

## WORRY CLOUDS

Think about what is worrying you today. You can write words, draw pictures, or list worries inside the clouds.



www.FeelingHelpBox.com

# WORRY CLOUDS WORKSHEETS

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

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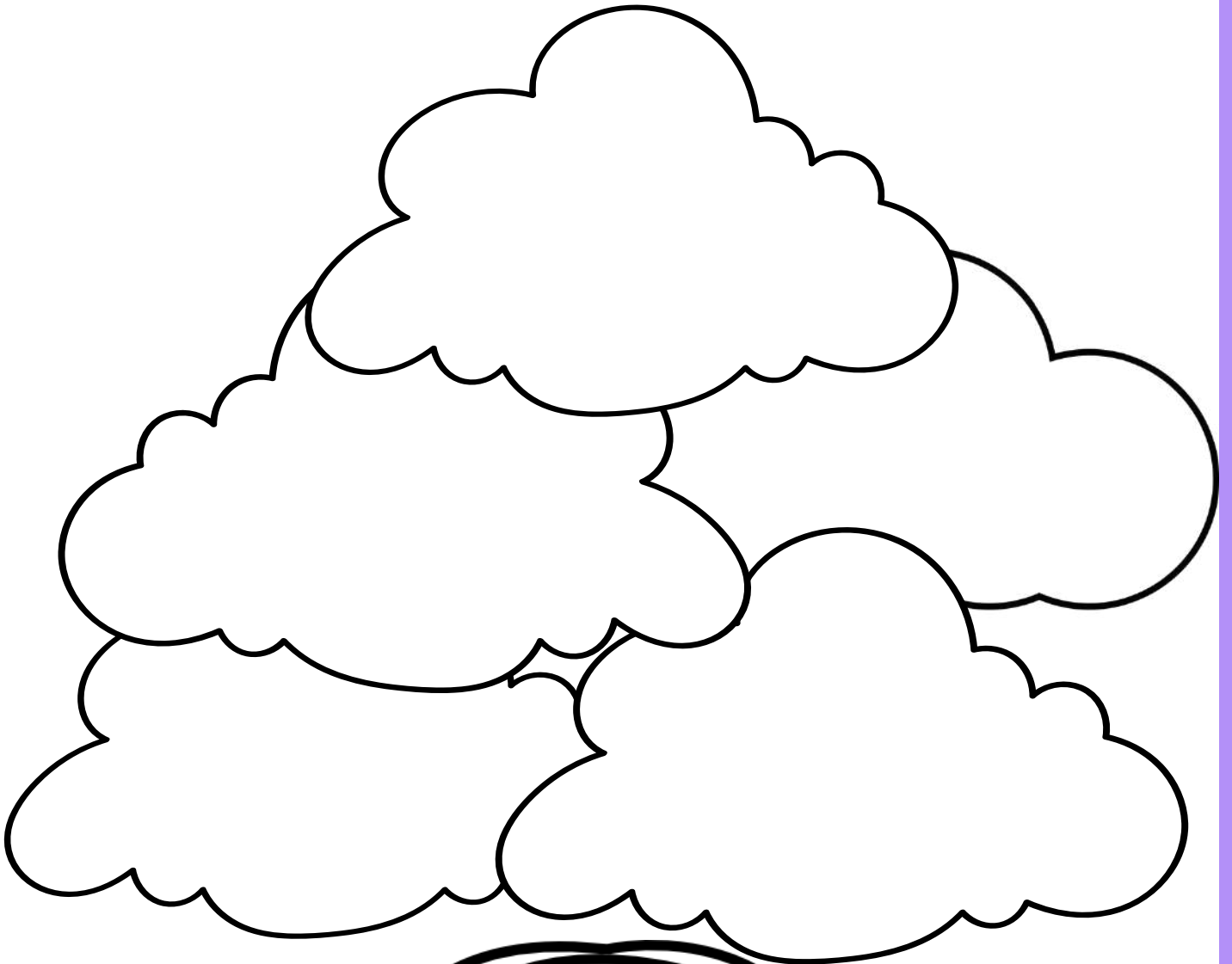
