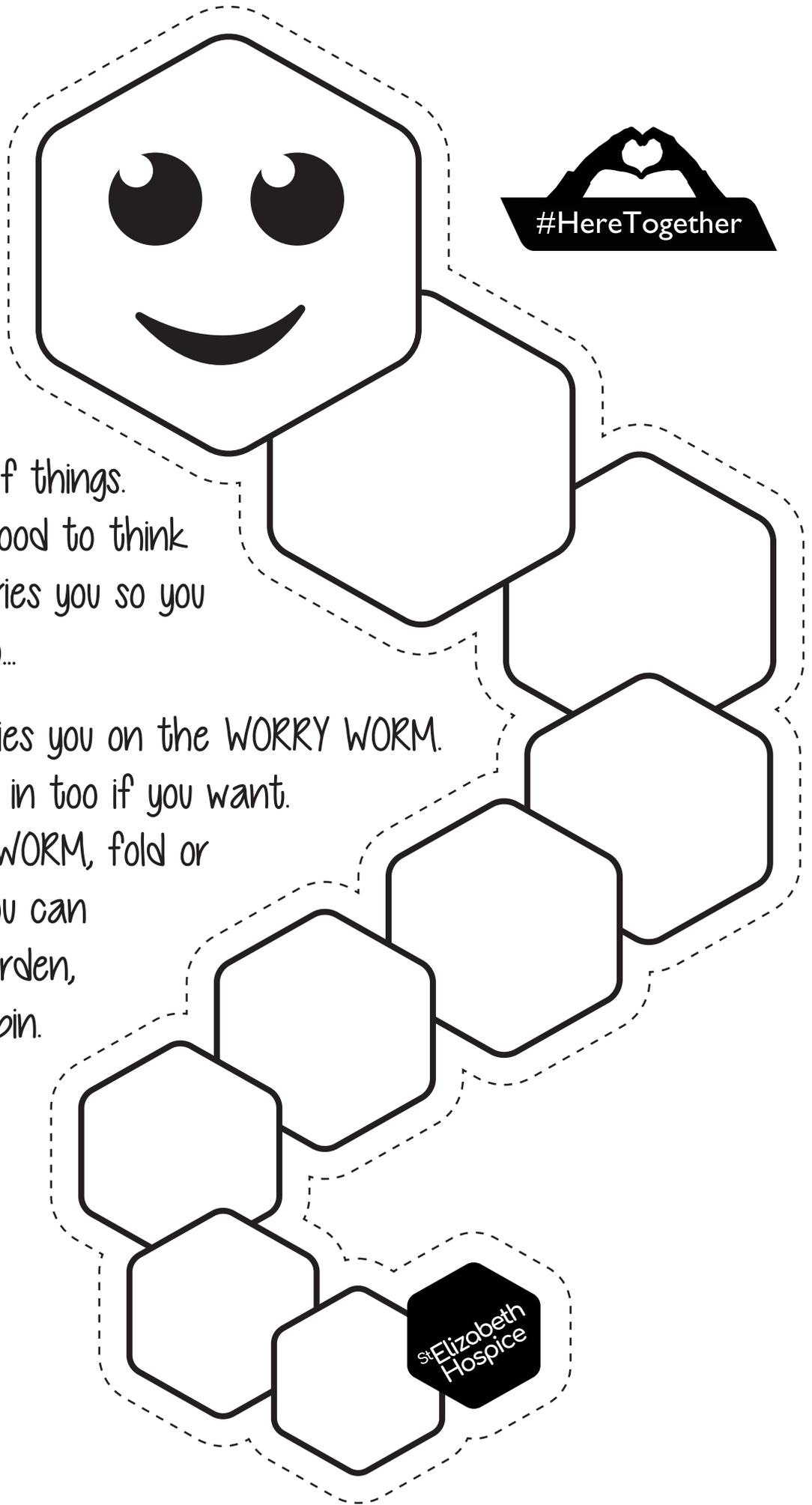


WORRY WORM



Everyone worries about all sorts of things. Sometimes it's good to think about what worries you so you can let them go...

Write what worries you on the WORRY WORM. You can colour it in too if you want. Cut around the WORM, fold or roll it up then you can bury it in the garden, or put it in the bin.

When you're worried it is always best to talk about it with someone.

