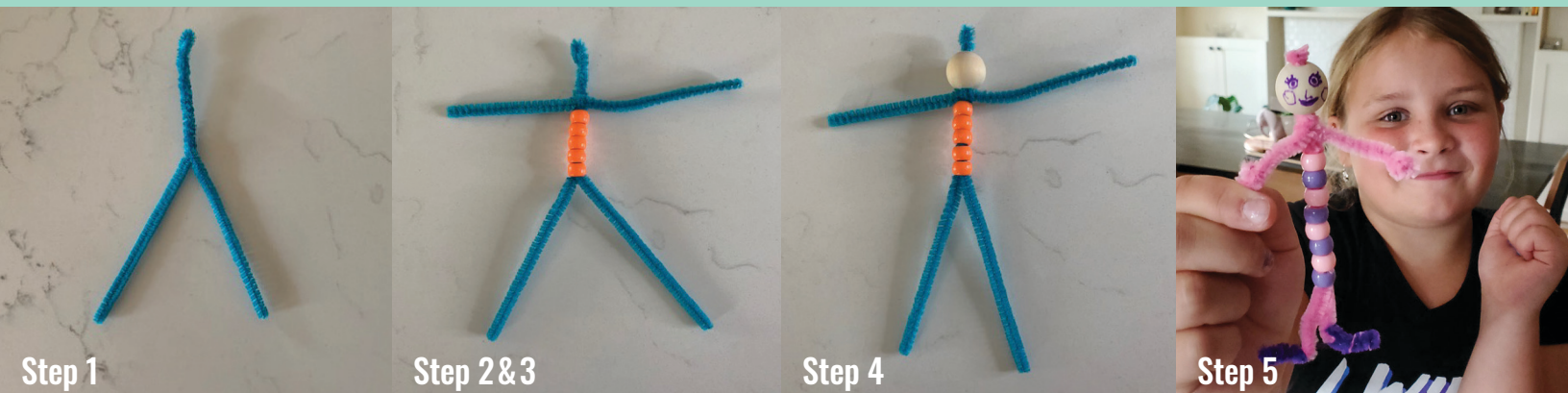


# Worry Buddies

## Back to School Activity

If your child is anxious or nervous about going back to school this fall, creating a worry buddy together to tuck into a backpack or a back pocket may help.

These handy little helpers can remind your child they are not alone. Worry Buddies can go with your child wherever they go, always there to help them cope and take on their worries so your child can move forward. That's what worry buddies are for!



## How to Make Your Worry Buddy

1. Bend one pipe cleaner in half. Hold halfway in between, bending the two “legs” out to the sides and twisting the top half.
2. Pull colored beads over the top half, leaving about a half inch sticking off the top. This is the body.
3. Cut second pipe cleaner in half. Use the half to make arms above the beads, twisting the pipe cleaner around the first.
4. Pull wooden bead over the top, bending any pipe cleaner poking out of the top over the bead. This is the worry buddy’s head.
5. Draw a face on your worry buddy with a felt tipped pen or marker.

### Materials and Tools

- Two twelve-inch pipe cleaners
- Beads (plastic and/or wooden)
- Scissors
- Small tipped marker or felt tipped pen

## Make it Your Own

6. Dress your worry buddy up by gluing yarn or string on as hair, using different color pipe cleaners to add clothing, or glue sequins or buttons on to jazz up their outfits!
7. Be sure to give your worry buddy a name!