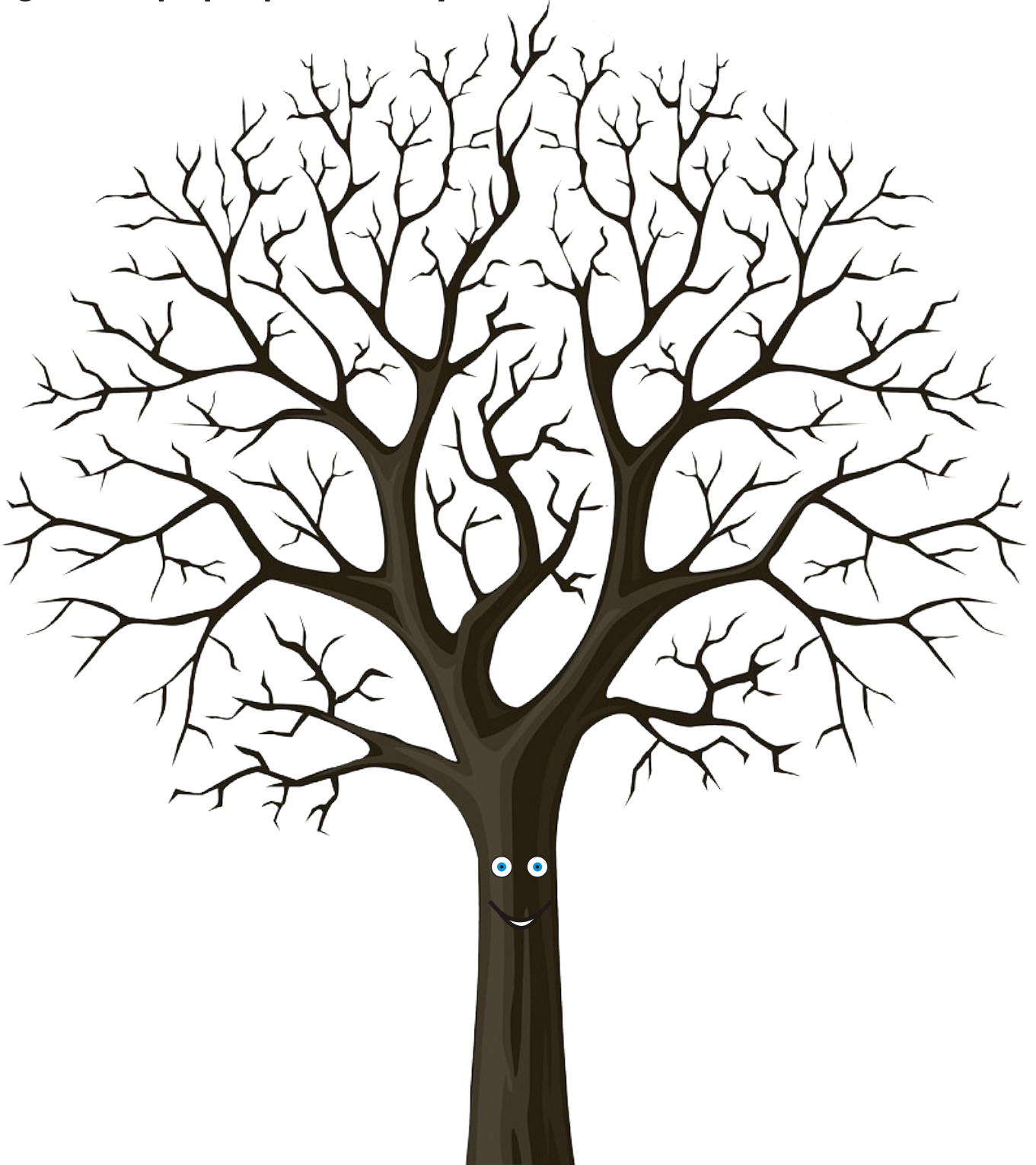


Letting Go Of Worries

Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and stick them on the branches. You can use the Hug Me tree at night to leave your worries behind before you go to sleep...just picture it in your mind!



Imagine yourself giving the **Hug Me** tree a great big hug!