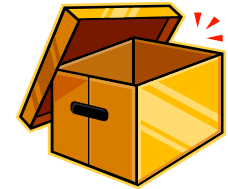




Is there something worrying you at home?

Are you feeling anxious or upset in school?

Here is what you can do ...



Write down what is wrong and post it in your class worry box.

You can also talk to any adult at any time  
and tell them what is upsetting you.



Remember ... a worry shared will help you to empty your bag.

