

We Feel our Worries physically in our Bodies

Draw a picture of yourself when you feel worried or anxious
about something.

Then write the thoughts that go through your head.





MY WORRY MONSTER

Draw what you think your worries might look like
if they were a worry monster.

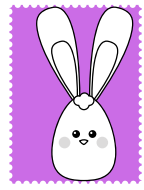
Write what you could say back to him!

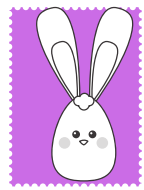


Start the Conversation with an Adult

Áine said a great way to start to talk to an adult about your worries is to either draw them a picture or write a letter.

Think about something that worried you recently and Give it a Go!

POSTCARD	
Draw	
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POSTCARD	
Write	
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