



Worry Airlines



Designed by Miss Robson

Check in your worries and concerns then Let them go!

Writing down your worries and feelings can help to understand them and then letting them go can help to release you of those negative feelings.

Have a go at making your own Worry Aeroplane by writing down anything you're worried about and letting it fly off into the distance!

INSTRUCTIONS

1. Print out the next two pages double sided, or use a plain piece of paper to make your own!
2. Write down anything you're worried about (big or small)!
3. Fold along the green line and unfold
4. Fold along the pink lines, bringing the corners into the middle to create a point.
5. Fold along the orange lines
6. Fold your aeroplane in half
7. Fold down the blue lines to create wings.
8. Test out your plane and let your worry fly away!



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Write down your worry here, then make the paper aeroplane and watch your worry fly away...!



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