



# Worry BUG

Our brain sometimes tells us to get upset about certain things. Sometimes it tells us to count to a certain number or avoid things in the room. But these thoughts are not coming from us, they're coming from our Worry Bug. This Worry Bug sits on our shoulder and whispers commands- he is very bossy! And sometimes it is hard to quiet him down! Draw what your Worry Bug looks like- does he have a big nose? Wiggly arms? Let's give him a face and a name!

A large, empty rectangular box with a black border, intended for drawing a custom Worry Bug.