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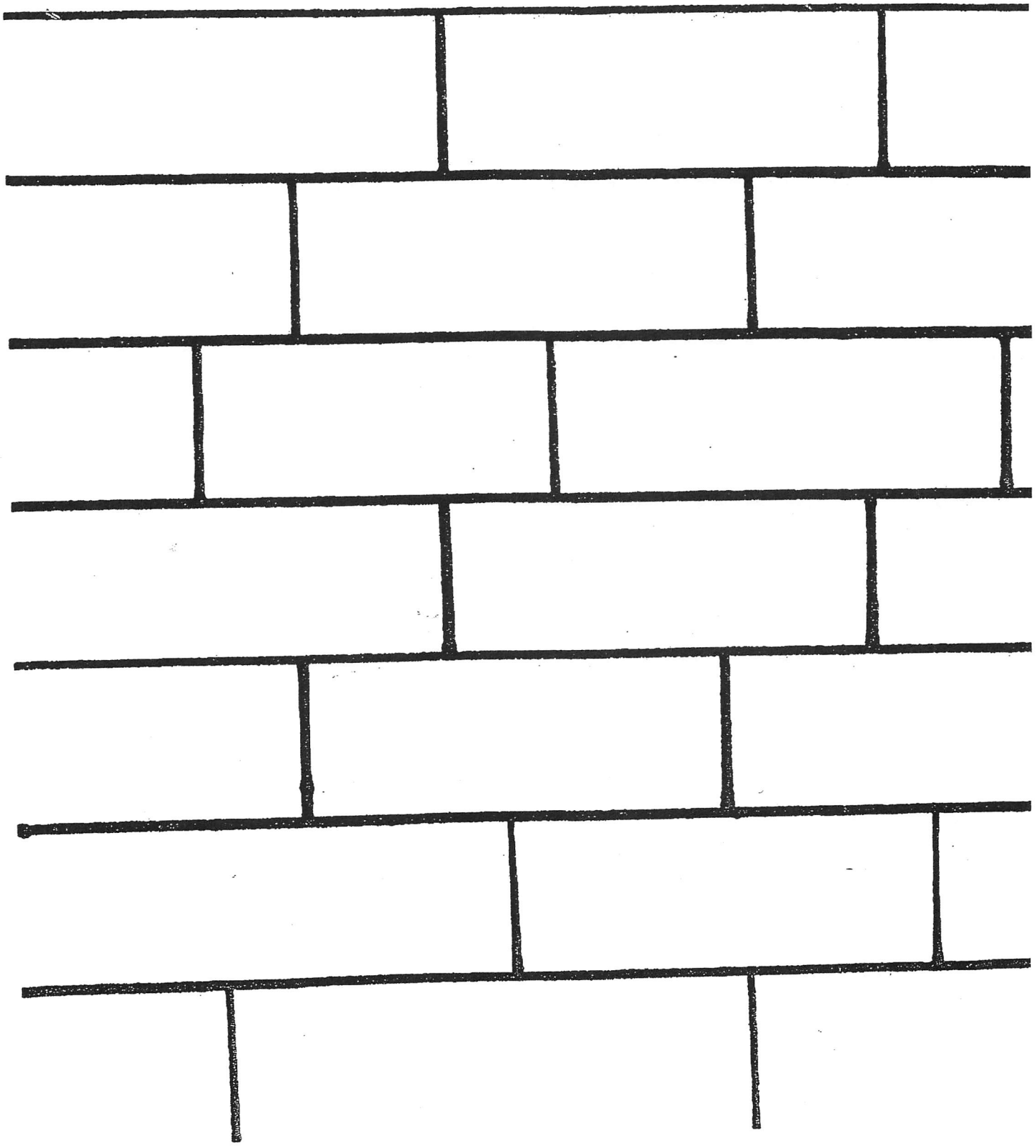
MY WORRY WALL

We all have things that we worry about. Some are big worries that trouble us a lot, and some are little worries that don't trouble us too much. Write your worries on the sticky labels provided (write each worry on a different label). Stick your bigger worries high up on the wall, your medium worries in the middle of the wall, and your smaller worries at the bottom of the wall. Put a heart sticker on the worries that you have someone to help you with.