

THE DON'T WORRY BOOK



TODD PARR

The New York Times Bestselling Author

DO NOT COPYRIGHT!

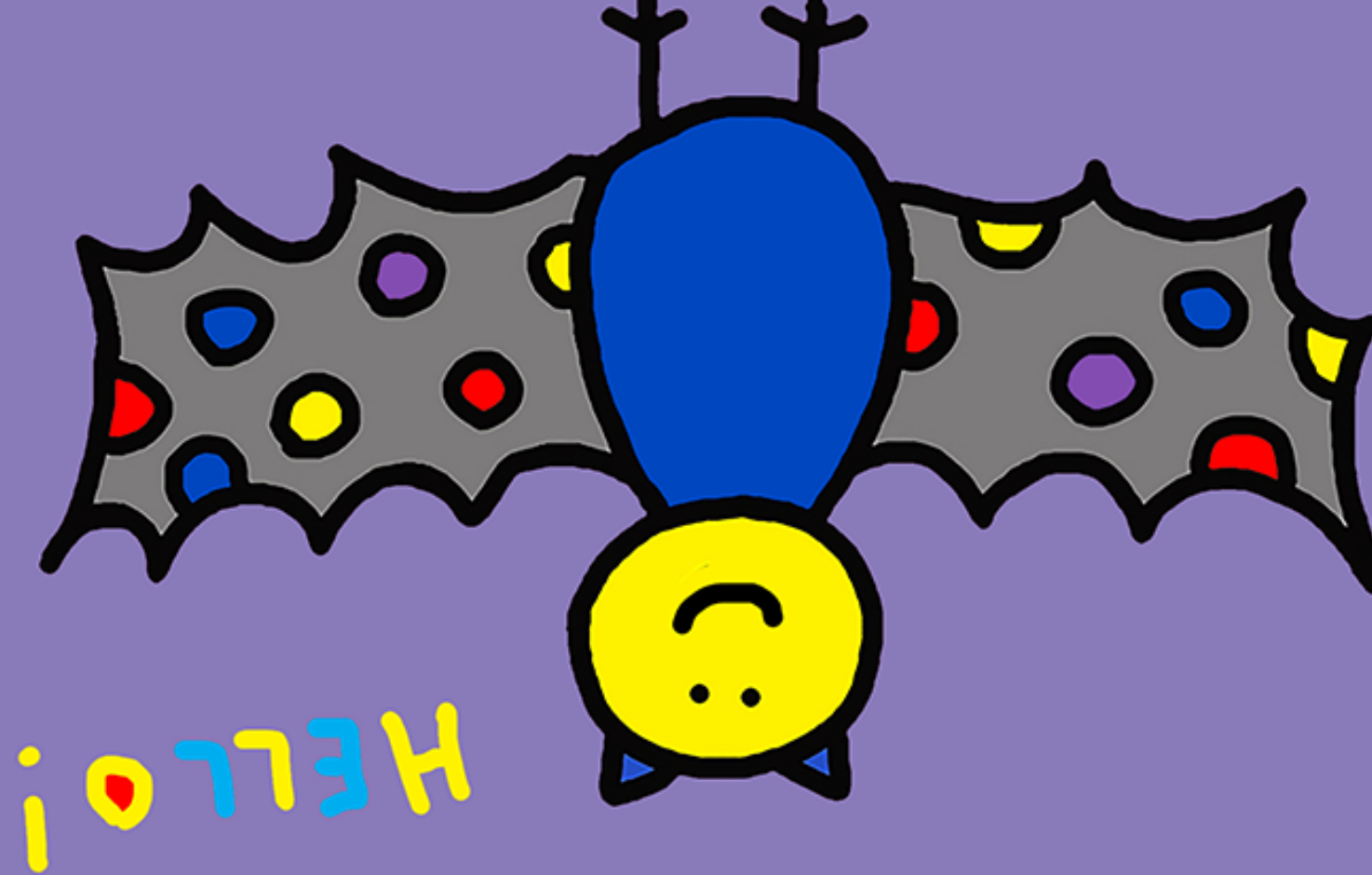
Take it from me, someone who has spent most of his life worrying about things he has no control over. It's much easier to focus on things that you do have control over.

Sometimes you worry.



Worrying is when you think too much
about a problem or feel afraid
something bad is going to happen.





You might worry worry
when you are scared.



When someone is being mean.



When you meet someone for
the first time.



When it's dark.



When you are trying to sleep.



