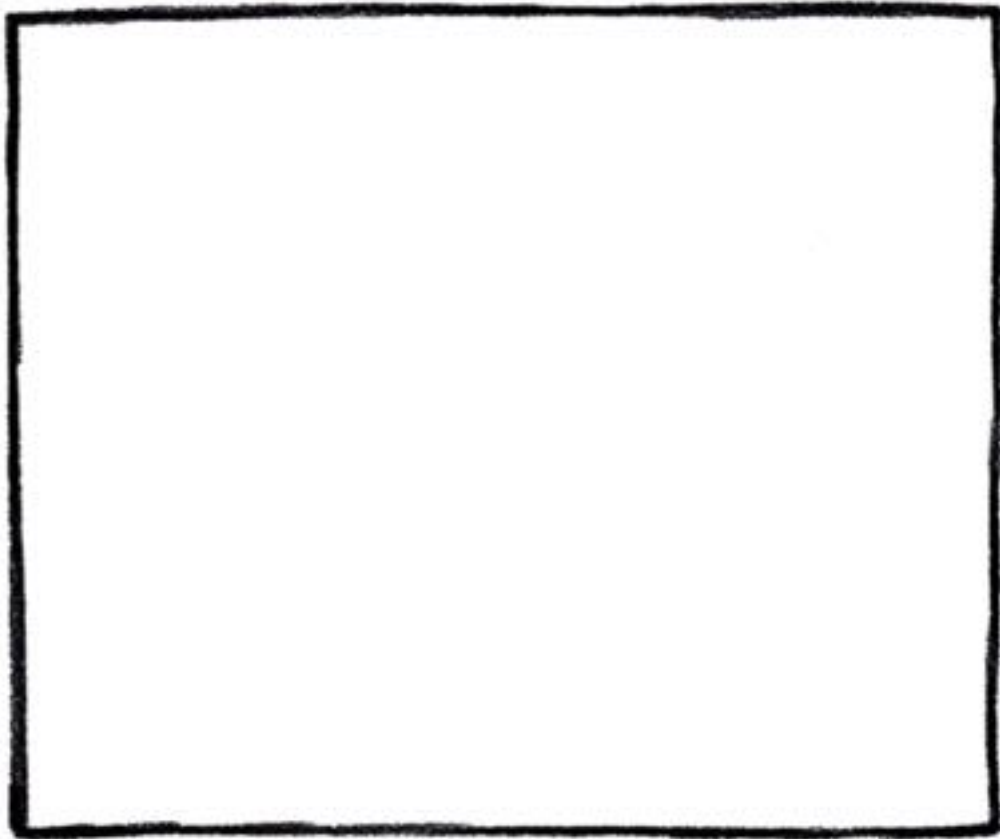


Do you worry when you are in bed at night?
What do you worry about?



Colour in these night-time Worry Monsters.



Another way to organise worries is to put them in a Worry Box.
Find a box to put your worries in. Any box will do.



Colour in these Worry Boxes.

Cut out this label and stick it on your Worry Box.

