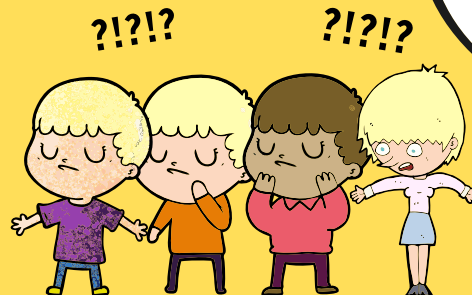




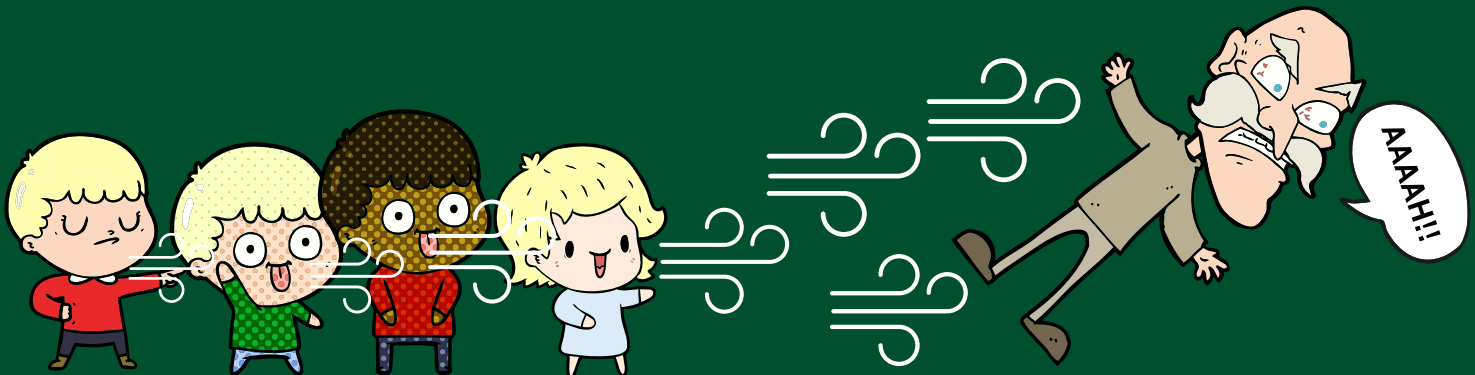
# GO AWAY MR. WORRY!



Feeling nervous or afraid?  
That's when Mr. Worry shows up.



We can stop Mr. Worry by breathing deeply.  
Very slowly, take deep breaths in and blow them out.  
Show me how you can get rid of Mr. Worry by breathing deeply!



You did it!  
When Mr. Worry shows up, remember to take deep breaths and  
blow him away!

If Mr. Worry is too strong to blow away by yourself,  
ask an adult you trust for help!

