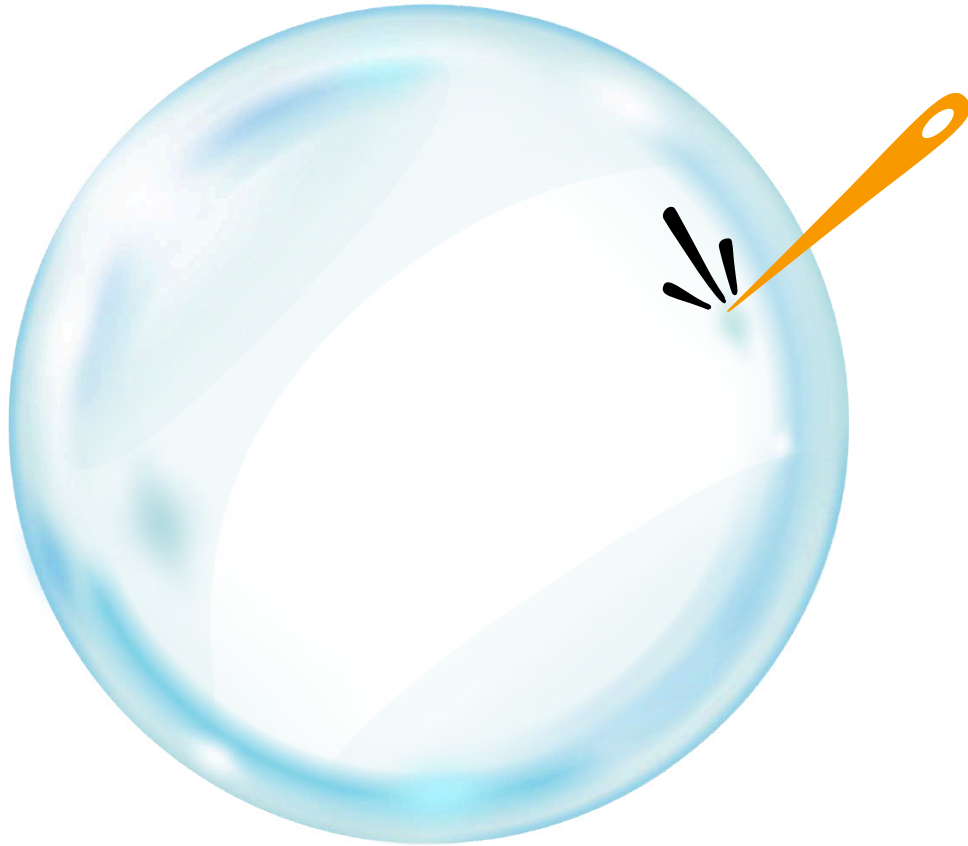


POP YOUR WORRY BUBBLE!

Worries can feel like little bubbles floating around. But guess what?
You can pop them!

Step 1: Draw Your Worry Bubble

In the big bubble below, draw or write something that's been worrying you.



Step 2: Make It Smaller

What would make this worry feel a little smaller?
(A hug, a deep breath, talking to someone?)



.....

Step 3: POP It!

Now, pretend to use your finger or the needle to pop your bubble to let the worry go.
Say something kind to yourself as you do it.

A happy thought to replace my worry:



.....

Remember: Worries don't last forever.

You can always pop them away!

POP YOUR WORRY BUBBLE!

Worries can feel like little bubbles. But guess what? You can pop them!

Draw Your Worry Bubble

In the big bubble below, draw your worry.



POP It!

Now pretend to pop the bubble with your finger to let the worry go.!

See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

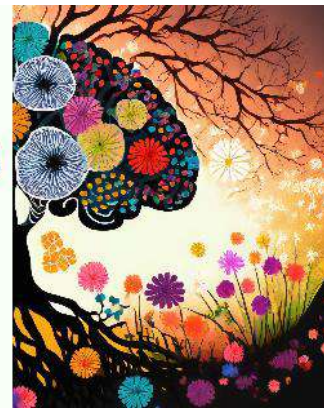
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

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

Free Emotions & Feelings Resources



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