

# The Huge Bag of Worries

Close your eyes and think about your worries.

- What do they look like?
- What do they sound like?
- What do they feel like?

The little girl in the book had worries that looked like little monsters.

Draw a picture of your worries below or write any words to describe your worries.



A large, empty rectangular box with a thin blue border, intended for drawing or writing about worries.