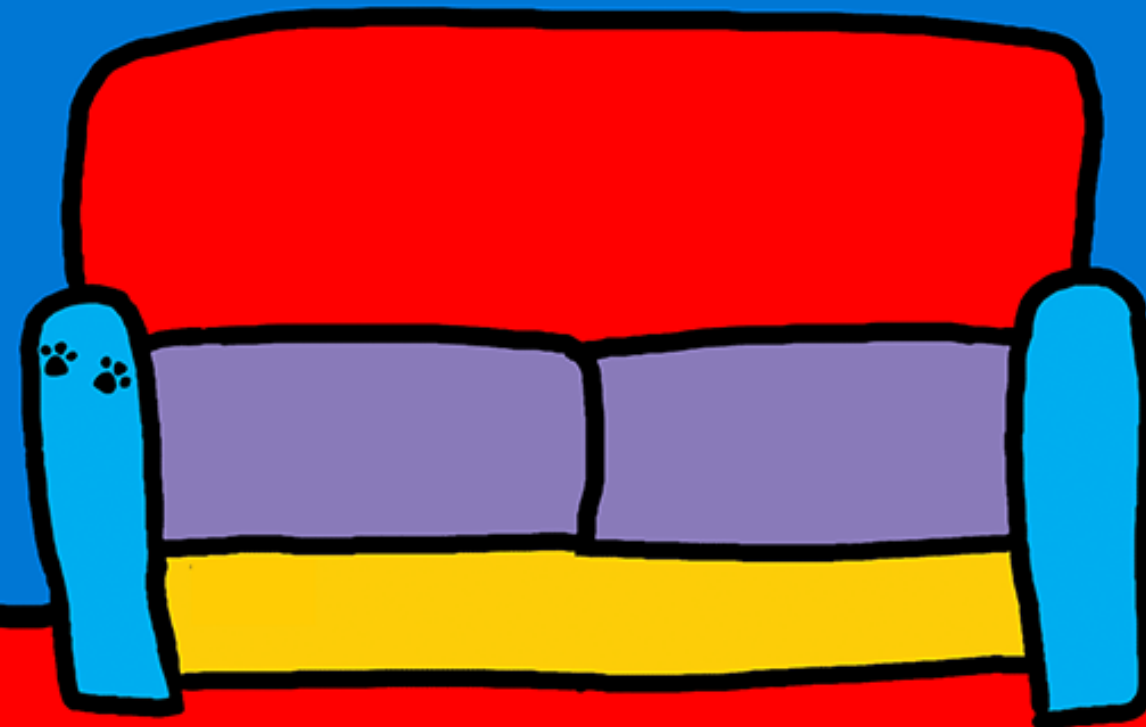
Or when you have to go to the bathroom.



When you go somewhere new.



When you are alone.



When someone is being loud.



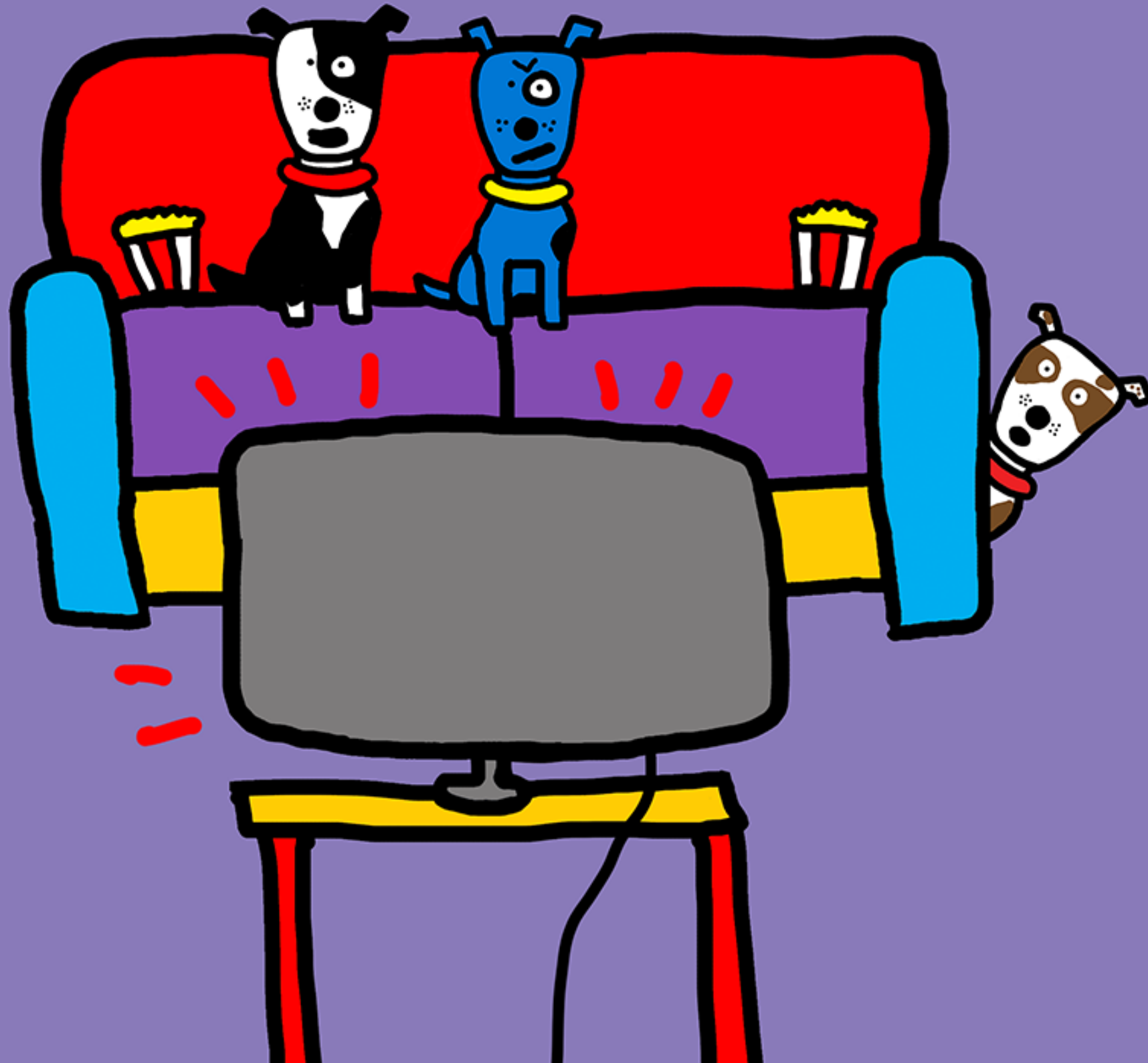
When you have too much to do.



