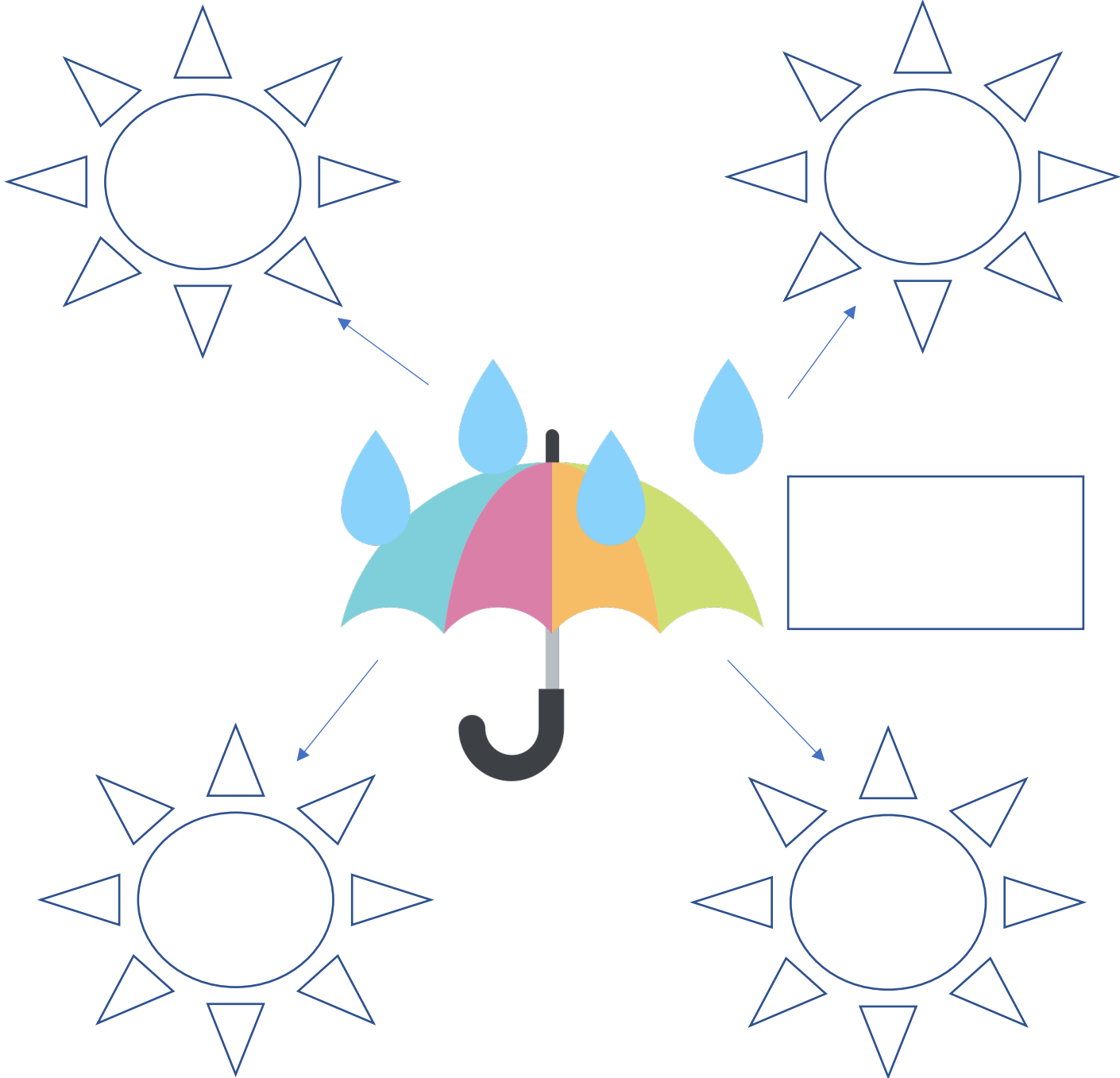


MY WORRY UMBRELLA



Directions: Write down one worry in the rectangular box. Think of things you can do to help make this worry smaller, and write it down in the sunshine. We can help our worries become smaller and sometimes even make them go away!