💜 FEELINGS & EMOTIONS

Feeling Worried?

It's okay to feel worried — let's be brave together!

✏️ Draw a line from each worry to a brave tool!

😟 My dark bedroom! I feel WORRIED	🌙 Nightlight — a cozy glow
😟 Loud thunder! I feel WORRIED	📦 Worry box — tuck worries away
😟 First day of school! I feel WORRIED	💪 Brave breaths — in… and out…
😟 A scary dream! I feel WORRIED	🗣️ Talk to a grown-up — share your worry

👨‍👧 Parent key (any brave tool is a great choice!): Dark bedroom → Nightlight • Loud thunder → Brave breaths • First day of school → Talk to a grown-up • Scary dream → Worry box

🌟 So brave! Worries feel smaller when we share them. 💜