

# Tortu visual anxiety management aids

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**Aid 1**

Tortu says:

When worries whizz round  
in your head - say STOP!!!



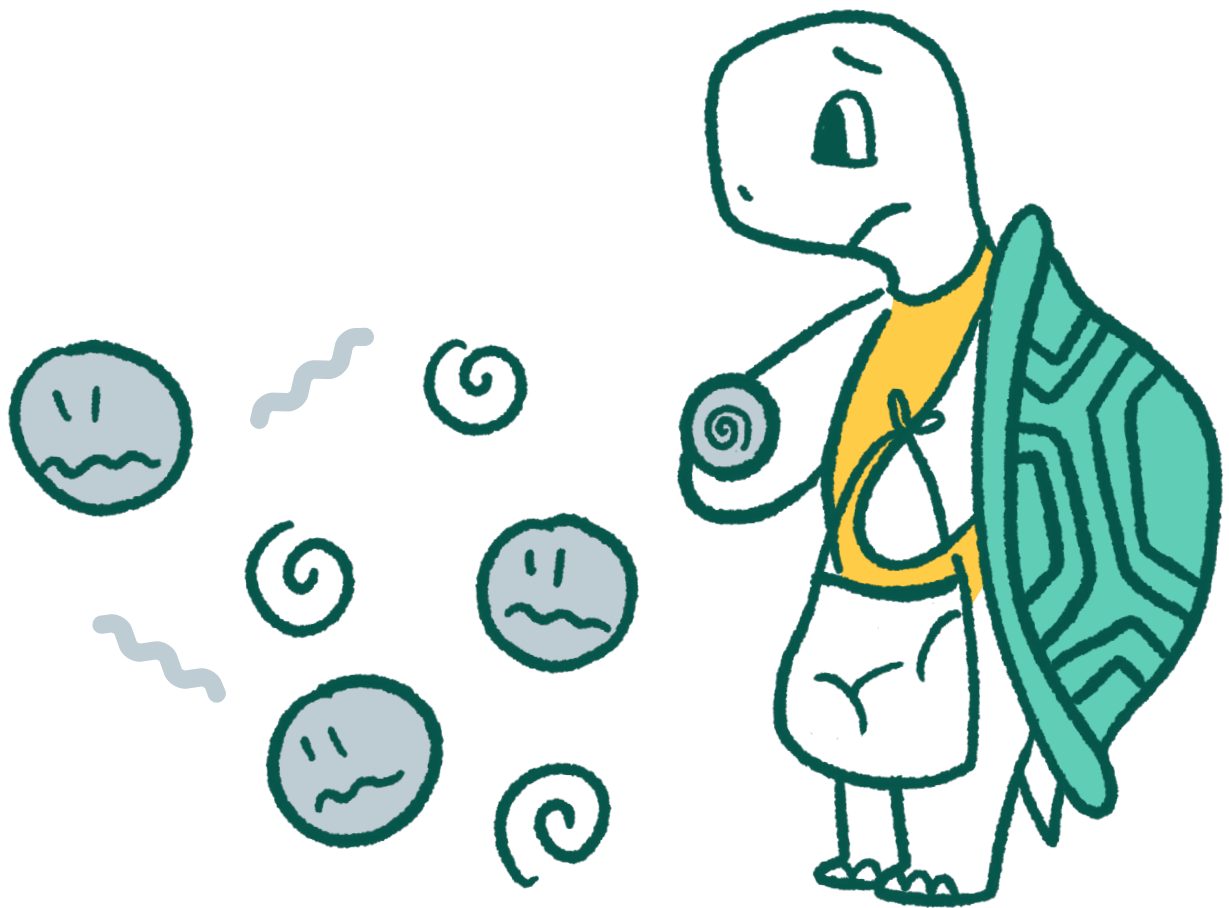
Then...

Take a few  
deep breaths...



