

MY POCKET WORRIES

Sort your worries into the pockets below by thinking about which worries upset you the most.

Make sure you speak to someone about the worries you write below.



My **BIG** worry

My **MEDIUM** worry

My **SMALL** worry



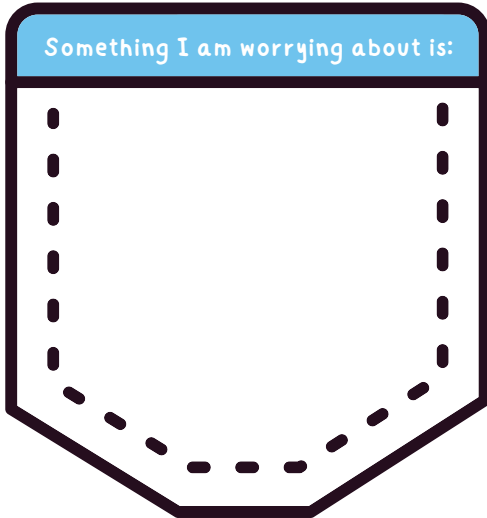
Next time you have a worry, imagine putting the worry in your pocket (or use our worry pockets!) until you can talk to someone about it.




WORRY POCKETS

Cut out the pockets below and keep them somewhere you can easily reach them. If you have a worry and there is no one to talk to straight away, write your worry down and put it in your pocket until you can find someone.

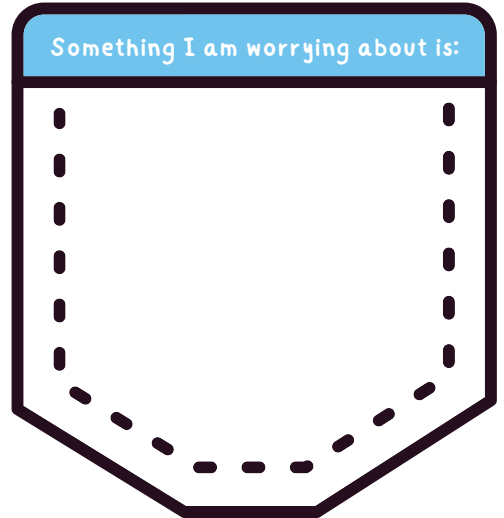
Something I am worrying about is:



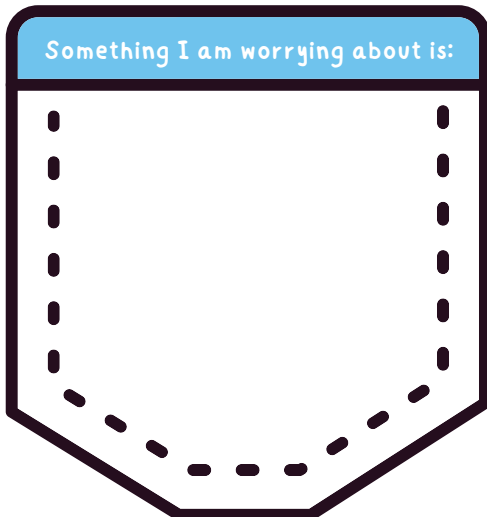
Something I am worrying about is:



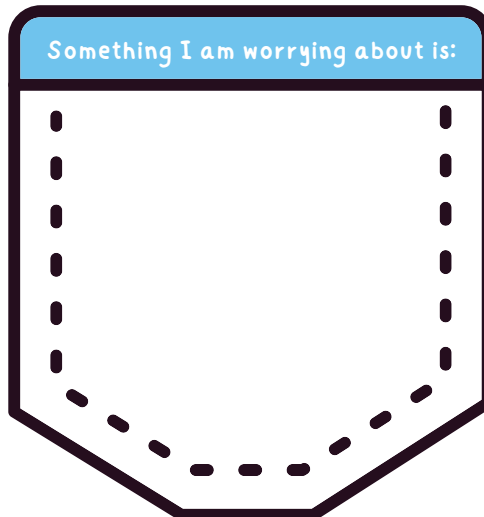
Something I am worrying about is:



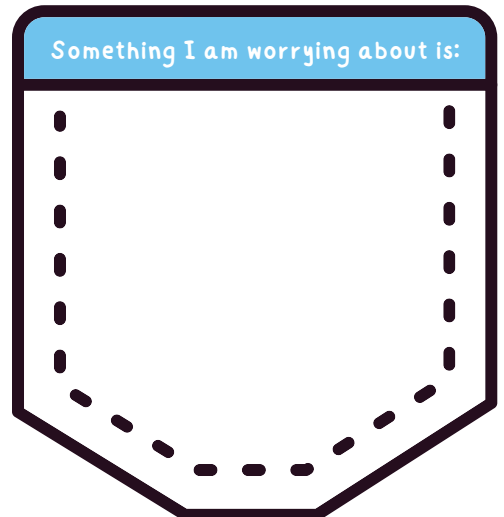
Something I am worrying about is:



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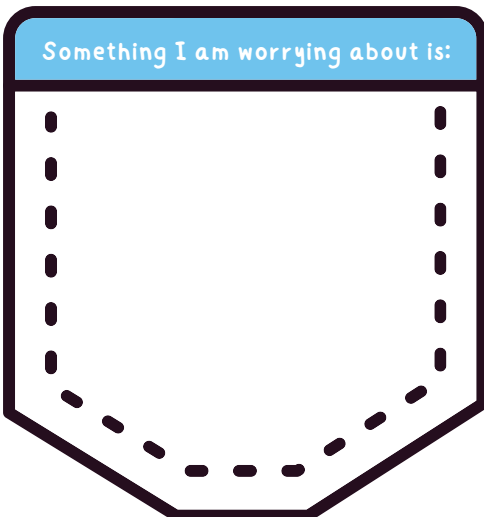
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