

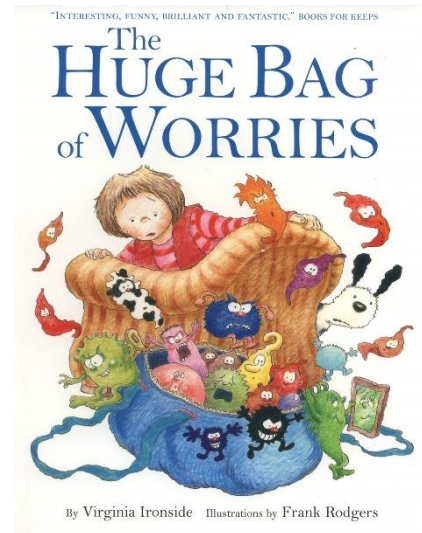
The Huge Bag of Worries

<https://www.youtube.com/watch?v=-m6U28oSsWI>

Listen to/read the book 'Huge bag of worries'.

Discuss with someone in your house these questions.

- What were the worries in the book that Jenny had?
- Why did the bag follow her everywhere?
- Have you worried about any of the issues in this book?
- Are there any other things that you worry about?
- What did you do to help you stop worrying?



Sit somewhere on your own and write your worries down on a piece of paper no matter how big or small they may be.

piece

With an adult, pick a couple of worries from the list and discuss how these could be sorted out. Discuss why it is important to share worries. Remember a problem shared is a problem halved.

Make a grid in your book like the one below. Label each side '**worries you can do something about**' and '**worries you can't do anything about**' - Decide together which part of the grid the worry should go in.

For worries you can do something about - discuss what actions you might take

For worries you can't do anything about - discuss who you might share these worries with and who may be able to reassure you.

Then write a list of people you can talk to when you are worrying about something.

Worries you <i>can</i> do something about	Worries you <i>can't</i> do anything