

YOUR HEART JAR

Can you see the jar on this page? Imagine it holds all your worries. It's waiting for you to decorate it. When you're finished, carefully cut the hearts out.

WORRY HEARTS

When you have a big feeling or a worry, draw or write about it on a heart. Imagine placing your heart in the jar.

WONDER WORDS

Write some wonder words on your hearts to help you feel strong and brave. These words are like magic and can make your heart smile. For example:

- "I am brave."
- "I can do this."
- "I am loved."

WORRY WIGGLES

Stand up and shake your hands, wiggle your fingers, and stomp your feet. Imagine you're shaking off all your worries and letting them fall to the ground like leaves.

MINDFUL MOMENTS

Take a deep breath in and slowly let it out. Can you feel the air tickling your nose? Now imagine you're blowing up a giant balloon with all your worries inside. As you breathe out, watch the balloon float away into the sky, taking your worries with it.

MEET BERRY BRIGHT!

Berry Bright is a magical blueberry who loves to help make worries disappear. When you share your worries with Berry Bright, he gently places them into a special pouch. At bedtime, Berry Bright turns them into brave dreams. Every time you share a worry, Berry Bright gets even stronger, and you feel even braver!

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart's words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you're ready to talk. Take your time. When you share, you light up the world!

