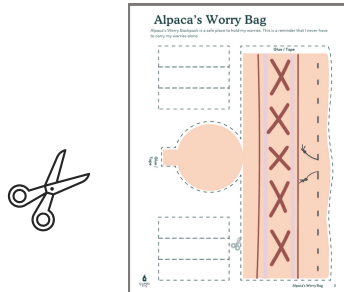


Alpaca's Worry Bag Activity

Let's join Alpaca in learning how to make a Worry Backpack, so we have a place to put our worries when they start to get too big to carry alone.

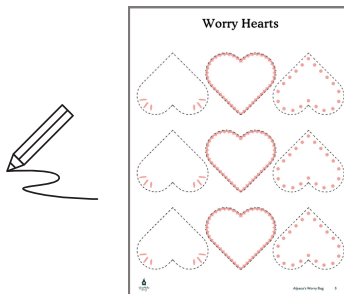
Step 1

Have children cut out the Worry Backpack from the handout (pg. 2). Then have them fold and glue or tape their bag together.



Step 2

Have children cut out the strips from the handout and/or the Worry Hearts (pg. 3). Encourage children to draw or write their worries on these strips or hearts and put them into their bags.



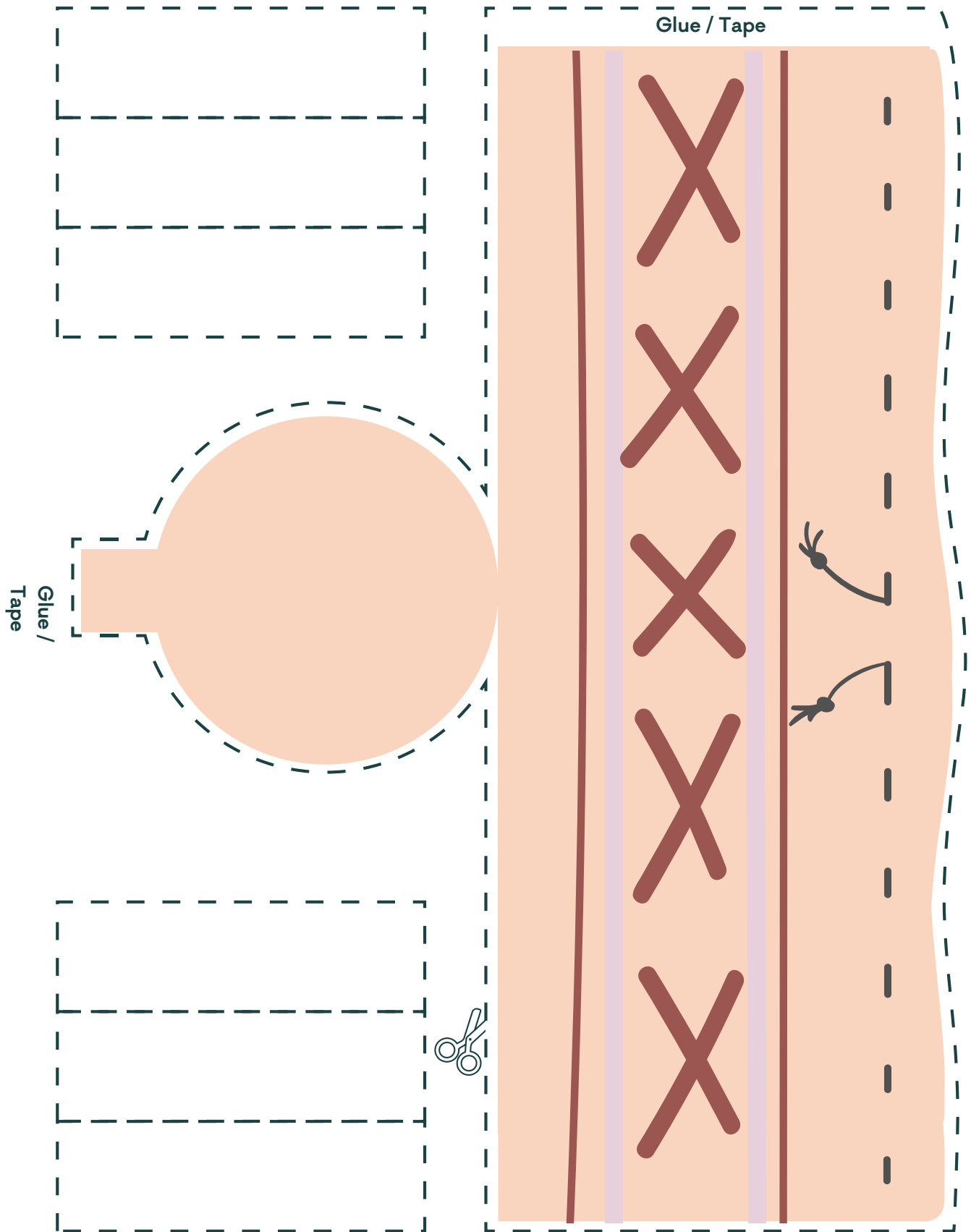
Step 3

Encourage your child to share their worries with you and remind them they never have to carry these alone. You are always there to support them and walk with them through any and all moments, especially the tough ones.

Prompt: Now you have a place to put your worries, so they don't get too big. Sometimes, you might need to do more than just put a worry in your backpack. Let's learn some other tools to help support us when our feelings or problems feel too big.

Alpaca's Worry Bag

Alpaca's Worry Backpack is a safe place to hold my worries. This is a reminder that I never have to carry my worries alone.



Worry Hearts

