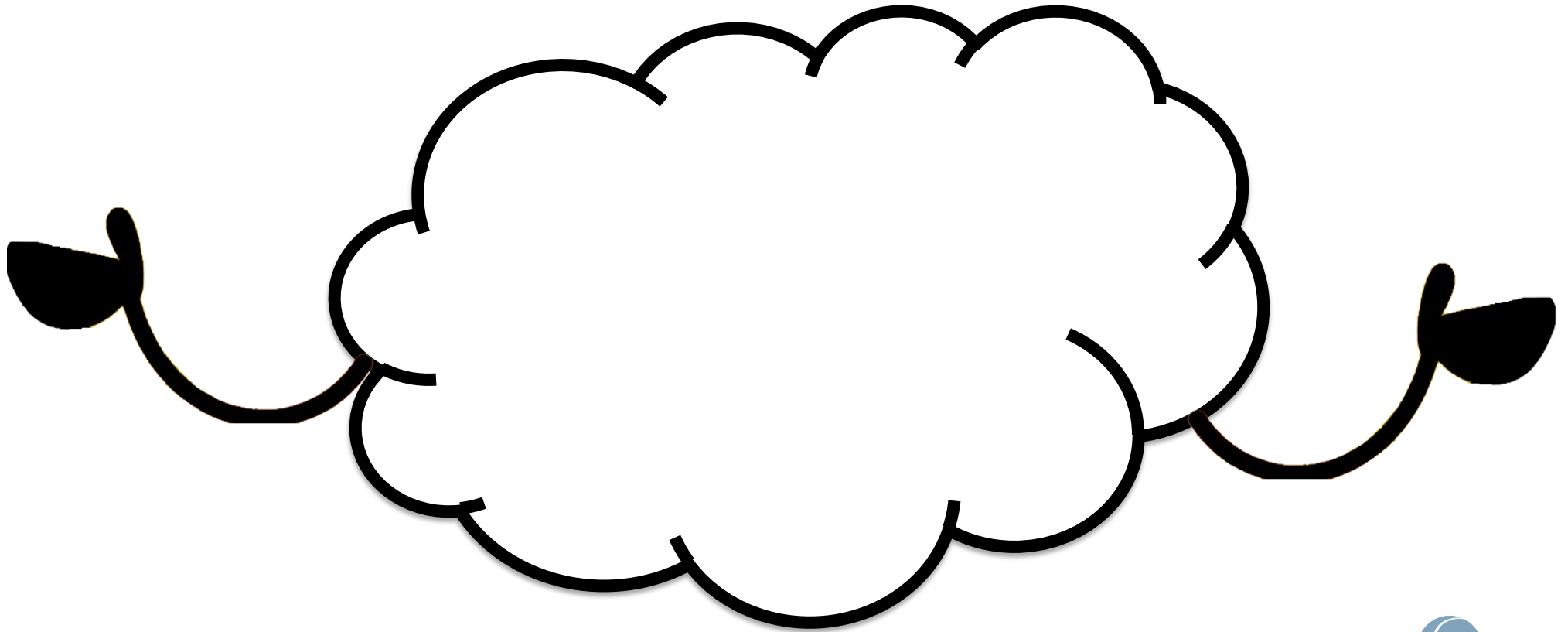


My Worry Cloud

Each of us has our very own worry cloud.
Sometimes they are the same as others, and sometimes they are different!

What does yours look like?
(Draw a face on your worry cloud, and colour it in)!



My worry cloud's name is _____



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My Worry Shrinking Team!

What is the name of your team? _____

Who is on your worry cloud shrinking team? (family/ friends/ school/ psychologist)

- _____
- _____
- _____

- _____
- _____
- _____

What does your worry cloud make you worry about?

- _____
- _____
- _____

- _____
- _____
- _____

What can you and your team do to shrink your worry cloud?

- _____
- _____
- _____

- _____
- _____
- _____