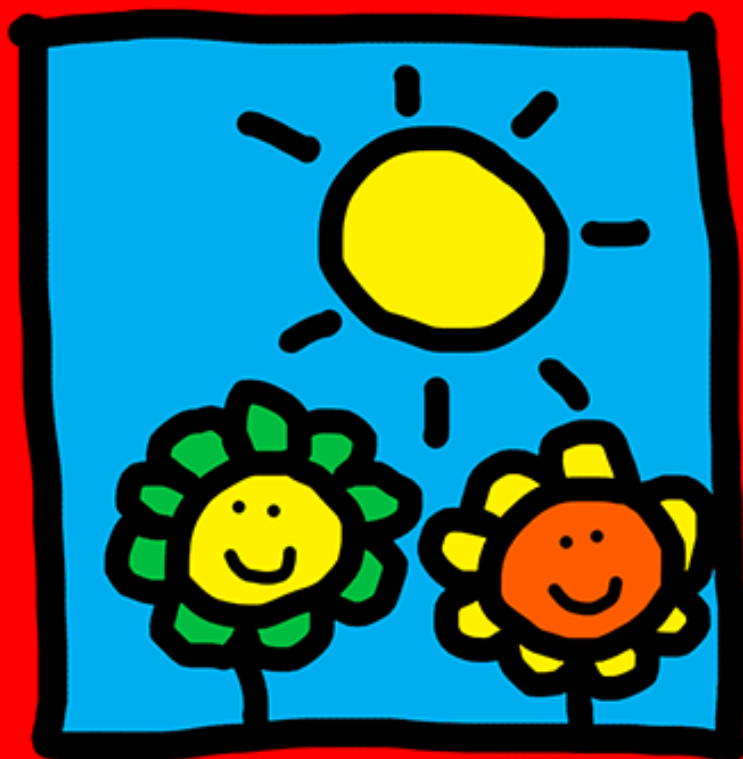
When you get sick or have to
go to the doctor.



You can worry when watching TV.



Or by looking at screens too much.



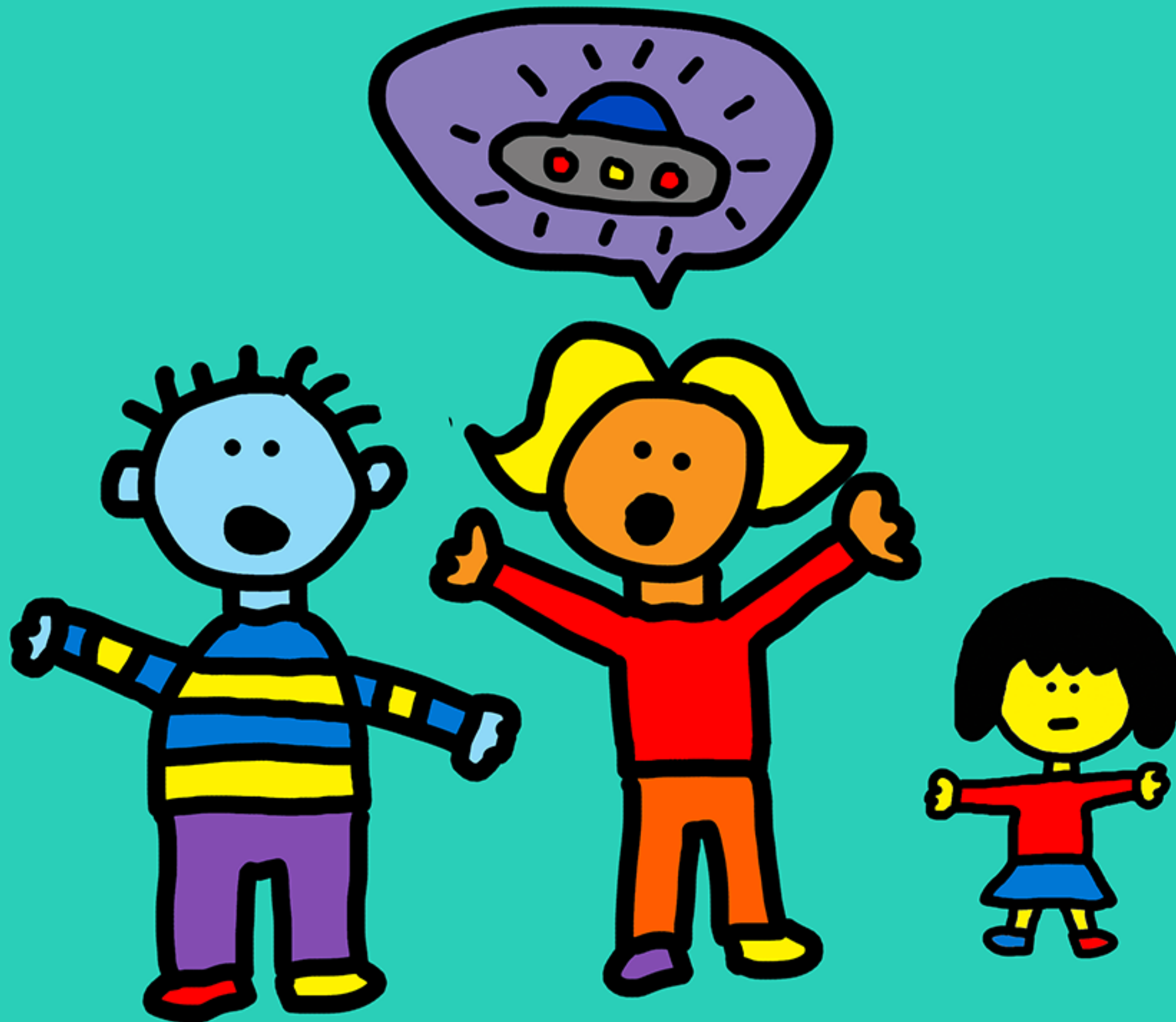
You might worry when it rains.



