

Wally says

“Everyone has worries sometimes. You will have worries, your teachers have worries, your friends and family have worries.

It is ok to have worries as long as they don't stick around. If they stick around they can make us feel awful. It is always good to talk to someone about your worries but sometimes it helps to just get rid of them.

YOU can give them to me. I will take them away from you so you can get on with your day.

*When worries pop into your head
Don't let them turn to fear*

*Take a piece of paper
Make sure you write your name*

*Explain your worry
Write it clear and plain*

*Put your worry into my tummy
And let me keep the fear*

*Put a smile upon your face
And give a great big cheer*

It is good to share your worries and get rid of them”.

