

# Put your worries away



To put your worries away, write down or draw what you're worried about. Then fold up the piece of paper and put it into a box, a drawer, a jar or a small bag.

Or you could give away your worries to a toy, or your dog or cat, rabbit or hamster. Tell them what you're worried about. Knowing someone else has heard your worry can help it feel less scary. Then let them worry for you.

