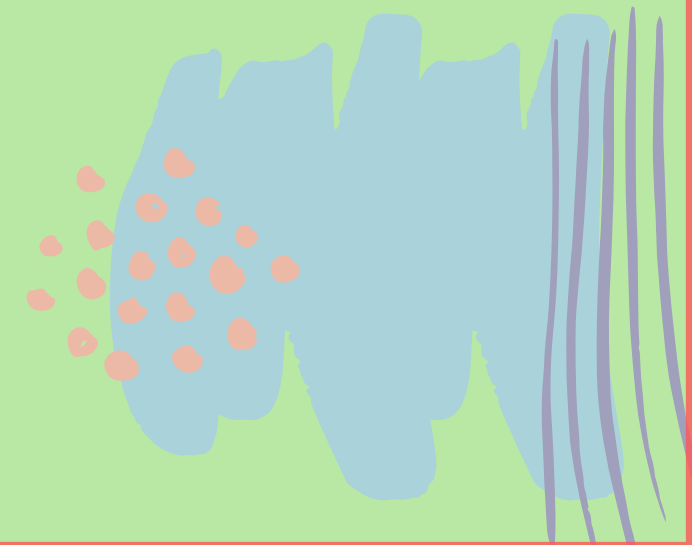


Worry Bag



Today we will be making a worry bag!



You will need:

- paper
- pencil
- colouring pens

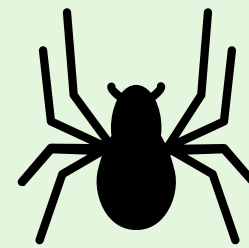


Draw the outline of a bag, keep it nice and simple!



What do you worry about ?

Fighting with
my brother



I find maths hard



How does your body feel when you are worried?

Sweaty

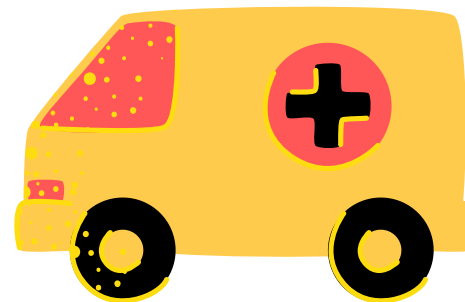
Tummy ache

Heart races



Now fill your bag with words and drawings.

The dark



I get hot



Spiders



Great job! Your bag is full of your worries.



Pick up your bag and share your feelings with an adult
in your home.



It's okay to worry, but remember to share your feelings.





Have a good day!

Well done for doing today's activity.



WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111
or visit childline.org.uk/kids



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Whatever your worry, call us
and a friendly person will be there
to listen. It's free, you don't have
to tell us your name, and we're
here all day and night.

