

My Worry Bugs

Sometimes we all get the feeling that there are creepy crawlies in our tummy, we might get this feeling when we are thinking about things that worry us. When we feel worried, we might want to keep it to ourselves, which makes our tummy hurt more! So it is important to know what makes us feel this way and even more important to tell an adult. Other children have said that telling someone else about your worries could help your tummy feel better!

We have some worry bugs below, I want you to think about something that worries you and give that worry bug a name! Then in the jar, I want you to write something that might help you capture that worry bug (e.g. Telling someone, going for a walk). Once your bug is safely in the jar you can see it, say hello, look after it and even give it some attention from time to time – which you don't have to do alone!

For example:





