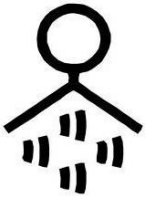


Name: _____

Date: _____

The Worry Jar



Place a few worries in the jar.

It will help get them off your mind, at least for a little while.

What are a few worries that you would like to forget about right now?

Write them in the jar.

