



SUSAN

What
to do
About
Worries



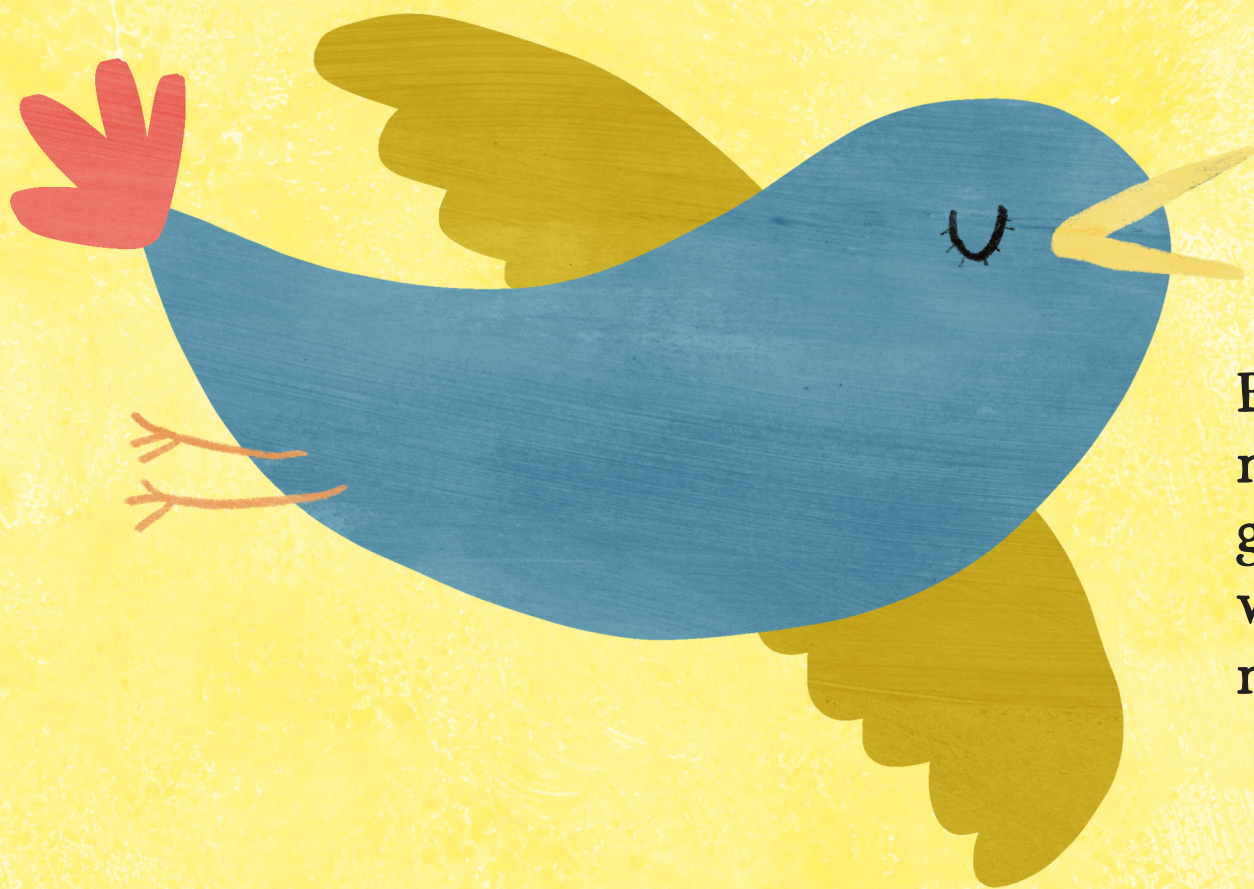
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No one likes worries, but everyone worries sometimes. Susan kitten has lots of worries. She was so worried about her worries that she asked some of her friends about what they do when they have worries.



Bird said, "I talk with
my friends or special
grown-ups when I feel
worried and that helps
me feel better."



Bear said, "I stand
up tall and roar into
the sky when I feel
worried and that
helps me feel better."



Wind said, “I breathe in and then blow out big long breaths when I feel worried and that helps me feel better.”

Rabbit said, “I run away and hide somewhere safe
when I feel worried and that helps me feel better.”





Koala said, “I cuddle up with my grown-up or my favourite toy when I feel worried and that helps me feel better.”

Echidna said, “I curl up into a little ball with my spikes out when I feel worried and that helps me feel better.”





Ant said, “I march in time with the other ants when I feel worried and that helps me feel better.”



What clever ideas Susan's friends have when it comes to their worries. Susan thinks that she might try out some of their ideas and see how they feel to her. That might help her the next time she feels worried.

I wonder what you do when you feel worried and how it helps you?