What do I do if I'm worried?

Three Little Birds

How might I know you are worried?

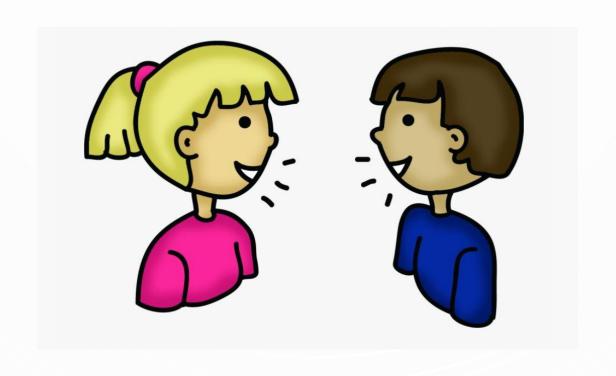
Can you show me?

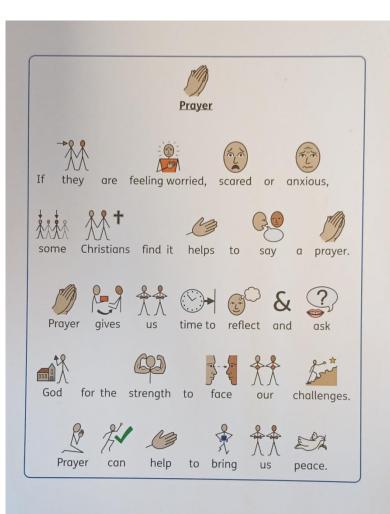
Ruby Finds A Worry

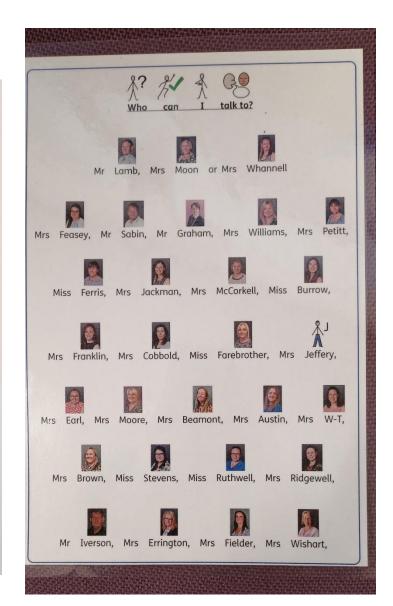


It is normal to feel worried sometimes. But if our worries are so big that they fill our head, there isn't room for anything else!

What do we do with our worries?

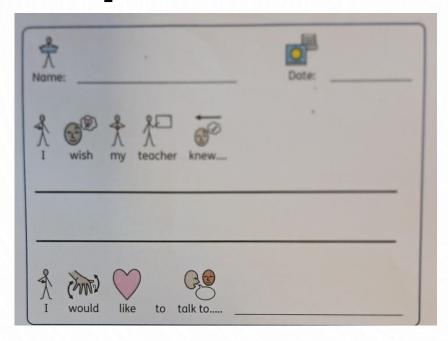


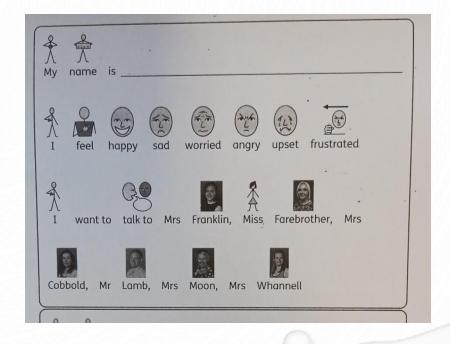






"A problem shared is a problem halved."





Don't Worry, Be Happy