THE DON'T WORRY BOOK

TODD PARR

The New York Times Bestselling Author
Do NOT WORRY!

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.

WOOF!  BARK!

WOOF!  AwO000  BARK!
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.

Woof
Meow
Yoga

Dog
Cat

Ball
Mat
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