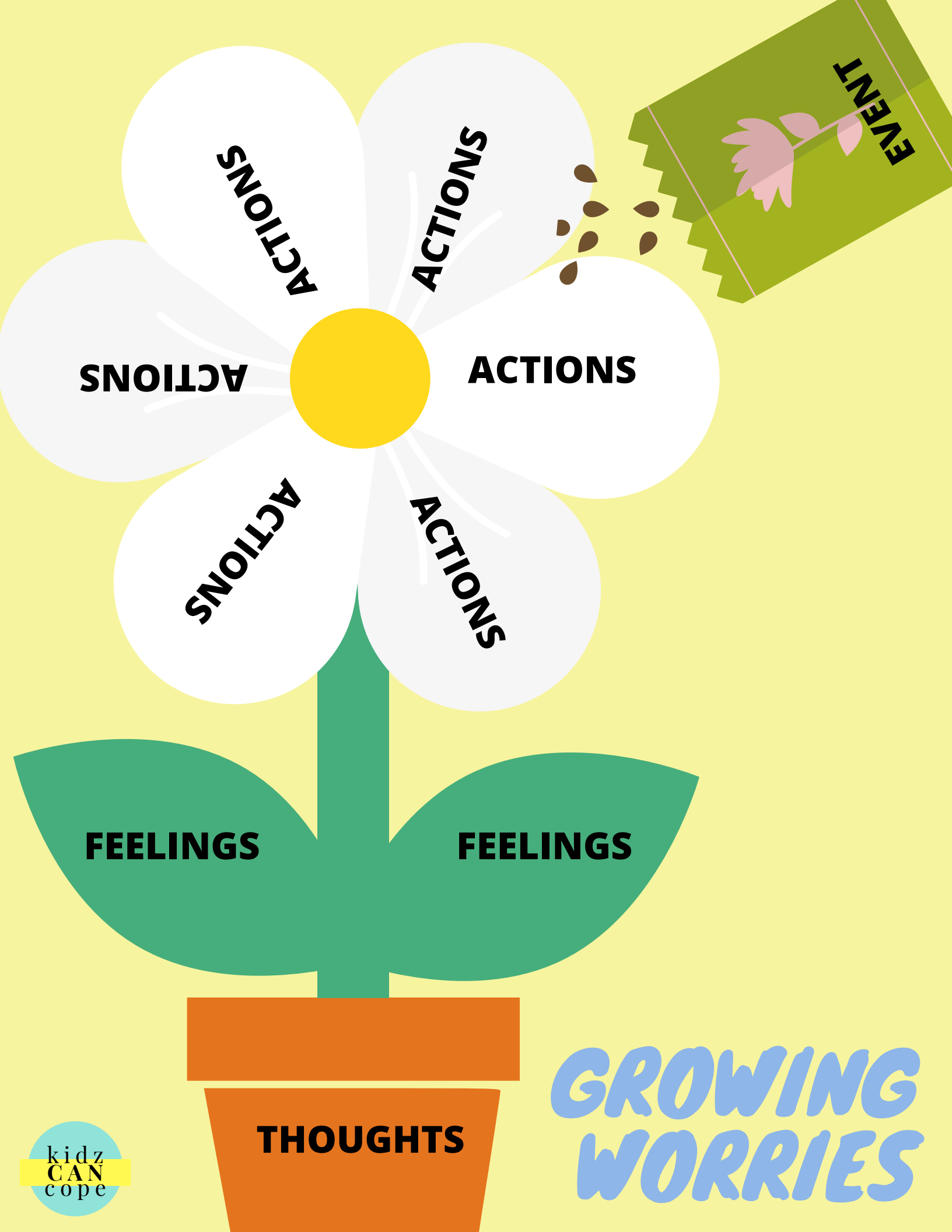


# GROWING WORRIES

**Our worries are like seeds. When we give a lot of attention to our worries, they can grow really big. Fill in the flower to see how worries can grow big.**



1. The seeds are the event. This is anything that might happen during your day. This could be it rained or you have a test.
2. The pot is the the thoughts you have. These are the thoughts inside your head. f
3. The leaves are the feelings you have about that events. You might feel sad, excited, or scared.
4. The flower represents the actions you take. You might run away, cry, or scream.



