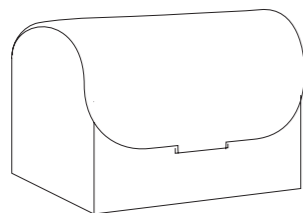


# MY WORRY BOX

Decorate me any which way you'd like. Stickers, big fat felt tip pens, small crayons, paints, stamps. Make it your glorious box.

Closed Box



Worries can often make you not sleep.  
Worries can sometimes make you not want to eat.  
Worries can make you feel lonely and scared.  
When a worry is written down it can make you feel a little better.  
Sometimes putting worries into a box allows you to forget about them a bit—especially at night times when worries always seem huge.

