



EVERYBODY WORRIES

A picture book for children who are
worried about Coronavirus

How are you?



It's OK to worry about Coronavirus.

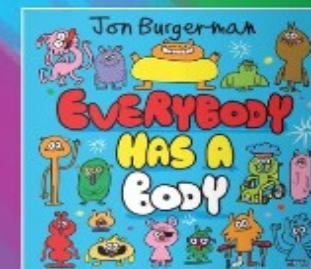
This book offers support to children who are feeling worried by Coronavirus and the sudden changes it's brought to their lives.



It reassures children that this will pass, we are there for them, and we will get through this together.



Also in the series



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Even the bravest of the brave



and the coolest of the cool...

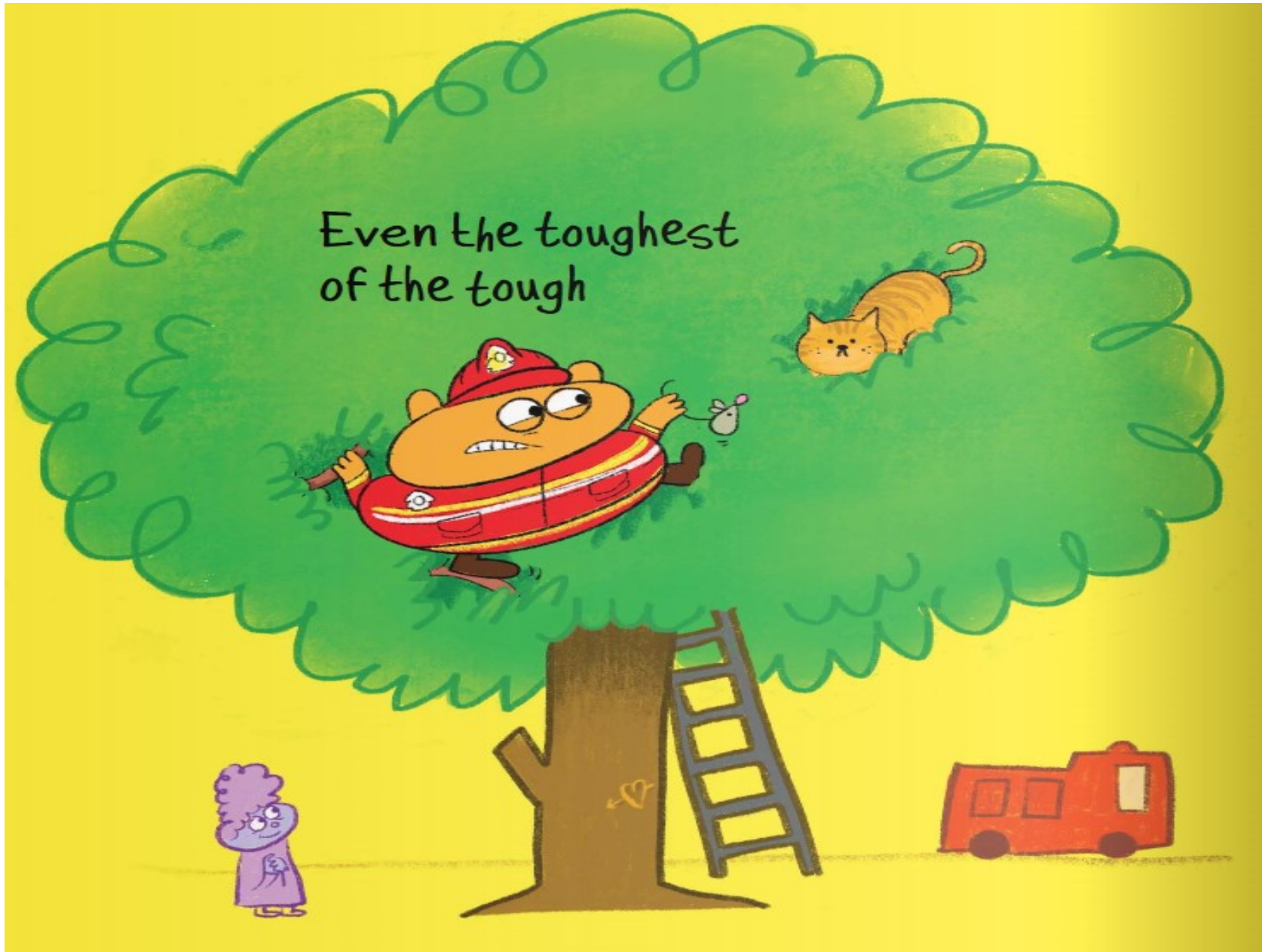




or worry about something small.



Even the toughest
of the tough



and the smartest of the smart...



...can be worried by noises
they hear in the dark.



CREEEAAK
SQUEEEAAK

It's only me!



What you find
worrying

others might
find fun.



Worries aren't always the same



for everyone.



But sometimes an event turns
the world upside down



and everybody worries and wears a long frown.



Worrying is normal when so much has changed.



It's okay to worry when things don't stay the same.

Your head might ache and your heart beat quickly,
as worries rise like a wave...



...and make you feel sickly.



So let's talk to each other,
we might all feel the same.



Let's draw our
worries and give
them a name.



Let's take three
breaths, slow
and deep.



Let's exercise,
eat well and get
enough sleep.

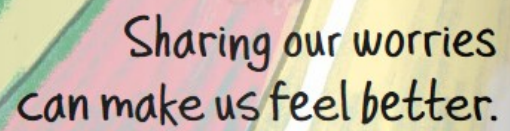


Let's speak to our family
and friends on the phone.



Let's paint beautiful rainbows,
to show we're not alone.





It's okay
to be worried,
but this won't
last forever.

We can
overcome anything,
when we're there
for each other.





This book is dedicated
to all the care givers, healthcare workers,
delivery people, volunteers, teachers,
artists, mask makers and those giving their
time, resources and love to help each
other all over the world.

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