



# Ordinary Magic

## Daily worry time

NAME:

\_\_\_\_\_

DATE:

\_\_\_\_\_

AGE:

\_\_\_\_\_

MAIN SOURCE OF WORRY:

\_\_\_\_\_

Draw a picture of your worry!

Spending no longer than 30 minutes, use this time and space below to write down what is worrying you at the moment. Worry to your hearts content and share with an adult if you like.

After, go and find something fun and exciting to do!

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