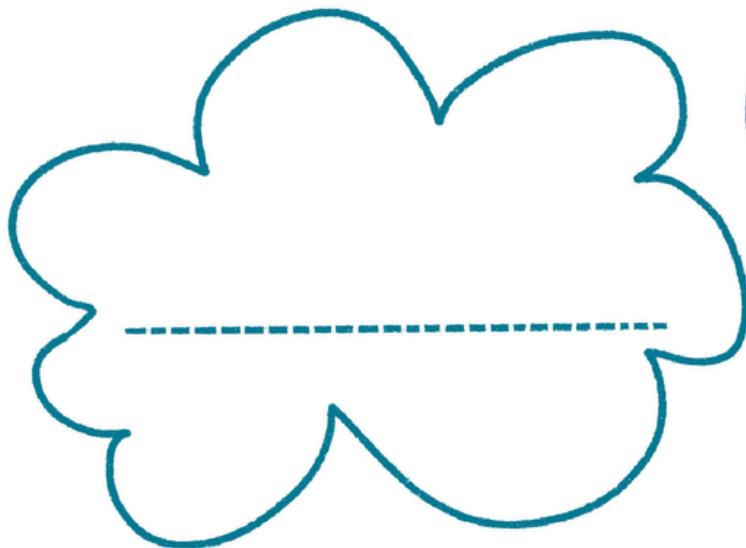
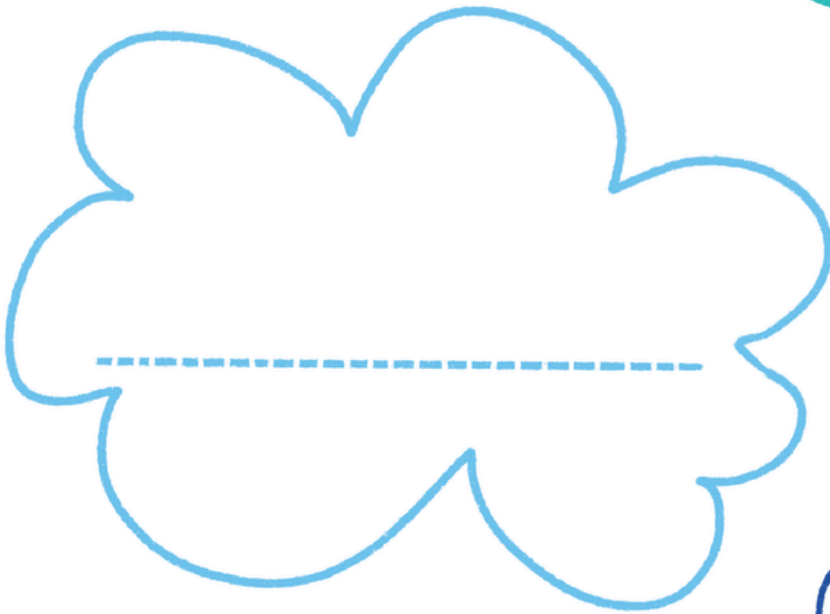


Worry CLOUDS

Worries can feel a bit like
rain clouds, making you feel
stormy and unsettled.



Write your
worries on the
clouds and let them
float away



*Adapted from *The Very Hungry Worry Monsters Activity Book*
by Eleanor Best and Lara Ede

