

Name: _____

Pebble

Date: _____

What is
a worry?

WORRY WAVES

Draw or write your worries
inside the waves.

How do my worries
make me feel?
draw your feelings

What helps me when the
waves get big?
draw or write your ideas

Things I can do to help me ride the waves

People who can
help me

1. _____
2. _____
3. _____
4. _____

Waves come and go.
I am strong. I can handle this.