**What’s Happening Today?**

**Let’s Talk About What To Do With Worries…**

* **What kind of things do you worry about?**
* **What do you do when you are worried?**
* **Things to try when you are worried – talk to an adult, make a worry box, do something that makes you feel good, exercise, solve the problem.**
* **Sometimes we might just have to “let it go”**
* **So what do YOU think??**
* **Activity: Make a worry box**
* **Get your magnet!**