

Listen to the story 'The don't worry book' By Todd Parr. Write your worries down on the worry monster. Always chat to someone about your worries, it always helps 😊

<https://www.youtube.com/watch?v=OzpH3fITMzM>

## My Worry Monster

Everyone has worries. Write your worries on the Worry Monster and see if it helps you feel a bit less worried.

