

LET YOUR WORRIES FLOAT AWAY

SOMETIMES OUR WORRIES CAN FEEL LIKE THEY ARE WEIGHING US DOWN, BUT GETTING THEM OUT INTO THE OPEN CAN BE REALLY HELPFUL. TALKING TO SOMEONE YOU TRUST OR WRITING THEM DOWN CAN MAKE THEM FEEL A LITTLE BIT LIGHTER. FILL UP THESE BALLOONS WITH YOUR WORRIES AND HELP THEM TO FLOAT AWAY.

