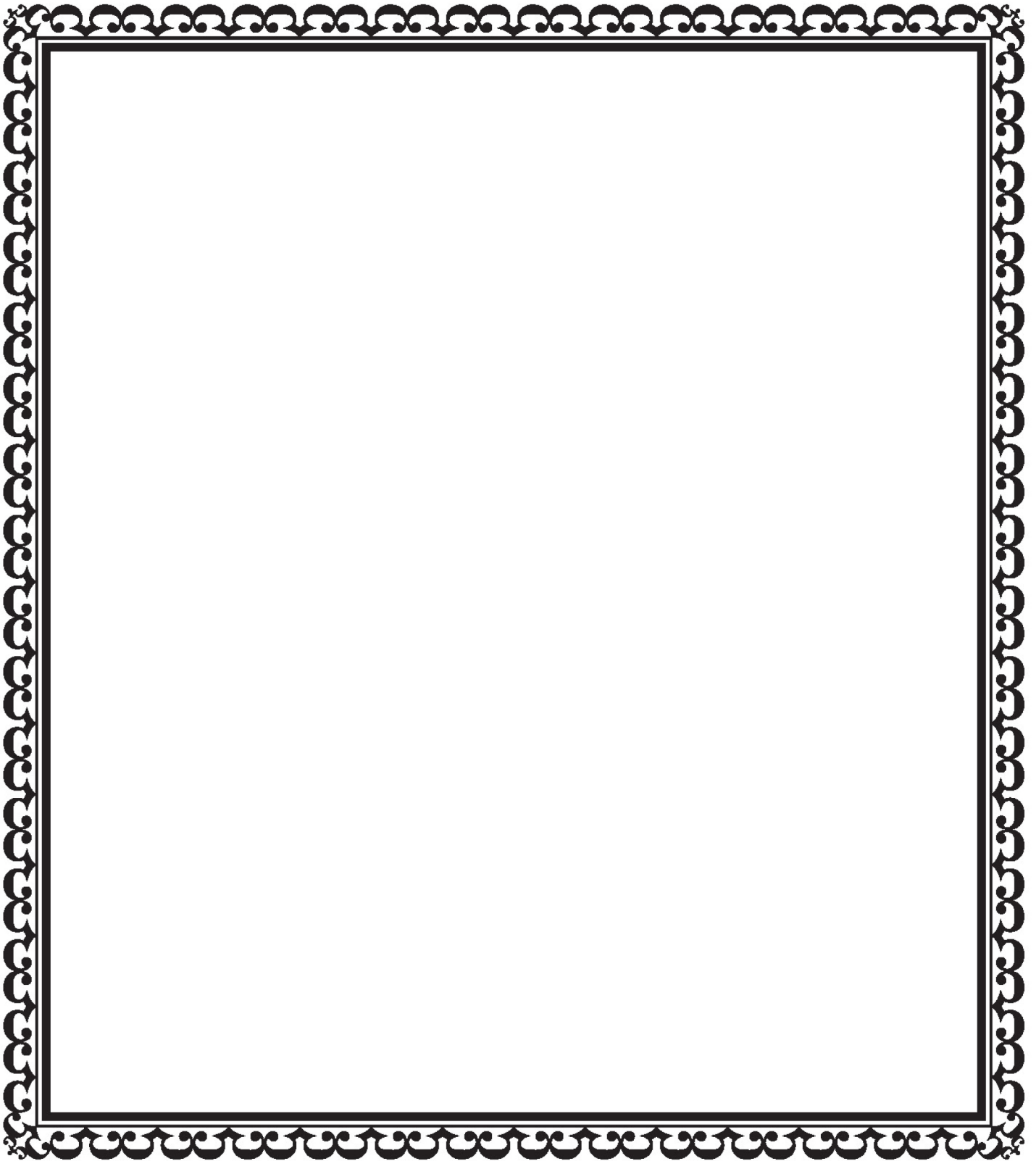


A Portrait of My WorryWoo

Sometimes it helps to name your fears and anxious feelings. Now you can draw them. Creating your own WorryWoo helps identify your feelings. That's the first step towards building emotional intelligence!



WorryWoo Name: _____

WorryWoo Emotion: _____