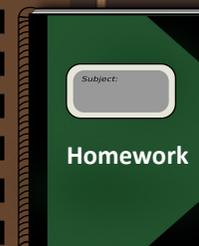


Cut out two copies of the bag and staple or glue the 2 sides and bottom together, leaving the top open so you can pop in your worries and things that make you sad or the things you do not like.

Alternatively you can print off one copy and attach your worries to the front of the bag.

My bag of worries

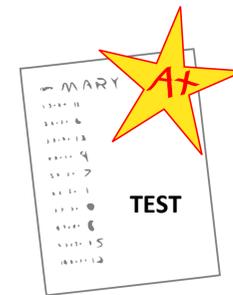
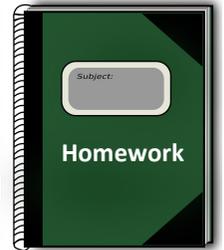
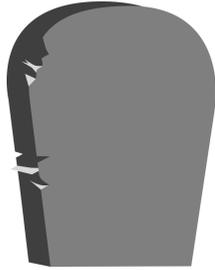
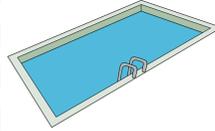
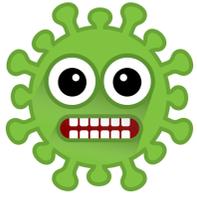


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My bag of worries



Write down your worries
no matter how big or small they are!

You might be worried about your family or going to the dentist, your pet or school. When the bag is getting full up you can decide whether to keep it or throw it away.