When you go to school.



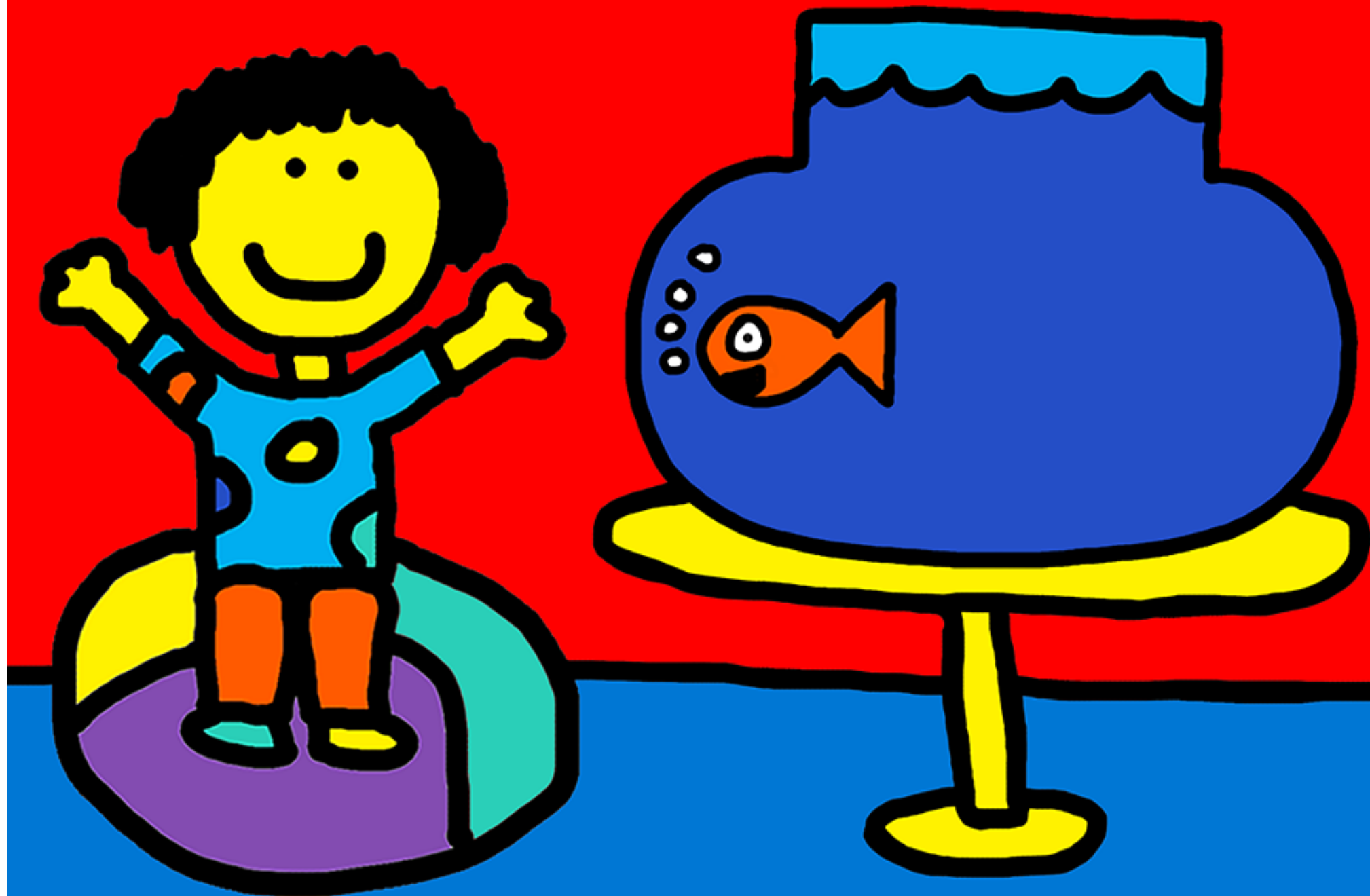
Or when you overhear some bad news.



