

## My Worry Doll.

I have a worry that is making me feel sad, I think about it a lot.

I have made a little doll from pipe cleaners and wool.

I am going to call this little doll my worry.

If I have more than one thing that I am worried about,

I can make a new doll for each worry.

I can keep my worry doll in my room.

When I think about the worry, I can look at my doll and remember that it will take care of my worry and I will not

have to think about it all of the time.

I always talk to an adult I trust about my worry too.

