



THE WORRY JAR

Written by Lou John Illustrated by Jenny Bloomfield




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A stylized illustration of a landscape. The top half shows rolling green hills under a light blue sky. On the right, a large, leafy green tree stands on a hill. In the distance, a wooden slide is visible on a hill. The bottom half of the image is a white, curved area that transitions into a foreground of brown soil filled with many small, colorful pebbles in shades of pink, blue, orange, and white.

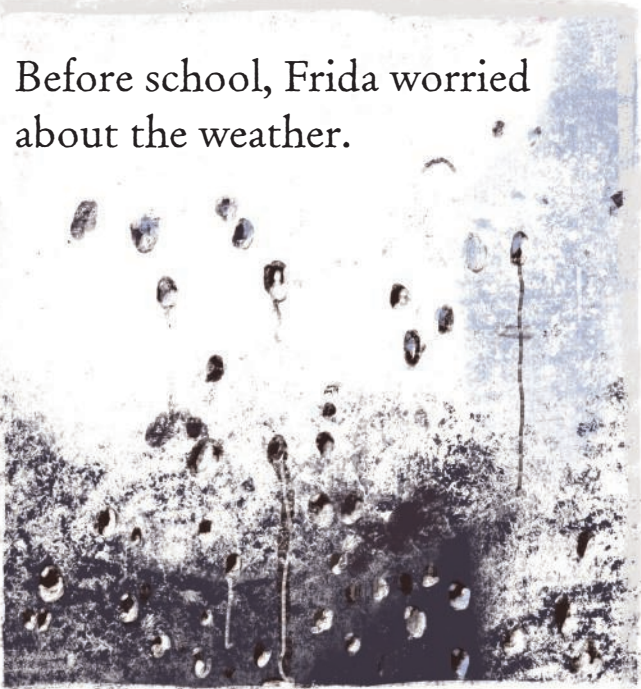
Frida worried every day.
Big worries,
little worries,
all-the-time worries.

Her worries felt heavy, just like
the pebbles she collected.

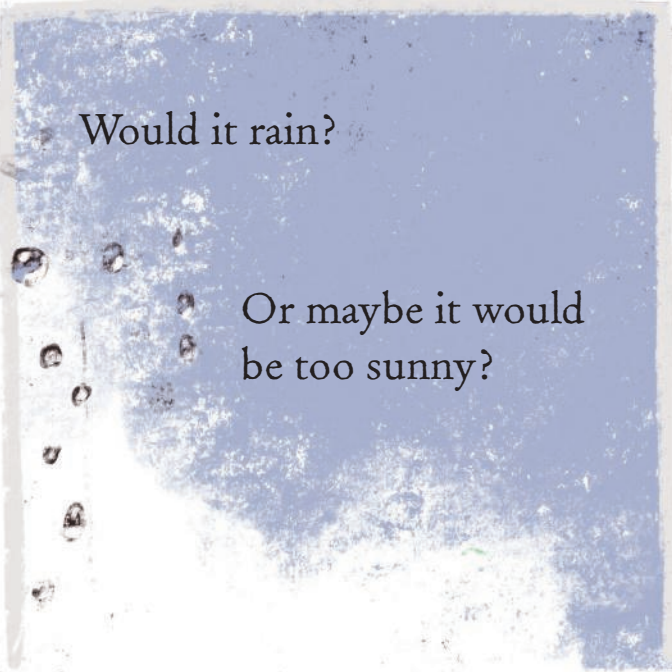


Frida picked up pebbles
everywhere she went –
one for every worry.

Before school, Frida worried
about the weather.



Would it rain?



Or maybe it would
be too sunny?



Should she wear her
wellies or her sunhat?

