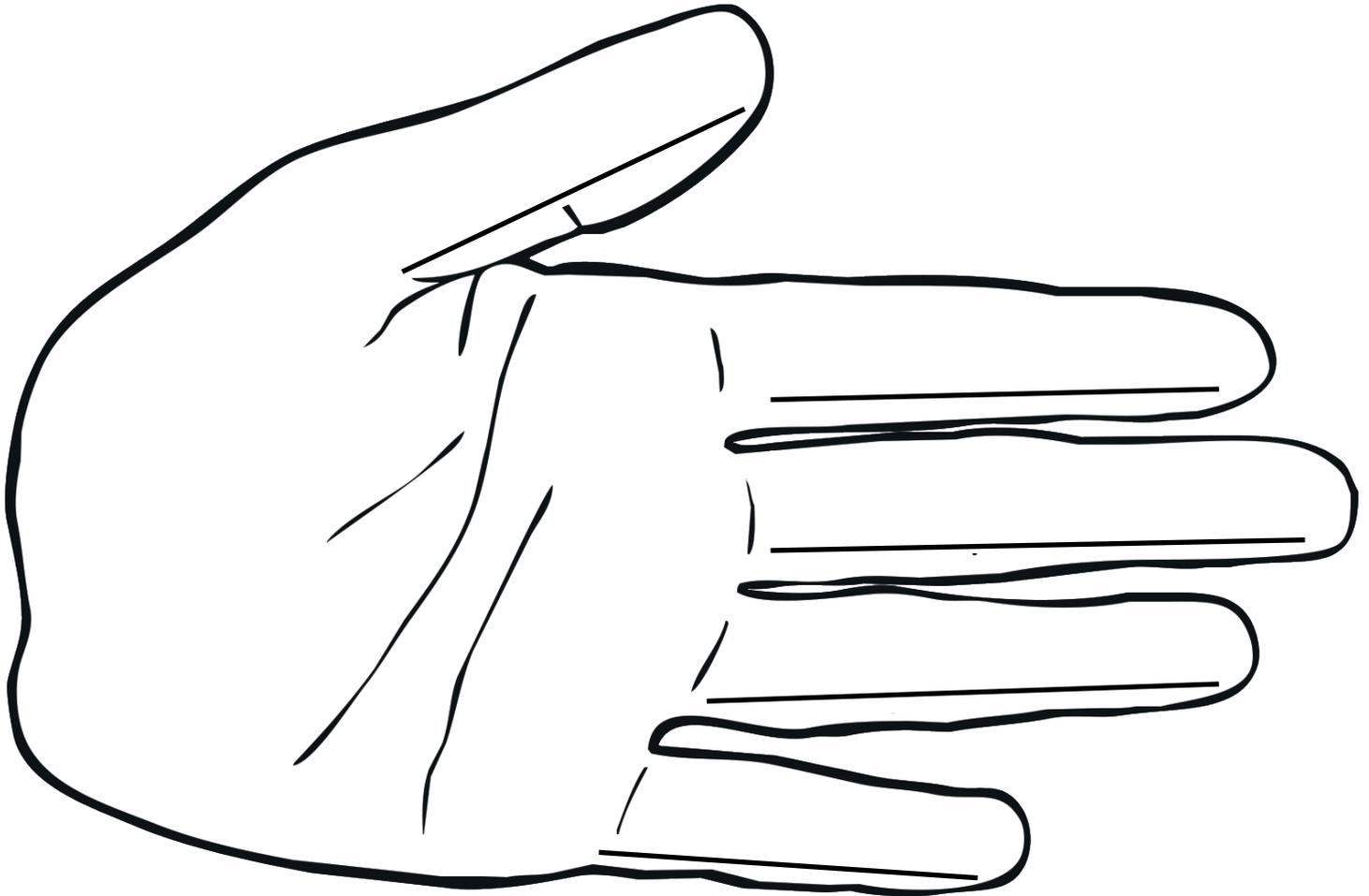


Talking About My Worries

Sometimes, we can feel down or we can be worried about something. It is very important to talk to a trusted friend or adult about these worries or problems.

Can you think of five people you know who are there for you and will listen to you?

Complete the diagram below by writing the names of five trusted people on each finger.



**Remember: A problem shared is a
problem halved!**