

TIME TO UNWORRY

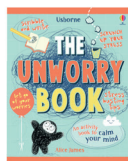
Worries are annoying, but they're also normal, and unfortunately pretty common. EVERYONE worries at some point, and some of us worry a lot.

Worrying isn't a bad thing, and often it can help you to do a good job or be a better person. But it's important to be able to cope with worries so they don't stop you living your life.

That's why we've created the Usborne Unworry Pack, a collection of fun, mindful activities to help children and adults UNWORRY. It's full of things to calm you down and distract you, and help you find places where you can put your worries, instead of letting them hang around in your head.

For links to websites with tips, advice, and more unworry activities for different ages, scan the QR code.

Please follow the internet safety guidelines at Usborne Quicklinks. Children should be supervised online. Usborne Publishing is not responsible for the availability or content of any website other than its own.



Usborne Activities

Discover more in **The Unworry Book**. Visit [usborne.com/activities-for-kids](https://www.usborne.com/activities-for-kids) for more fun-filled things to do.

© Usborne Publishing Ltd, 2019. Page illustrations and doodles by Harry Briggs, 2021

