

Tuesday 2<sup>nd</sup> February 2020

**OLI: to explain your worry and how someone could help you.**

Ruby did the best thing you can ever do if you have a worry ... talk about it!

Today, write a worry you have or have had. Then draw a person who you have told your worry to or would like to tell your worry to. What would they say to make you feel better?



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**This is -----**

Write what they would tell you to make you feel better in the speech bubble.