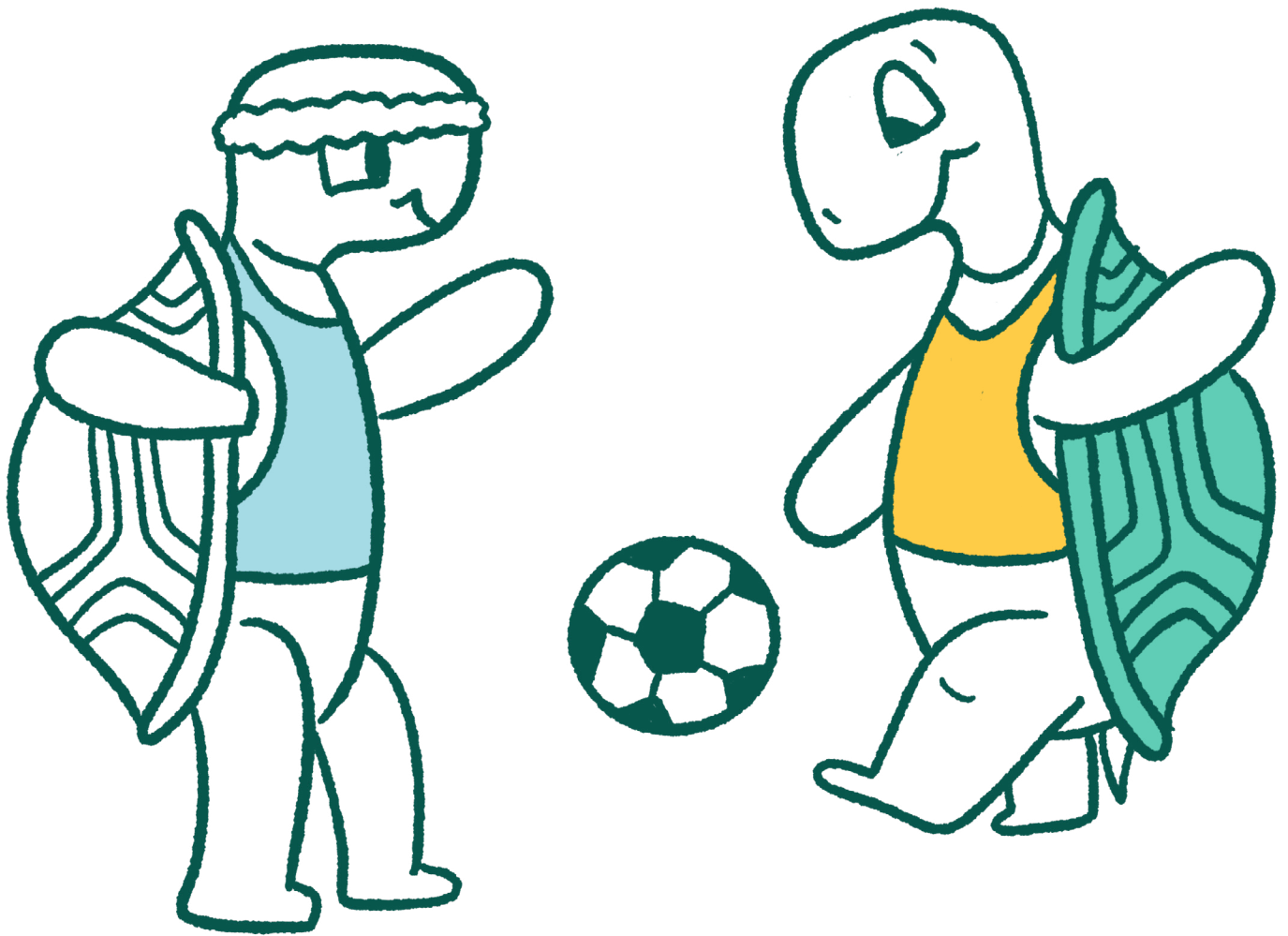
Then...

Put your worries  
in your worry bag.



Then...

Do something fun!



# Aid 2

Tortu says:

