

My Worry Cloud

It's okay to have worries.
We can put them somewhere safe
and get help.

★ Draw or tell Pebble your worries.
Then we can move them to the
helping rainbow or safe box.



1. My worry cloud

Draw or tell Pebble what is worrying you.



2. Let's get some help

Draw your worry moving to the helping rainbow.
Your worry is not too big to get help.



3. My safe box



If your worry feels too big,
put it in your safe box
until you're ready.

Draw your worry
going into the box.



Worries are smaller when we share them. You are safe. You are loved. You matter.