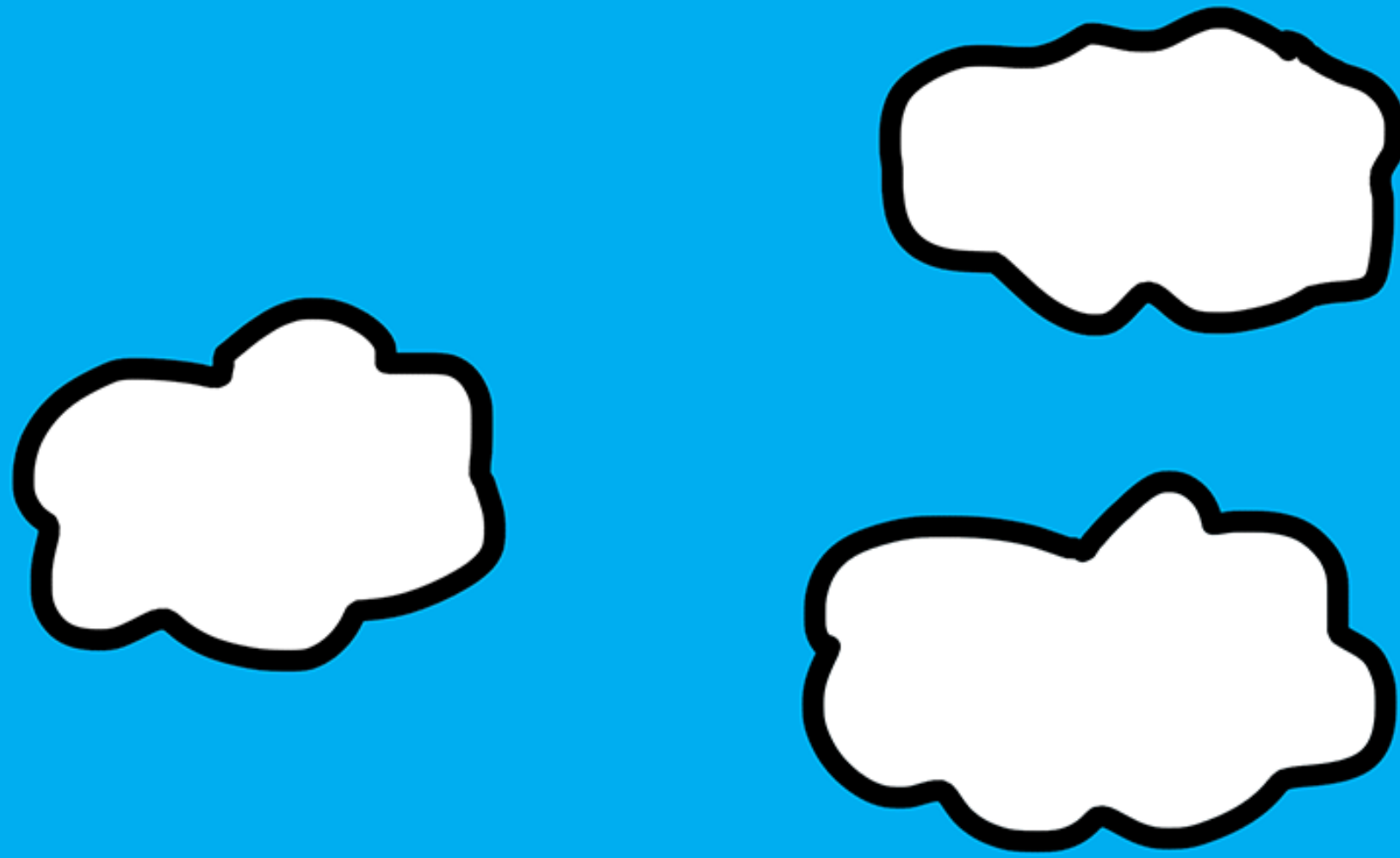
Worrying can make you sad.



When you worry, try doing something
to keep yourself busy like talking to
someone special.

