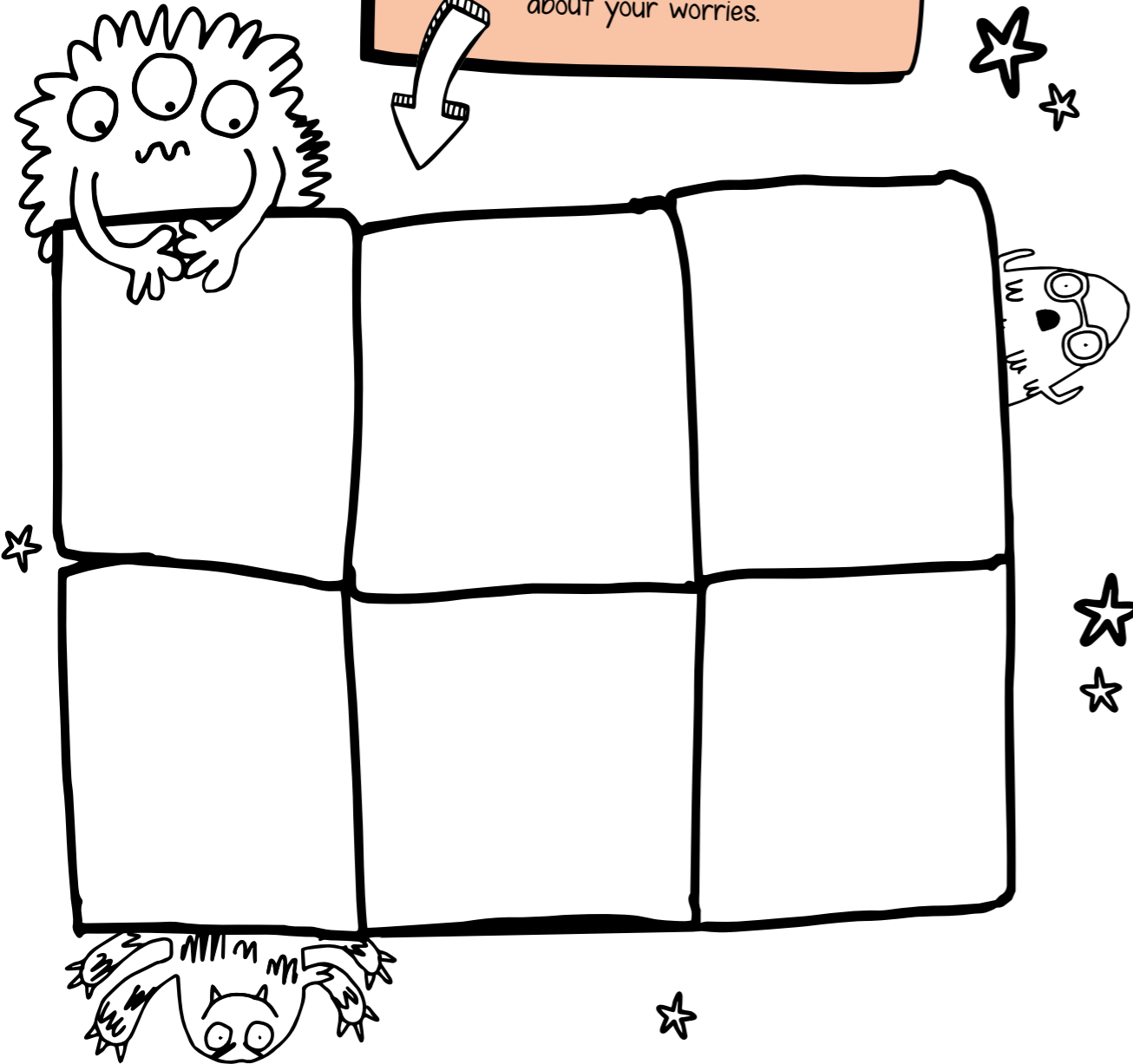


THINK POSITIVE

The best thing to do to worries, after you've talked about them, is not to pay them very much attention.

Draw pictures of all the things you could be doing rather than thinking about your worries.



COLOUR THESE IN



Use any colours you wish.

Try different colours for each pattern or colour them all the same.