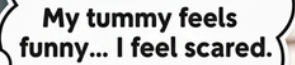


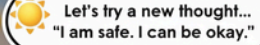
TITLE: "JADA'S BIG WORRY BUBBLE"



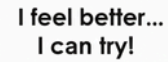
UH OH...
WHAT IF
SOMETHING
BAD HAPPENS.



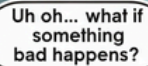
My tummy feels
funny... I feel scared.



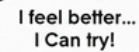
Let's try a new thought...
"I am safe. I can be okay."



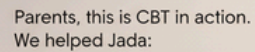
I feel better...
I can try!



Uh oh... what if
something
bad happens?



I feel better...
I can try!



Parents, this is CBT in action.
We helped Jada:

- ✓ Notice her worry
- ✓ Name her feeling
- ✓ Replace her thought
- ✓ Change how she feels and responds