

## The Huge Bag of Worries

## Inside you will find:

A book, The Huge Bag of Worries.

## To Make/Play:

- 1. Find somewhere comfortable to sit.
- 2. Read the story to your child.
- 3. Talk about what you might do if you were worried about something.
- 4. Encourage your child to talk about things that might worry them and who they would tell.