

# MY WORRY JAR

Sometimes worries feel big, but you don't have to keep them in your head. Write or draw your worry and put it in the jar. The fairies will whisk it away and keep it safe with their magic!

Now you can let it go!



# See Our Websites for More **Free** Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

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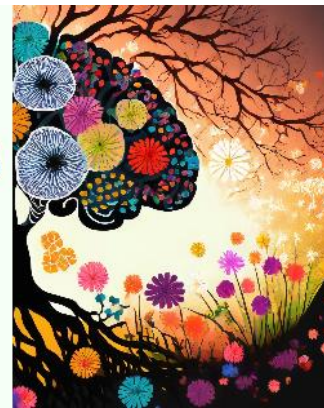
Free social work resources for direct work



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)  
Free Anxiety Tools & Resources



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)

[www FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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