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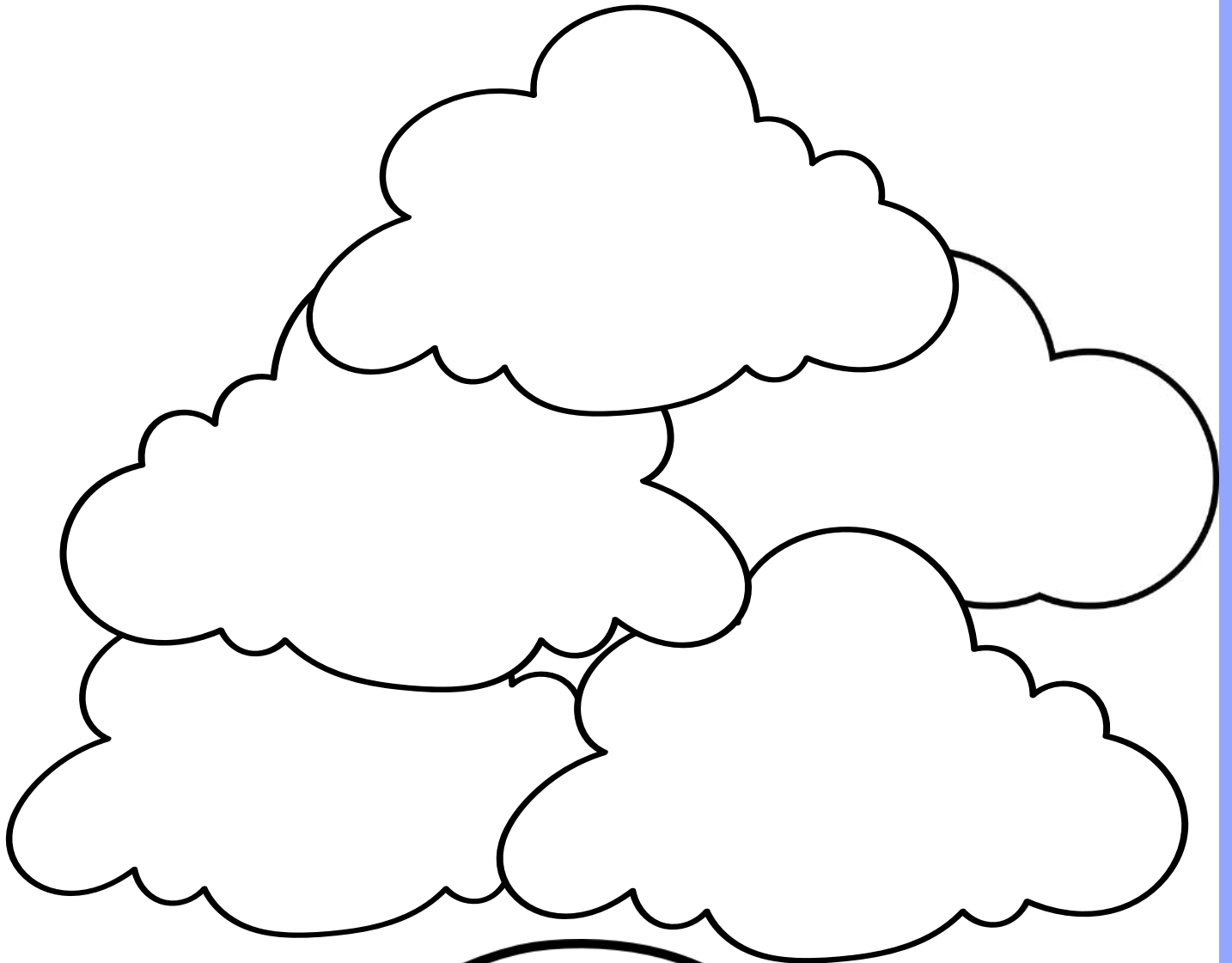
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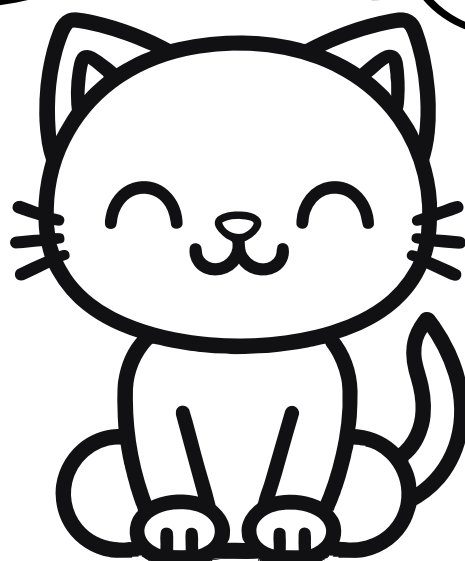
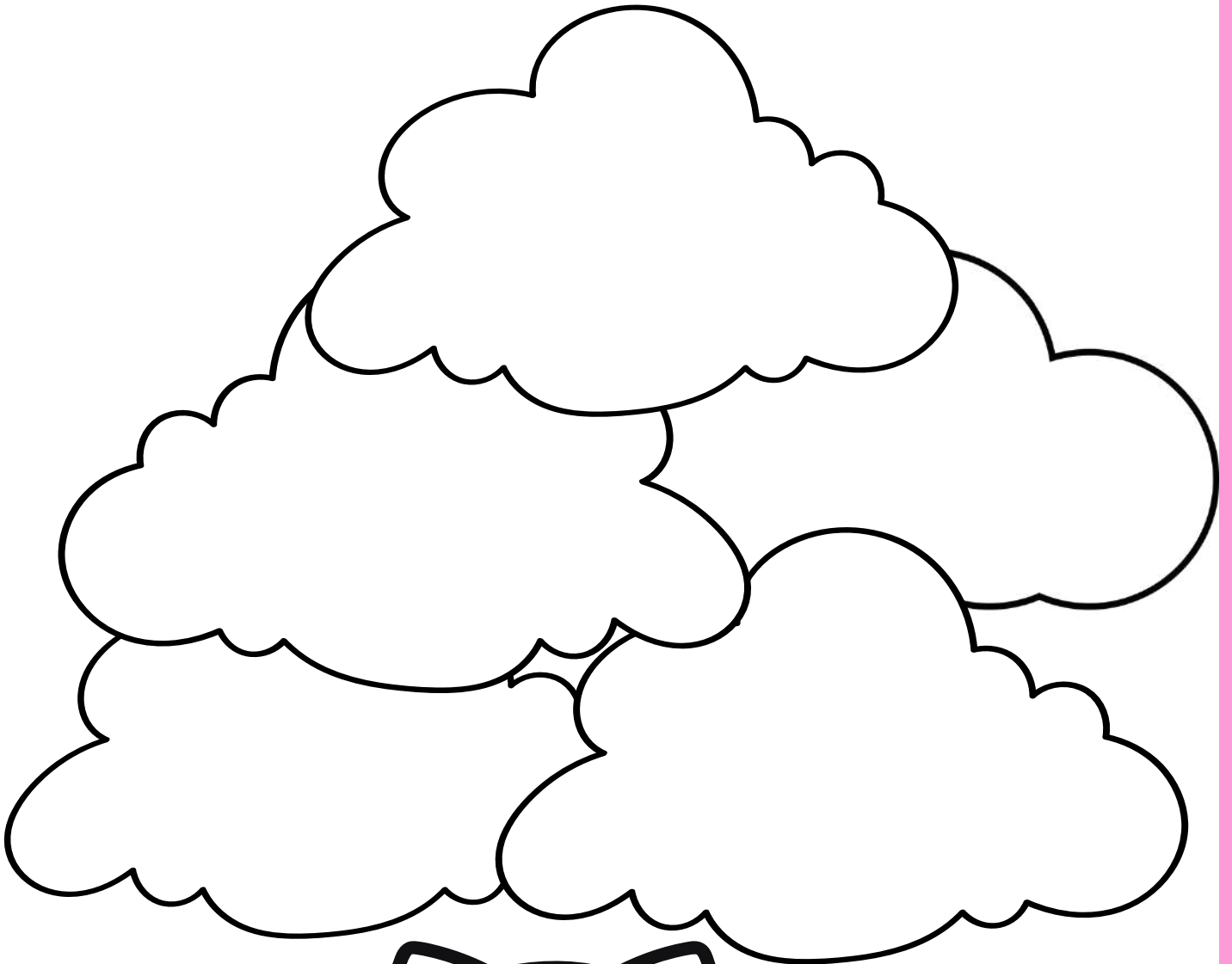
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# See Our Websites for More **Free** Resources

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

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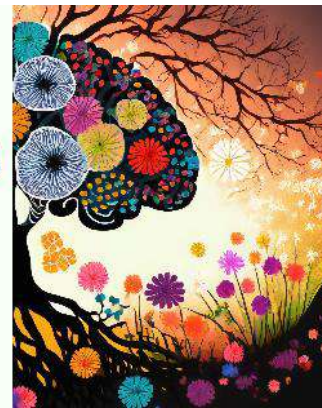
Free social work resources for direct work



**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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