

→ Write or draw your worry on this special space letter. Imagine folding it up and placing it inside a rocket's mailbox. Countdown... 3, 2, 1... Blast off! Watch your worry zoom far, far away into space!



See Our Websites for More Free Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools &
Resources



3 www.feelingshelpbox.com

www.FeelingsHelpBox.com

Free Emotions & Feelings Resources



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