**EVENT**

**ACTIONS**

**ACTIONS**

**ACTIONS**

**ACTIONS**

**ACTIONS**

**ACTIONS**

**FEELINGS**

**FEELINGS**

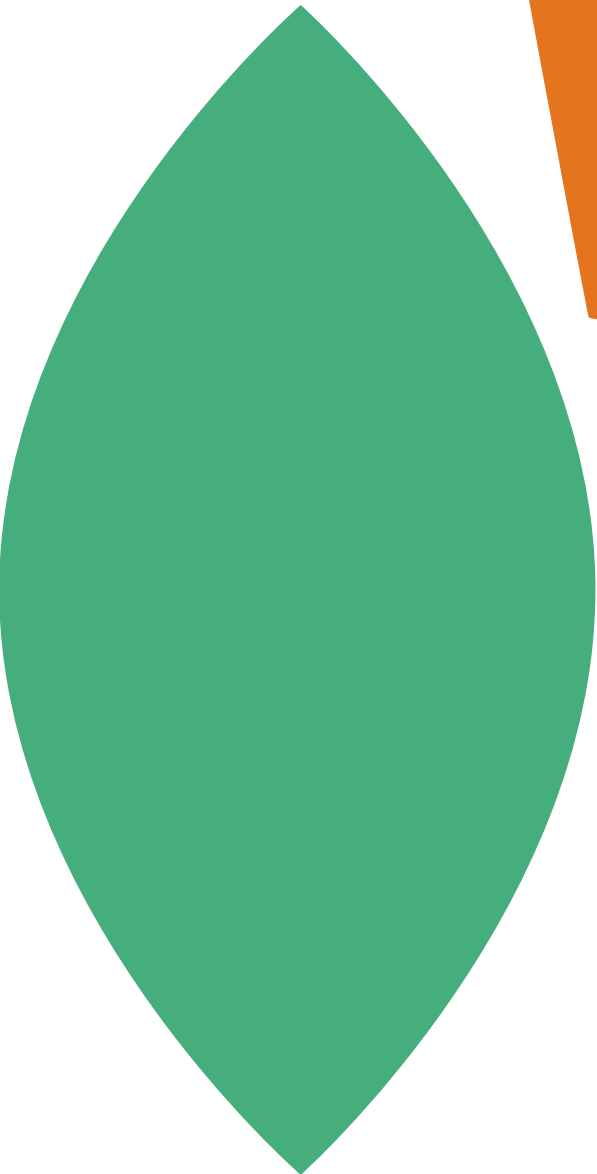
**THOUGHTS**

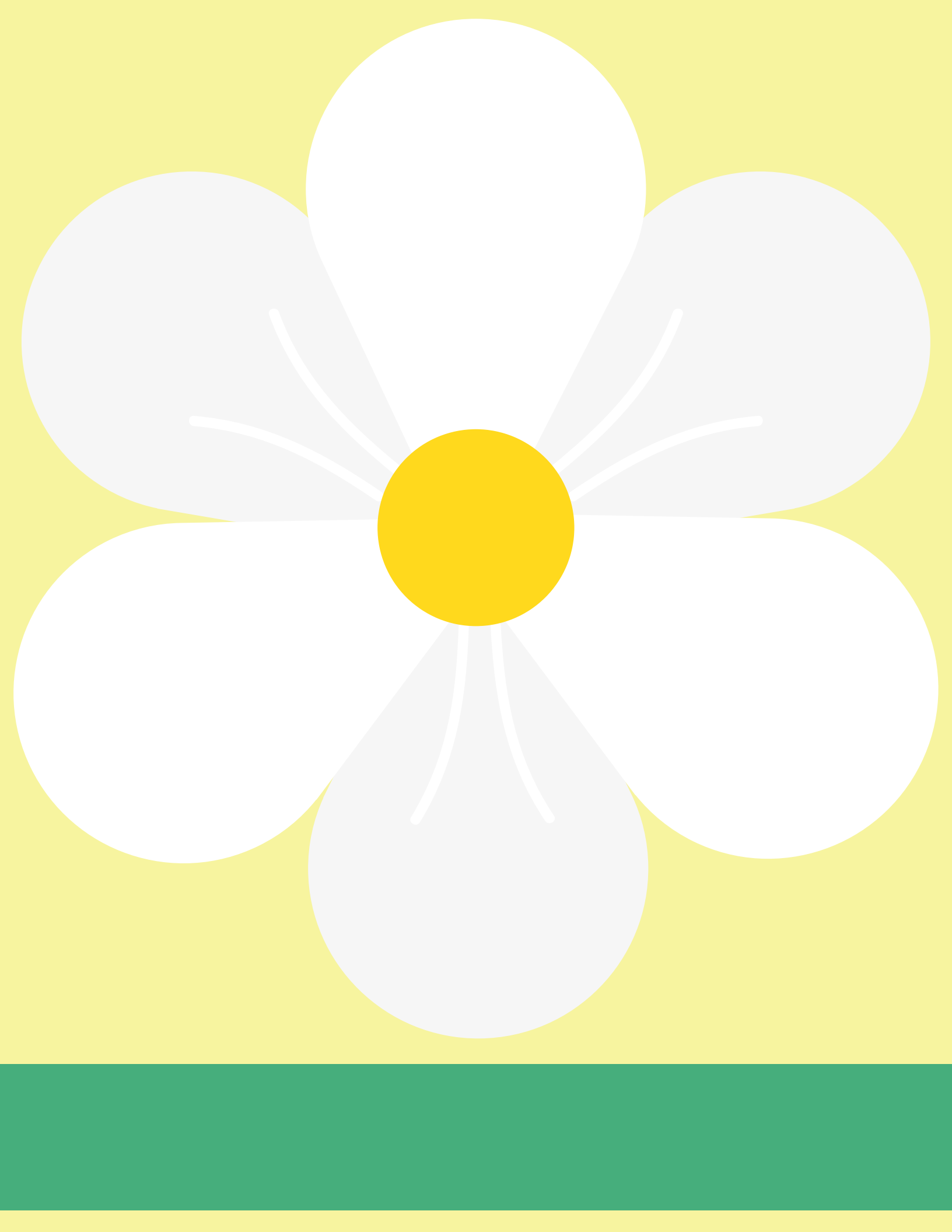
**GROWING  
WORRIES**

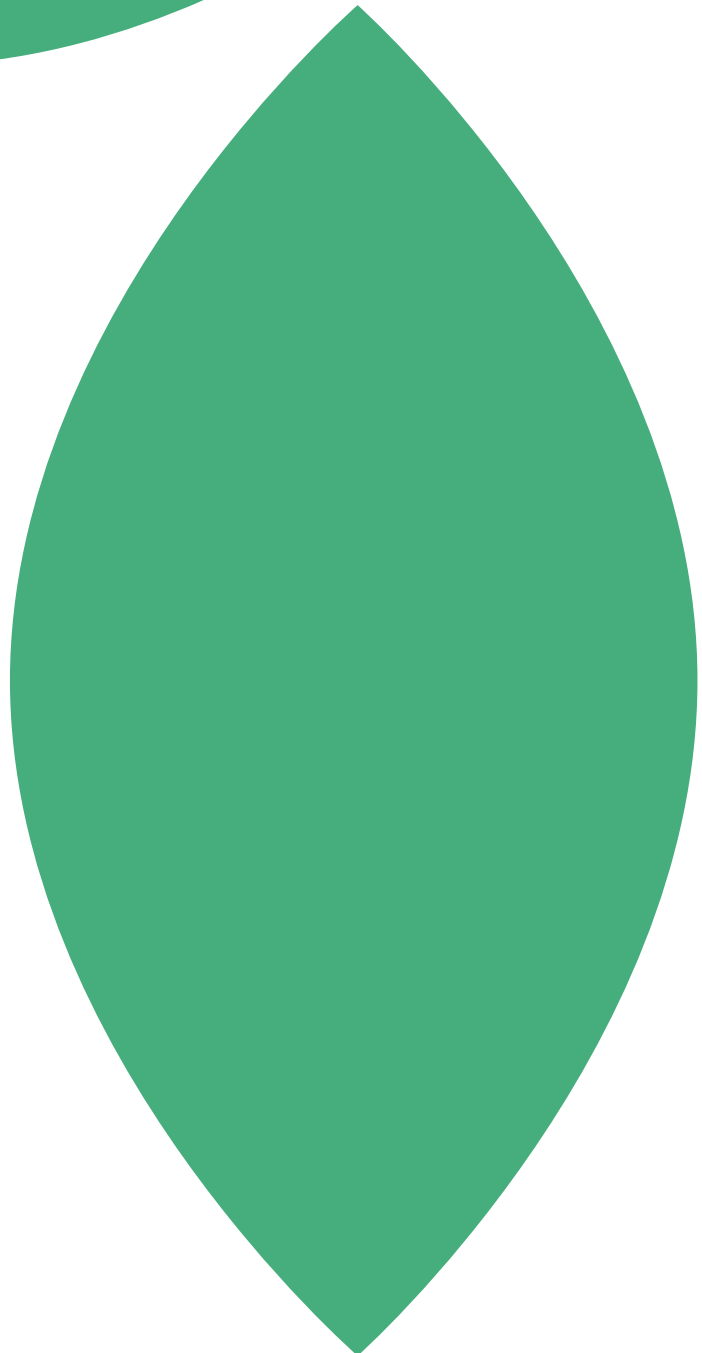