It helps to do pictures  
of your worries





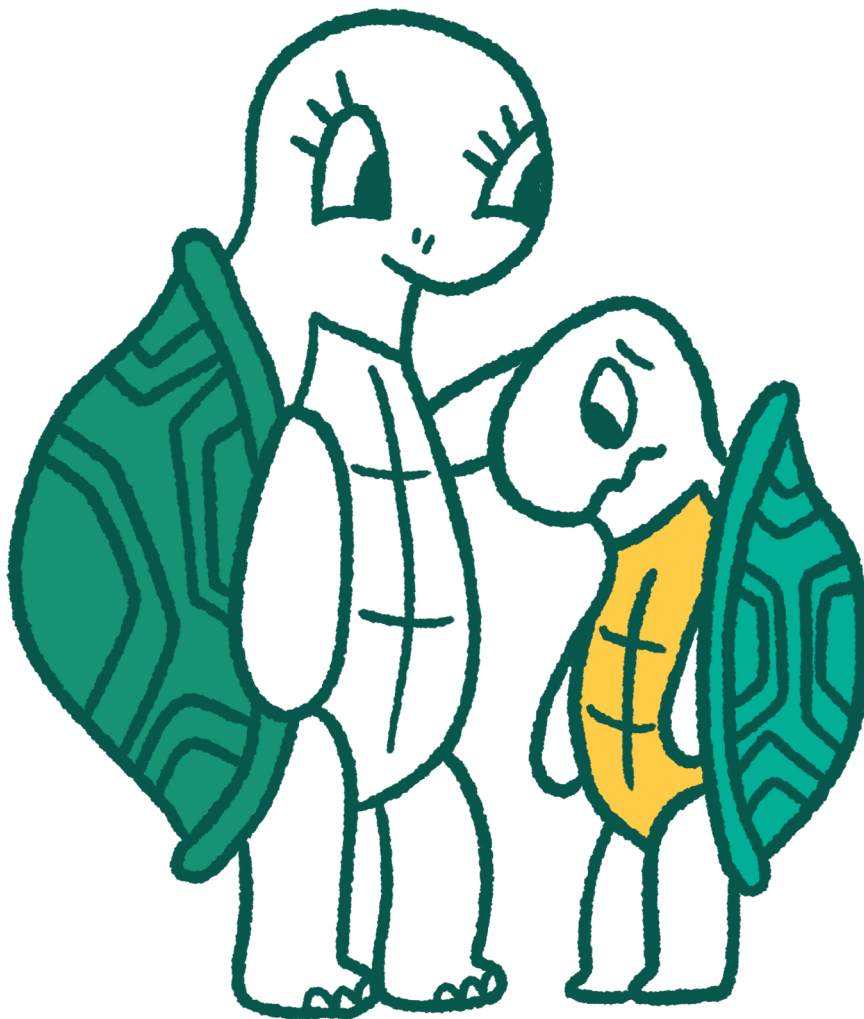
What are your worries?



# Aid 3

Tortu says:

