Victor the wolf sometimes worries that he’s not wolfish enough.
But that’s ok, because worries come and go.

Colour in Victor as he plays amongst the leaves, helping him to blow his worries away.
Victor’s friend Pablo tells him that “everybody worries!”

Victor shares his worries with Pablo, which helps him to feel better. Sharing your worries with others can help you to feel less worried, and thinking about things that make you happy can help too!

In the box below write down the things that make you happy.

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