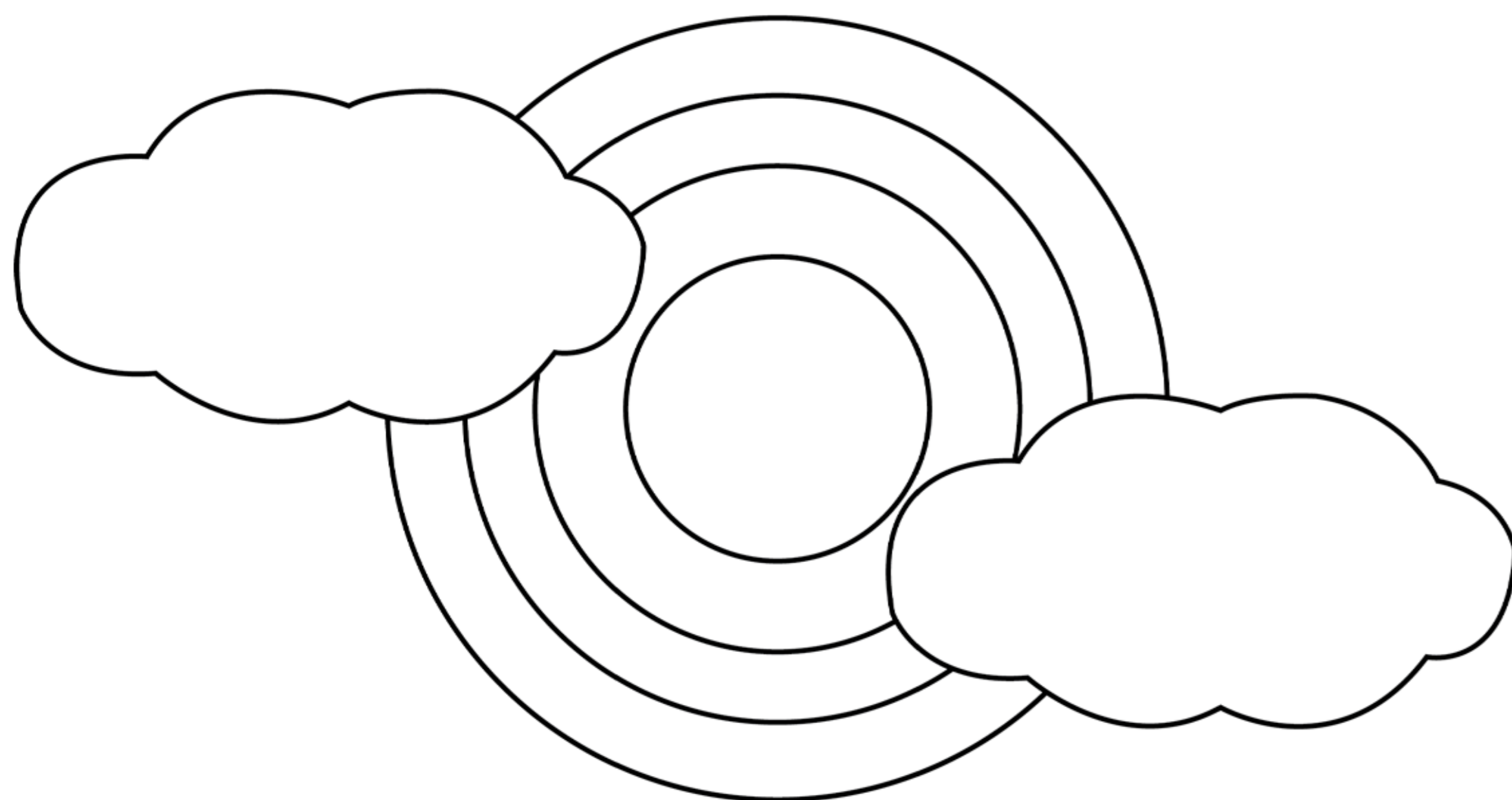




IMMANUEL UNITED  
CHURCH  
SUNDAY, OCTOBER  
17TH, 2021

DON'T



WORRY

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WORRY?



What do you sometimes worry about?  
Does the worrying help?

What could you do instead of worrying?

Who can you talk to about what you're worried about?

Older children could make a plan -- pick one concrete thing they could do instead of worrying.

For example, we can donate or raise money for a cause, talk to a friend who is giving them cause for worry

Younger children could either draw a picture of themselves talking to a trusted adult about their worries, or they could colour a picture.