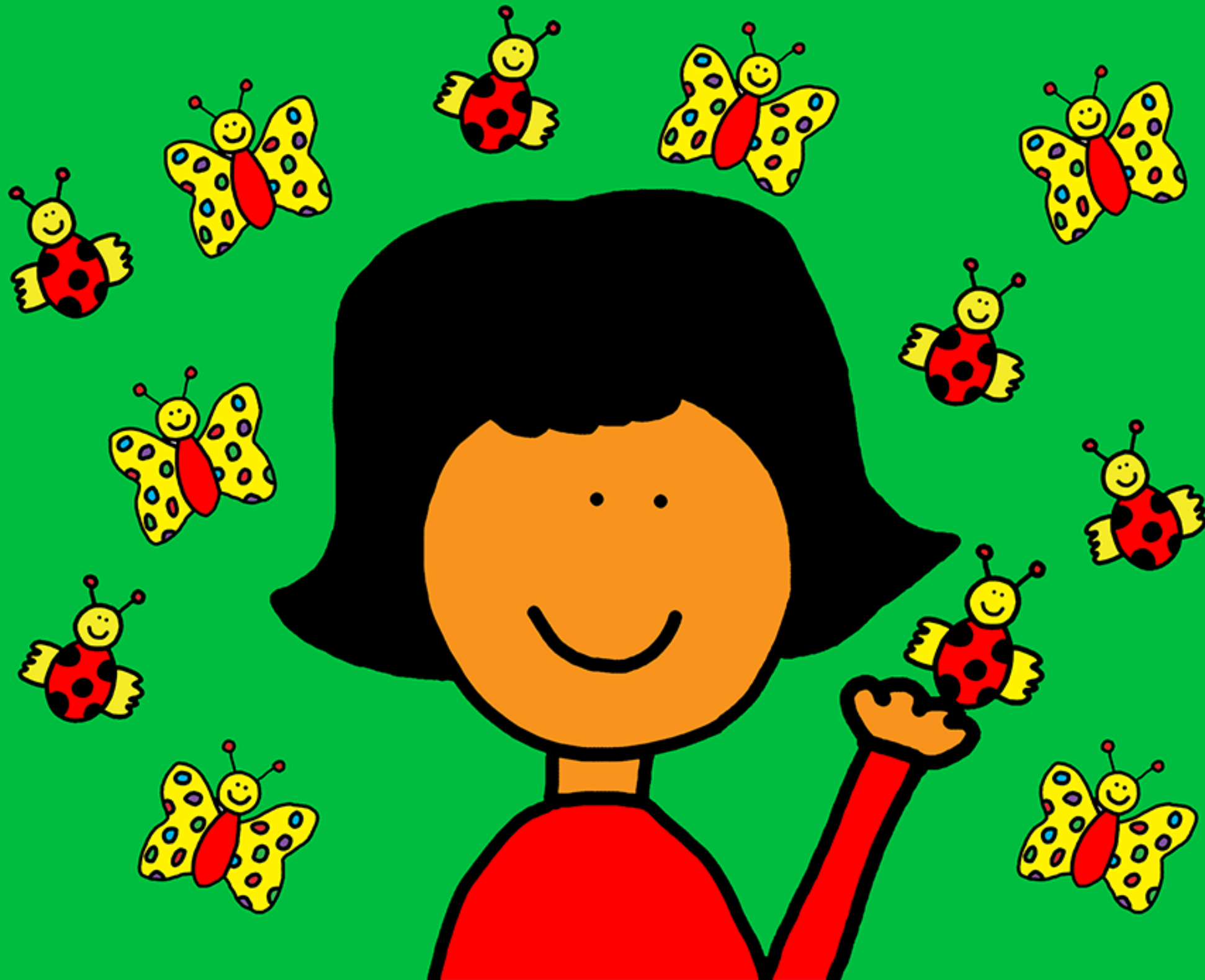


Taking deep breaths.



Ahhh!

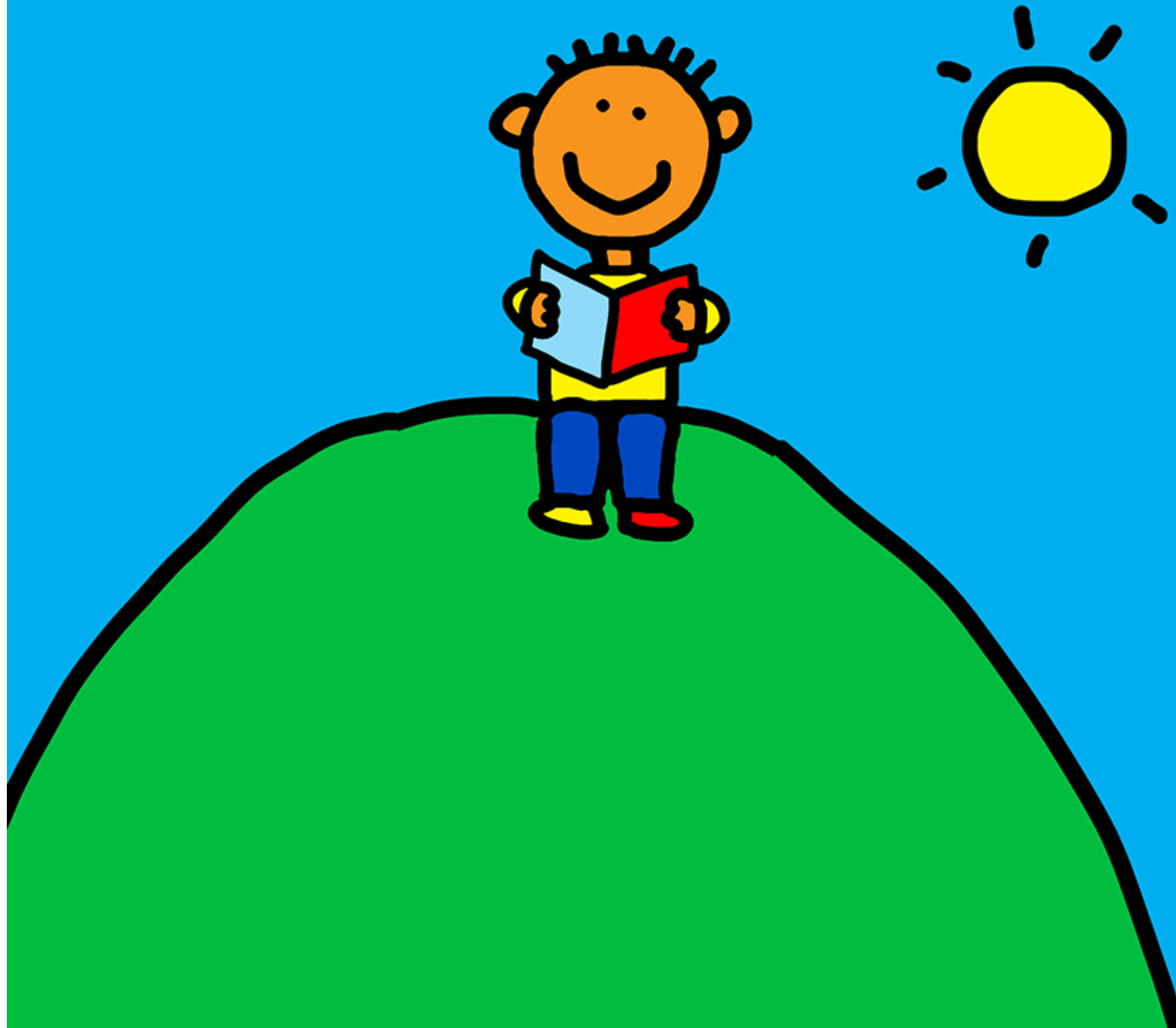
Visiting friends.



