



# My Worry Bag

Do you have things that you worry about? It can be really useful to imagine putting these worries into a bag. First of all, draw the outline of a bag – you can use some of the ideas below. Then, inside your bag you can draw or write all of the things that worry you. This might include foods you don't like eating, TV programmes that you don't like or memories that make you sad. Then you can decide what to do with your bag of worries. Some people like to tear it up and throw it away. You might decide to keep it and look at it from time to time. Maybe you could show it to someone that you trust. It can just help to get worries out of your head and down on paper.

