



# *Worry Bag*



Today we will be making a worry bag!



You will need:

- paper

- pencil

- colouring pens



Draw the outline of a bag, keep it nice and simple!



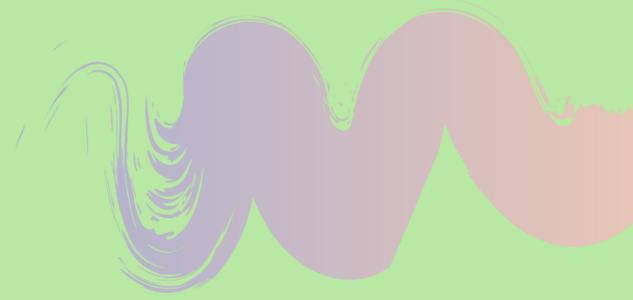
What do you worry about?

Fighting with  
my brother



I find maths hard





# How does your body feel when you are worried?

**Sweaty**

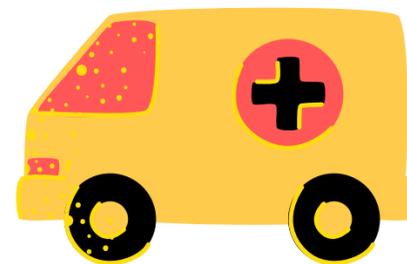
**Tummy ache**

**Heart races**



Now fill your bag with words and drawings.

The dark



Spiders



I get hot

Great job! Your bag is full of your worries.

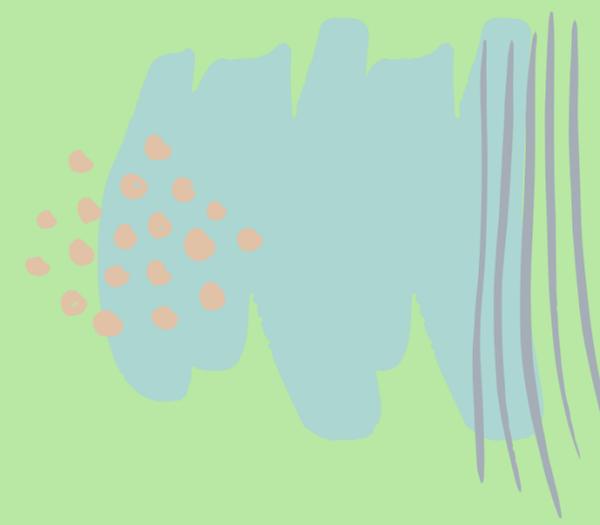


Pick up your bag and share your feelings with an adult  
in your home.



It's okay to worry, but remember to share your feelings.





Have a good day!

Well done for doing today's activity.



# WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111  
or visit [childline.org.uk/kids](http://childline.org.uk/kids)



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Whatever your worry, call us  
and a friendly person will be there  
to listen. It's free, you don't have  
to tell us your name, and we're  
here all day and night.