Wearing underwear on your head.



Reading a book.



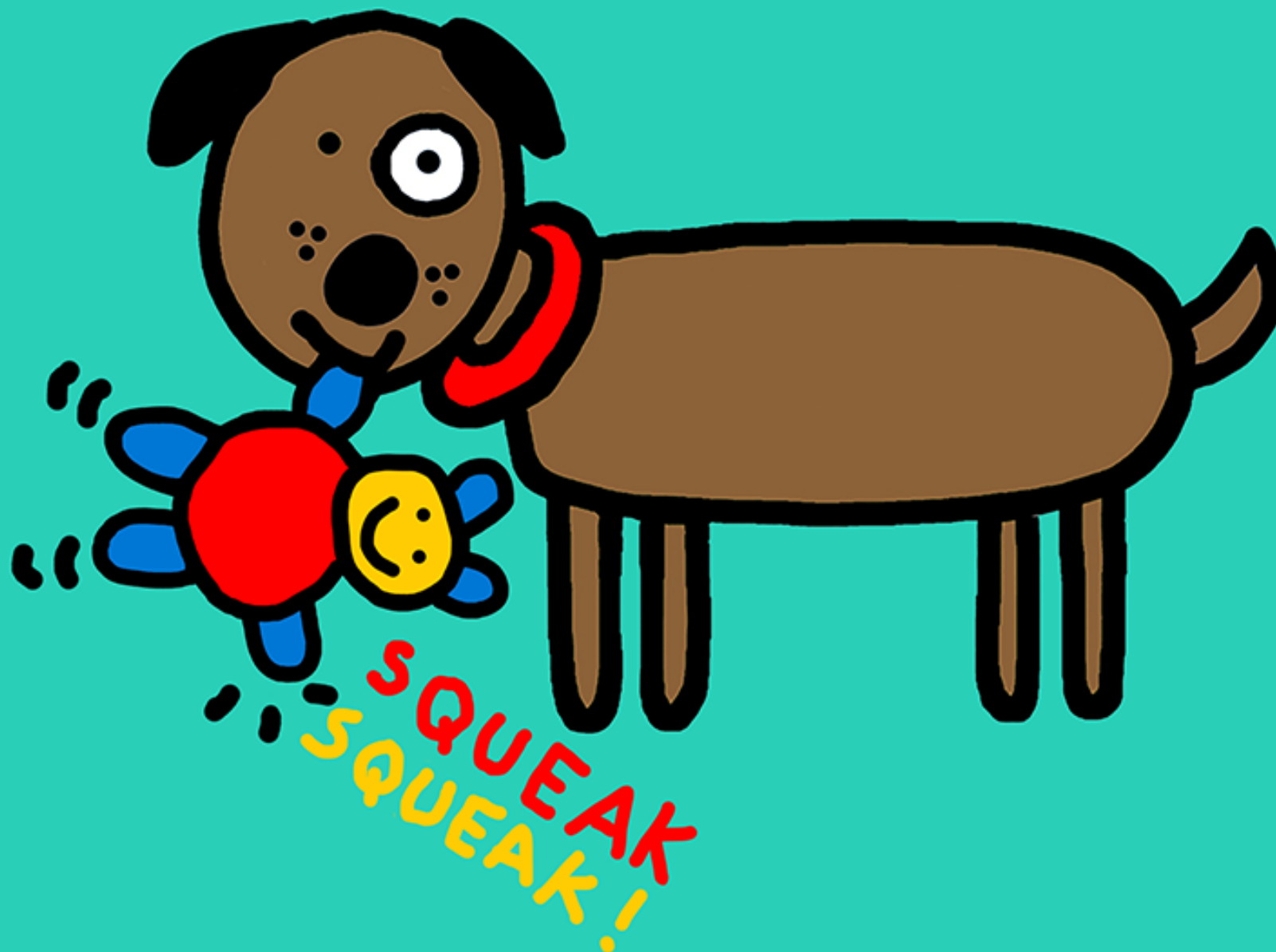
Dancing.



Exercising.



