

My Bag of Worry and Sadness

Can you design your own bag? What colour is it going to be?

Once you have designed and made your bag using the template below (or create your own template), think about all the things that make you worry or feel sad.

What are the things that make you worry or upset you?

You could put in foods you don't like eating, programmes you don't like watching or memories that make you sad.

Try to fill this bag with as many negative objects as you can.

When your bag is full, you need to decide what to do with it. You could simply put it in the bin. You could tear it up or screw it into a ball. You could even keep it somewhere safe if you want to look back at it from time to time. The choice is yours.



My Bag of Worry and Sadness

Cut out two copies of your chosen bag around the dotted lines, staple or glue the sides together and put your least favourite items inside.



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