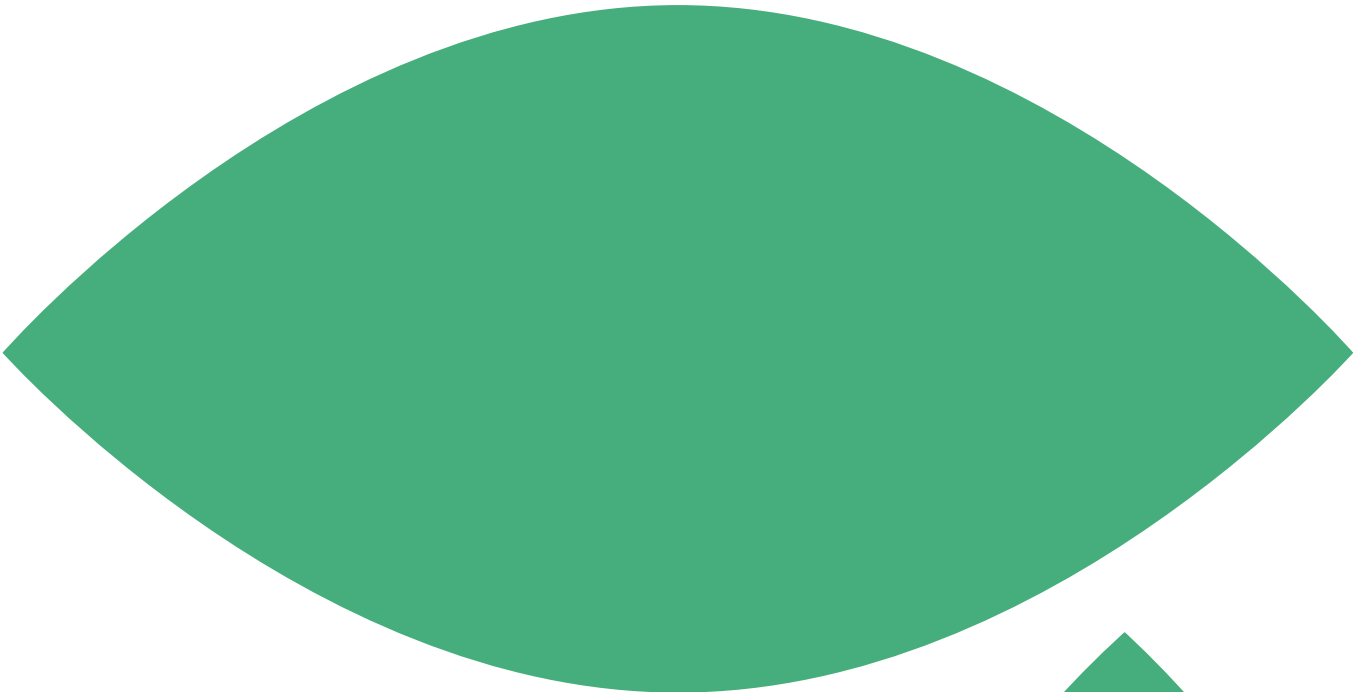
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# GROWING WORRIES







**SEEDS**