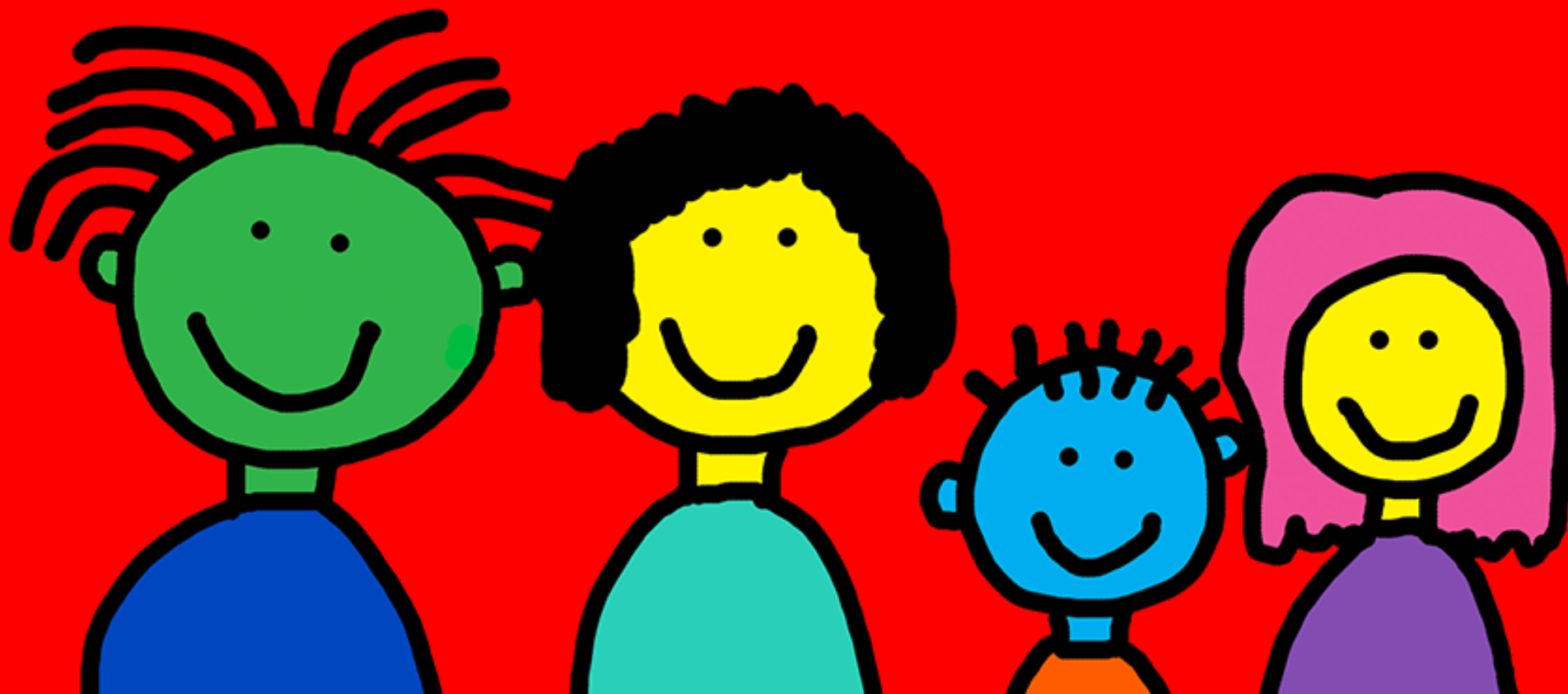
Squeezing a toy.



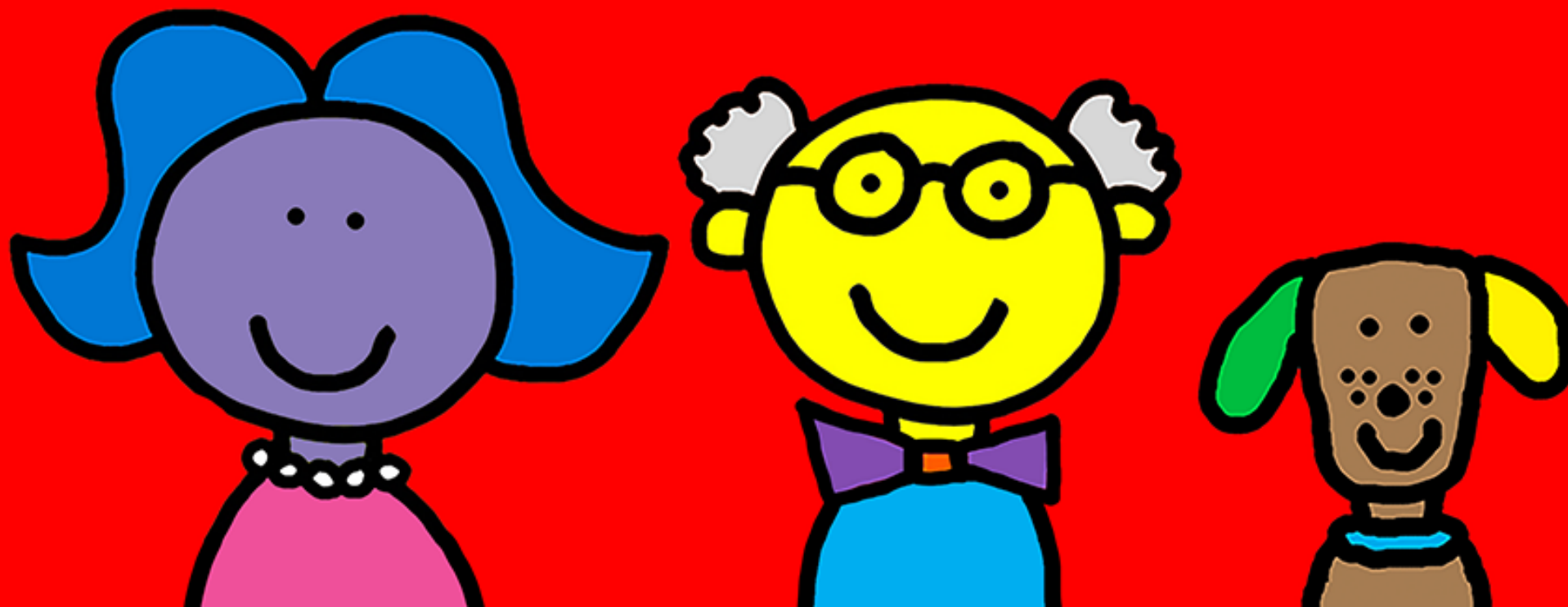
And being a superhero.



And think about everyone who



loves and takes care of you.



worrying doesn't
help you. If you
are worried, talk
to someone you
love about it. It
will make you
feel better.

The End,

Love, Todd

