



# FEELING WORRIED?

Give me a squeeze, and let  
your worries ease.

I'll always be here to help  
you feel better



# **MR. WORM**

Your Personal  
Worry Worm



# HELLO FRIEND!

I'm here to gobble up your  
worries. Just keep me  
close, and remember,  
you're never alone!



**WORRY  
WORM**



# **HI THERE! I'M YOUR WORRY WORM.**

Whenever you feel a bit  
worried or sad, hold me  
tight, and I'll help chase  
those worries away!



# **SIR. WORMALOT**

Whenever you're feeling  
blue, just remember, I'm  
here for you. Squeeze me  
tight, day or night!



# MISS WIGGLES

Whenever you frown, just  
squeeze me tight — I'll  
help your worries take  
flight.



# **CALMLY THE CATERPILLAR**

Take a breath, slow and  
deep, your peace is yours  
to keep.





# **DR. SQUIGGLES**

If your thoughts feel twisty,  
don't despair — squeeze  
me tight, I'm always there.



# WIGGLY WANDA

It's okay to feel wobbly  
sometimes — I'll help you  
find your calm.



# RAINBOW WORMY

Each color you see reminds  
you — joy always comes  
back to me.



# **SLEEPY WIGGLES**

When your day feels long  
or loud, close your eyes —  
I'll keep you proud and  
peaceful.



# **SUNNY SQUIRM**

Rise and shine, my little  
friend — new joy and  
courage never end.