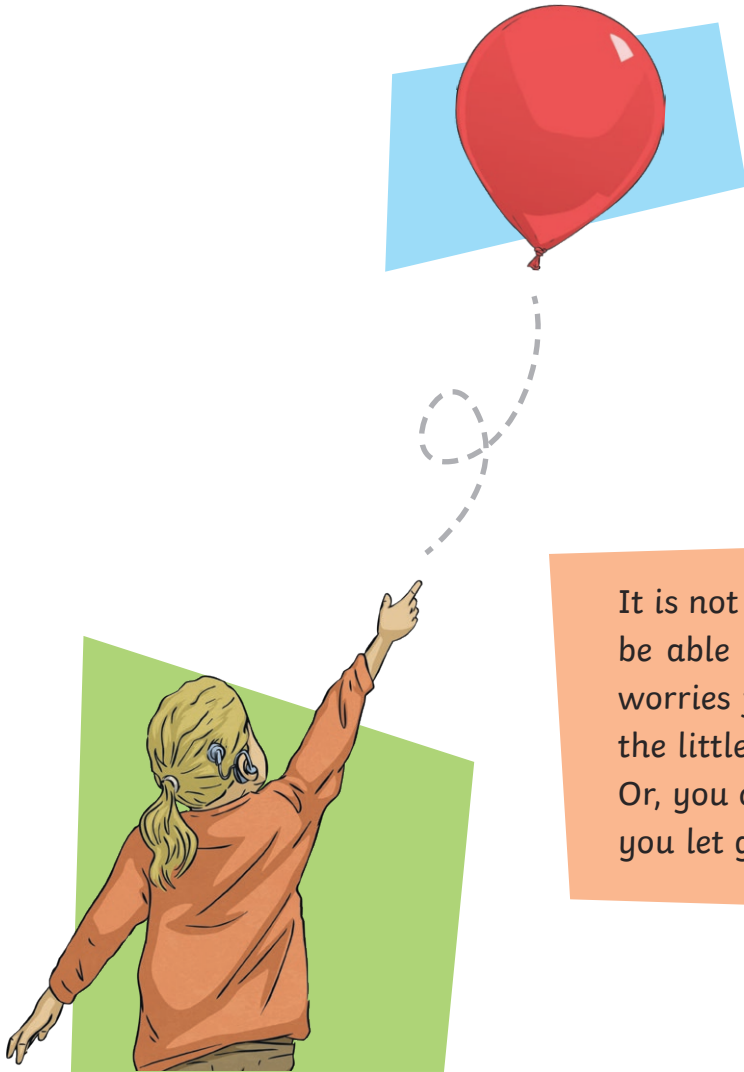


Let Your Worries Go!



This resource is designed to help you think about what is worrying you. Write down your worries in the red balloons and then think about how you can let your worries go. Each balloon is a different size so the bigger balloons should hold the biggest worries.

It is not easy to let your worries go but talk to the adult you are with about how you might be able to do this. You could try setting aside time each day where you think about the worries for ten minutes and then you let them go. You could try splitting a worry up into the little things you can easily deal with and bigger things that you need to get help with. Or, you could try writing your worries down on slips of paper and screwing them up to help you let go of them.

Let Your Worries Go!

I worry
when I argue
with my
friends.

