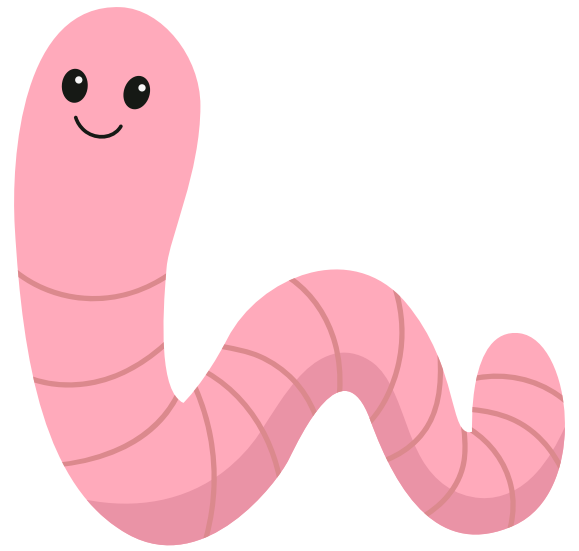


Worry Worm

Sometimes we hide all our worries deep down inside us, and we act like things are okay when actually we are really struggling.

The worry worm buries all his worries underground and pretends he is happy and calm. Can you think of a time when you buried your worries like the worry worm?



Write about a time you buried your worries and pretended to be happy and calm

Write about what you were really thinking and feeling when you buried your worries like the worry worm