

Doodle Your Worries Away

Everybody worries about things. Some people have little worries and some people have big worries. You might be worrying about exams or tests. You might be worrying about feeling poorly or ill. You might be worrying about what you're going to have for tea. No worry is too big or too small and the best thing you can do is tell someone you trust.

This doodle sheet might help you unravel your worries in your head and help you to explain what the worry is.



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