You feel better when you  
share your worries

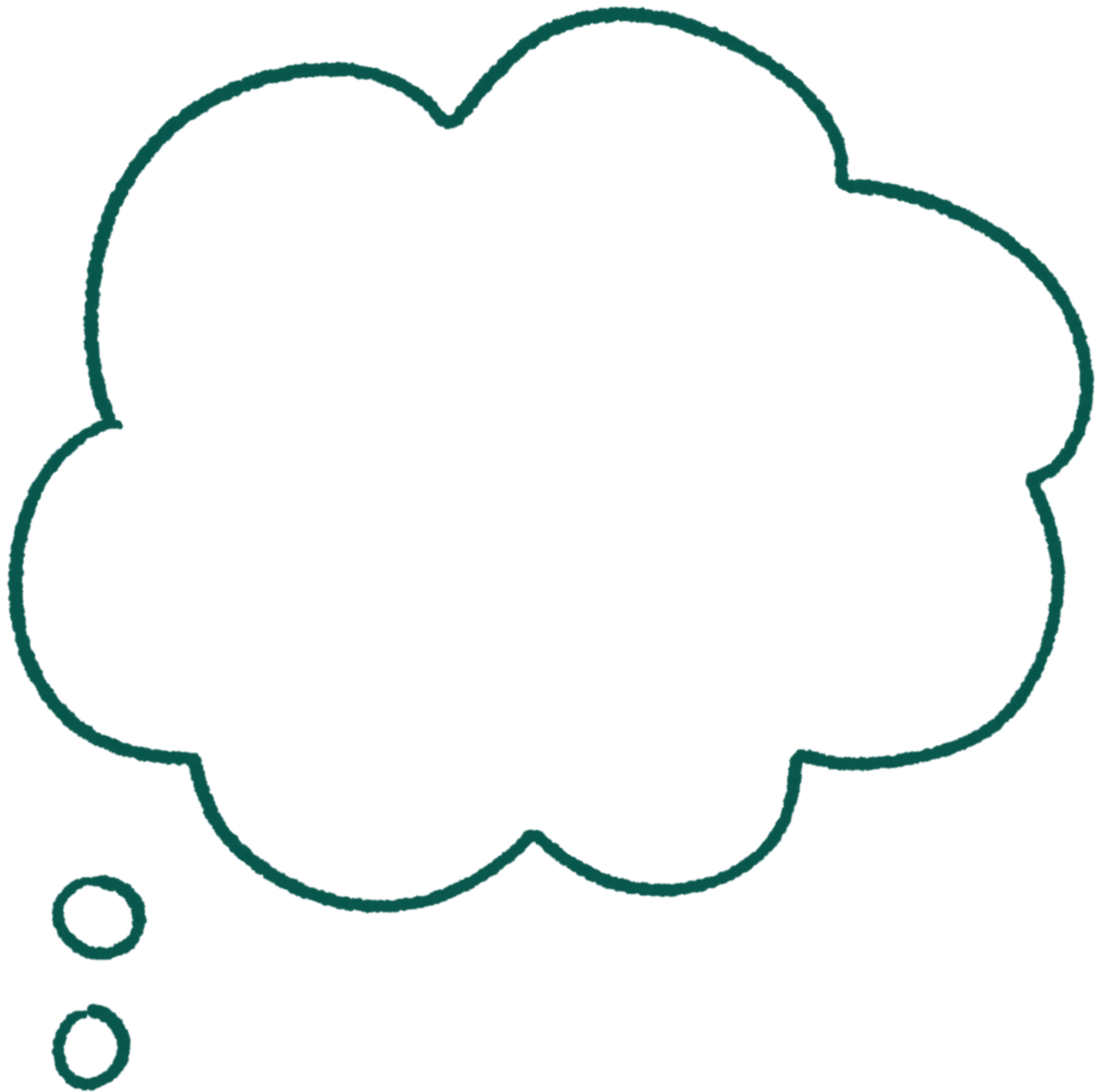


# Aid 4

This is Tortu's Special Place,  
where he goes in his mind  
when he is stressed



Where is your Special Place?



# Aid 5

Blow those worries  
away like Tortu...

