Don't worry be happy!

a guide to overcoming anxiety

Introducing Jelly the monster and his little sister Fluffy:

Hi, I am Jelly and I am here to help you through this book. So come on in!



Part 1:



Getting Started:

This book is for you if:

- you are scared of the dark,
- you worry about fire,
- breaking up with your friends.

All about me:

Sometimes when Jelly worries he thinks he is bad at everything, so he looks at things he is good at.

Try it out!

My name is....

I am ____ years old

I am good at.....



For fun I like to.....

draw a picture of who you live with

Part 2:

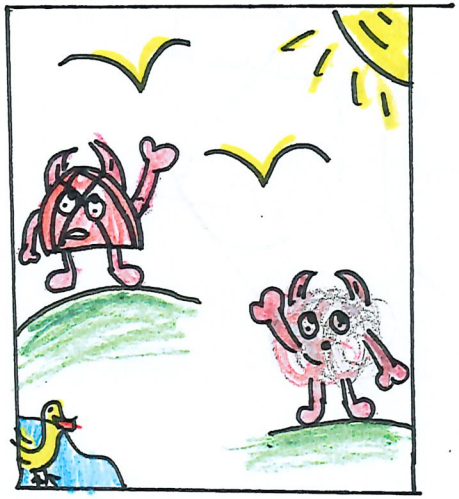
ways to deal with worries:

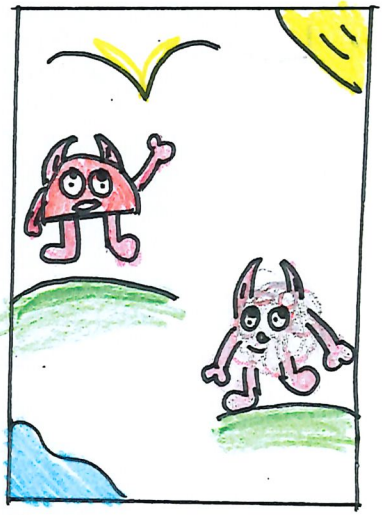
You can deal with worries by:

- finger breathing
- counting things
- doing something fun
- colouring



Try doing a spot the difference their are five differences

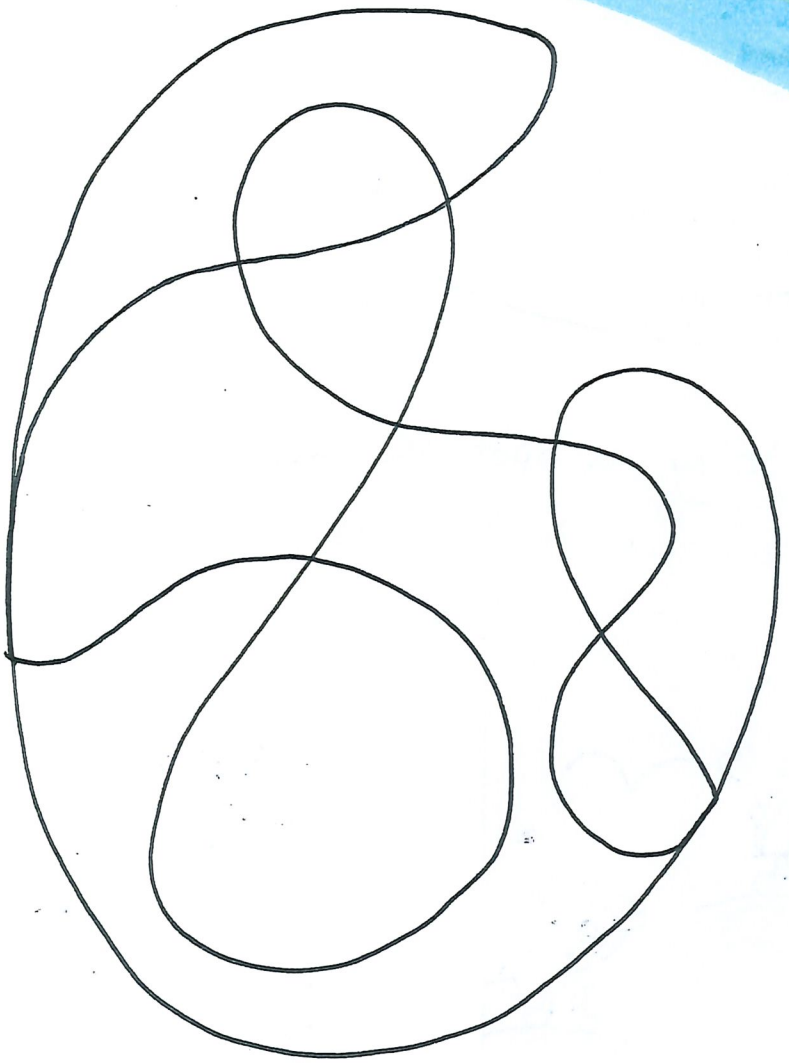




colouring:

colour this in:





Part 3.

Speak to someone



Speaking to people you trust, about worries that you have help stop them from getting bigger.

who do you trust? write their names here:

