

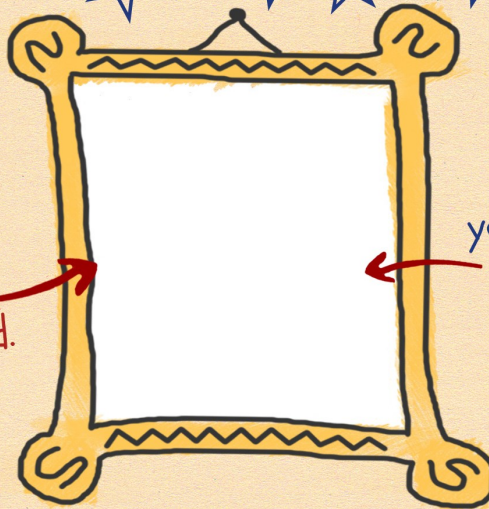
Welcome!  
to your letter from  
The Worry Wizard

Choose an adult to help you.





This is me as  
The  
Worry Wizard.

This is you  
as a  
Worry Wizard.



Draw  
yourself  
here.

Just like Jack,

it is  for you  
to get  with your Worries.



Action is...to do something.  
What's really exciting is  
that when you do something,  
things can change.



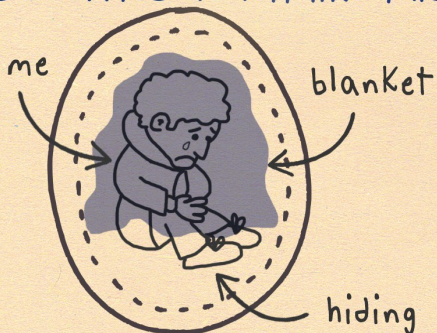
This is  
Sonny

EVERYONE who  
gets  with their Worries  
is a  
Worry Wizard.



This is  
Mim


Before Jack got  with  
his Worries he felt like this:



What is Jack feeling?

\_ L \_ O \_ E

Can you guess the missing letters?

After Jack got  with  
his Worries he made this  
poster at school:

Very Important Fact  
(about being a Worry Wizard)  
**YOU ARE  
NOT ALONE**



The Worry Wizard wrote to Jack:

### Jack's Worry Quiz

| DO YOU EVER HAVE WORRIES? |       |                      |
|---------------------------|-------|----------------------|
| Name                      | Yes   | No                   |
| Jack                      | ✓✓✓✓✓ |                      |
| Ella                      | ✓     |                      |
| Sonny                     | ✓     |                      |
| Mim                       | ✓✓    | ✗ (oops, wrong box!) |
| You                       |       |                      |
| Your Adult                |       |                      |

You can write your answers here

Dear Jack,  
Thanks for sending me your Worry Quiz  
You've found out something Very Important.

~~Lots of people have~~  
**EVERYONE**  
\* has \*  
**Worries**

Time for a chat Did you know this?  
How do you feel, knowing this?

You're right, Jack. You're not alone. We all have Worries.

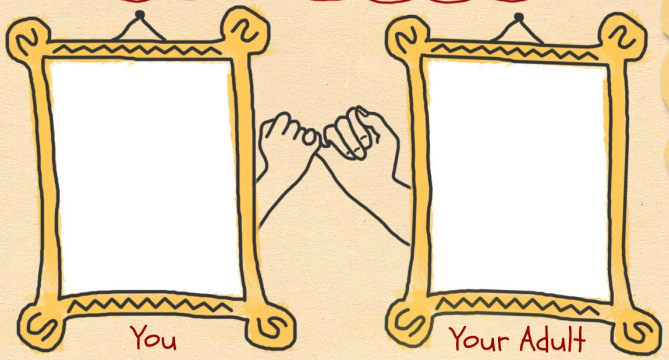
# We're in this together

Time for a chat

What does the dot-to-dot say?  
What does it mean?  
What is good about this word?  
Write or draw here.

Can you do my dot-to-dot?  
What colours will you choose?

Time for a Pinky Promise



Pinky Promise to get **ACTIVE!** and stop my Worries being so difficult.  
(You may choose another Pinky Promise)

Thank you for getting **ACTIVE!** with your Worries.  
There is so much we can learn, together.  
I'd love to hear how you get on.

Wellbeing wishes,  
**The Worry Wizard**

