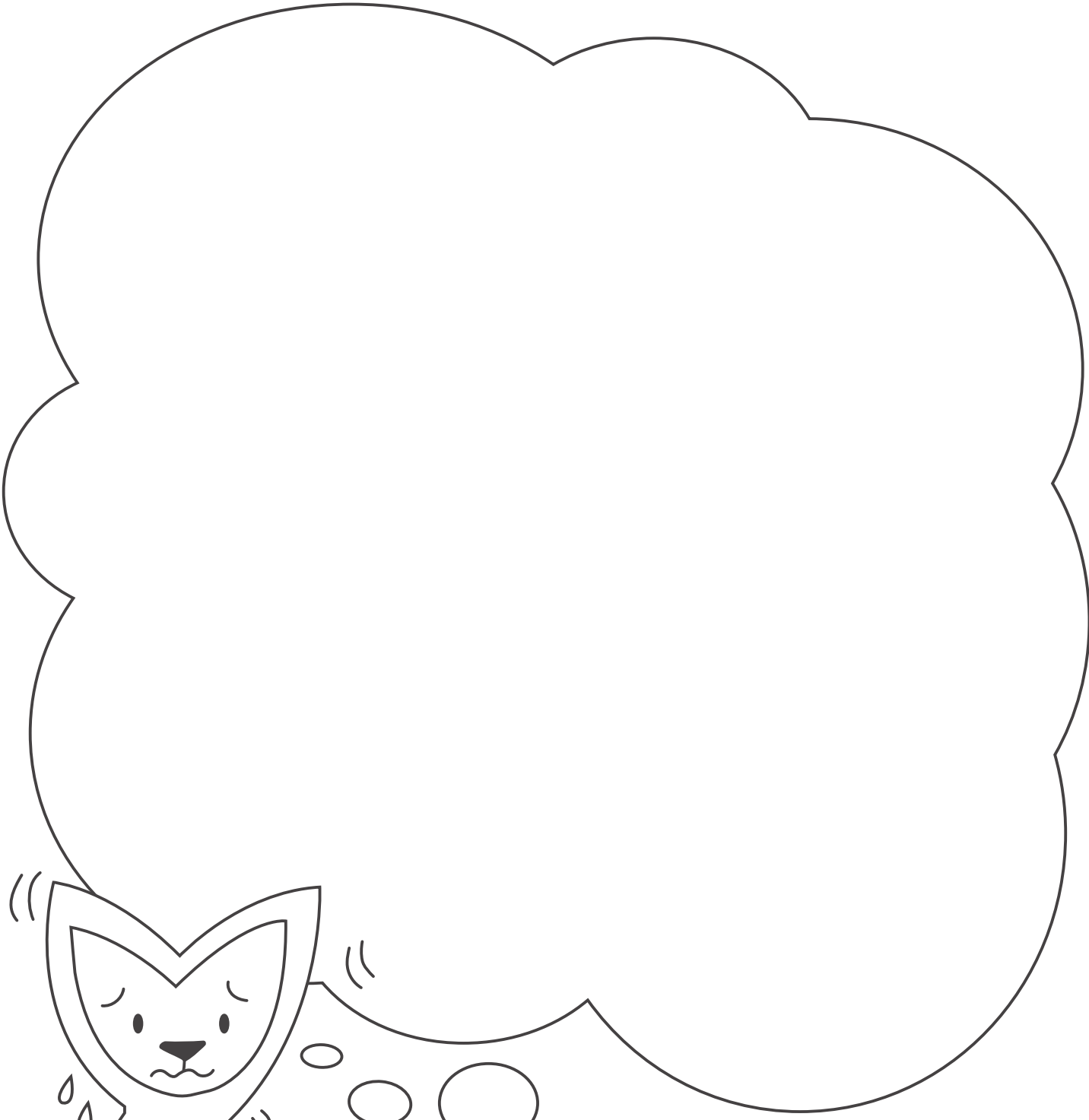


My Worries—Part 1

What are some things that make you feel worried? Write or draw them below.



My Worries—Part 2

What are some things that help you feel better when you're worried? Circle those things below.



A Favorite Picture



Reading a Book



A Favorite Toy



Deep Breaths



A Hug

Below, write or draw other things that help you feel better when you have big emotions.