



Mr Pottle's Worry Parcel

Small worries.
Brighter tomorrows.

Some worries feel lighter
when we share them.

You can draw, write or talk about your worry.
There is no right or wrong way – every feeling counts.

Something I'm carrying...

Draw or write your worry here. You can also add pictures, words or anything that helps.

This worry feels...

(Tick one)



Small

☐

Medium

☐

Very Big

☐

I'm Not Sure

☐

When does it visit?

(Tick one or more)



Morning

☐

Bedtime

☐

School

☐

When I'm alone

☐

Somewhere else

☐

Who could help me carry it?

(Tick one or more)



Mum / Dad
or Carer

☐

Teacher

☐

Friend

☐

Someone else

☐

"You don't have to
carry every worry
by yourself."

– Mr Pottle



Braver days
are ahead.

Collyvale
collyvale.co.uk

Kind hearts make a brighter world