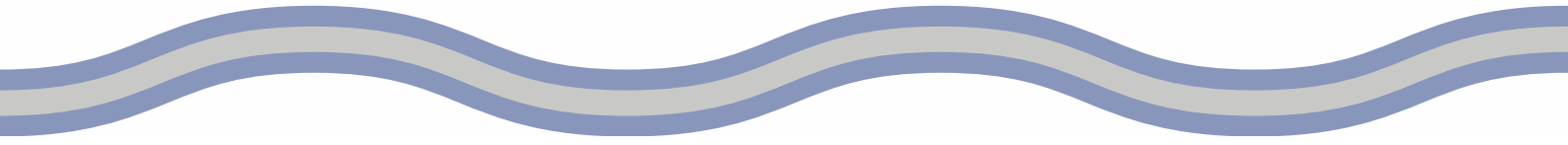
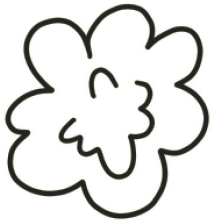


Wool of WORRY



What strategy might you use?



Out of all of the advice given by Larry's friends, what technique do you think you could use when you are overwhelmed with anxious thoughts? (You can even make up your own strategy.)

What might your worry look like?

Larry's worry shows up as out-of-control wool. If you could imagine your worry or a character's worry, what would it look like? (It could be a worry monster, polka dots spreading everywhere, heavy weights, a colour, or whatever you can think of.)