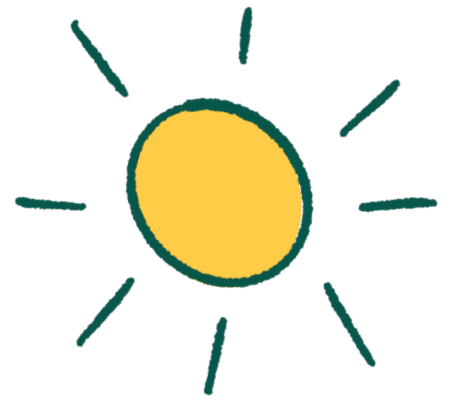




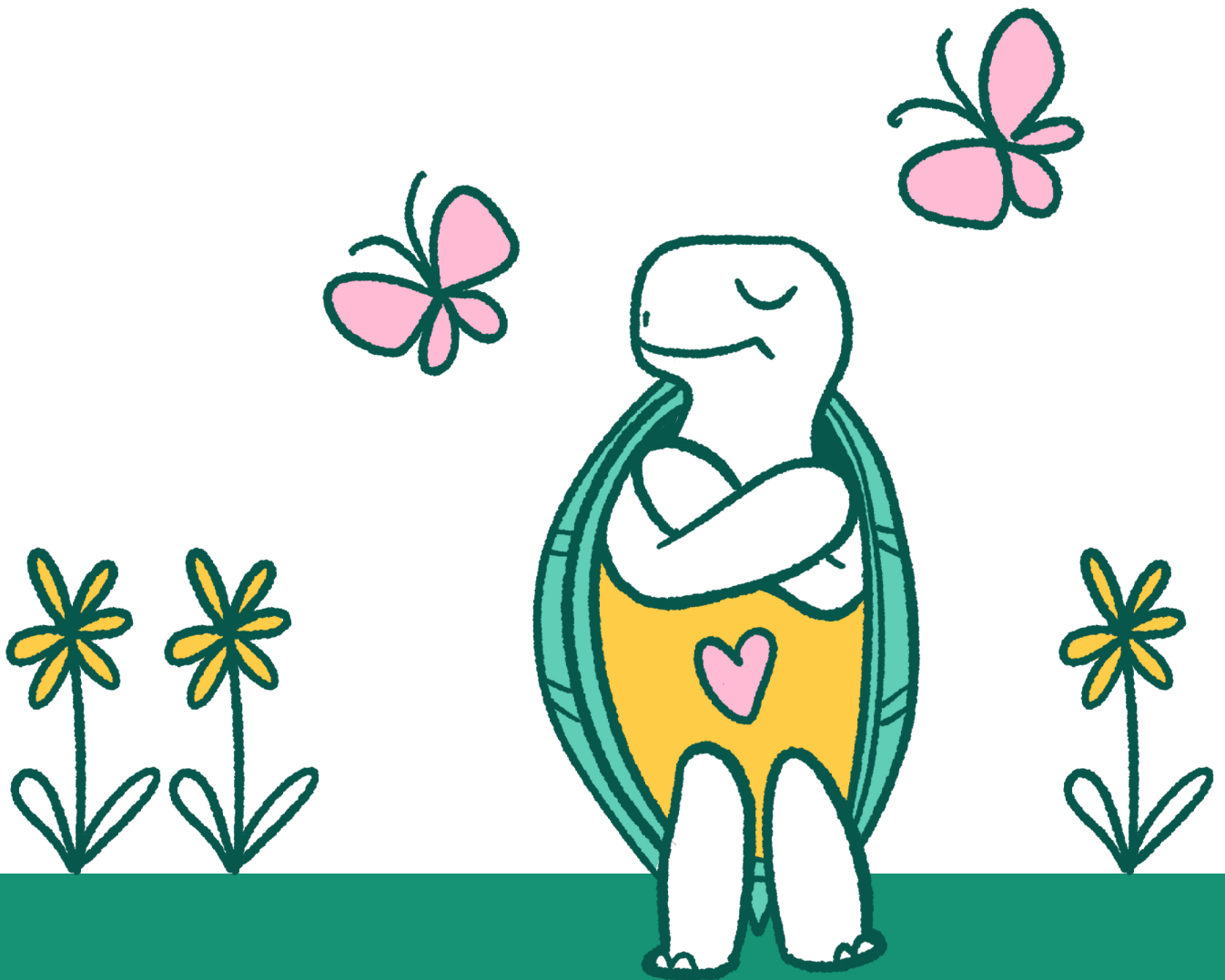
**Aid 6**

If you're feeling stressed  
or sad...





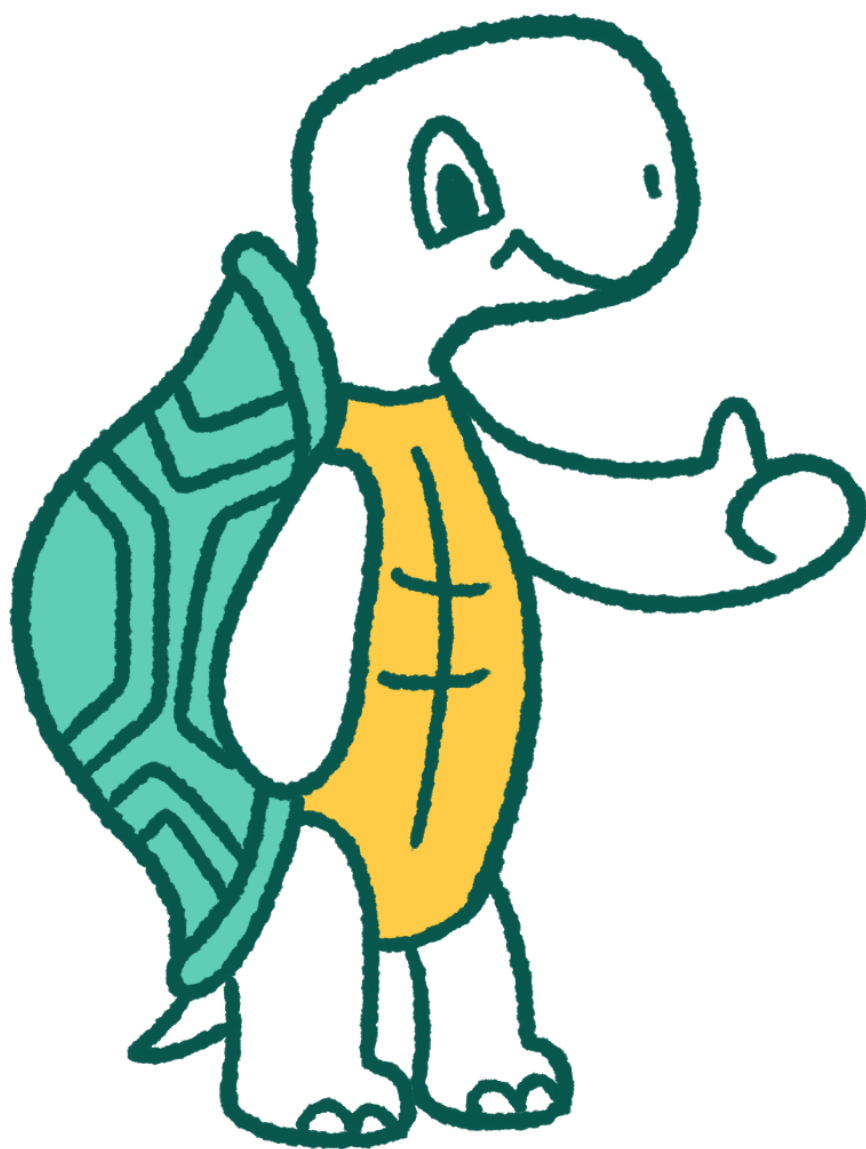
...give yourself a hug  
and squeeze!



**Aid 7**

Tortu says:

you are  
great!



Posters

# Tortu says:

1



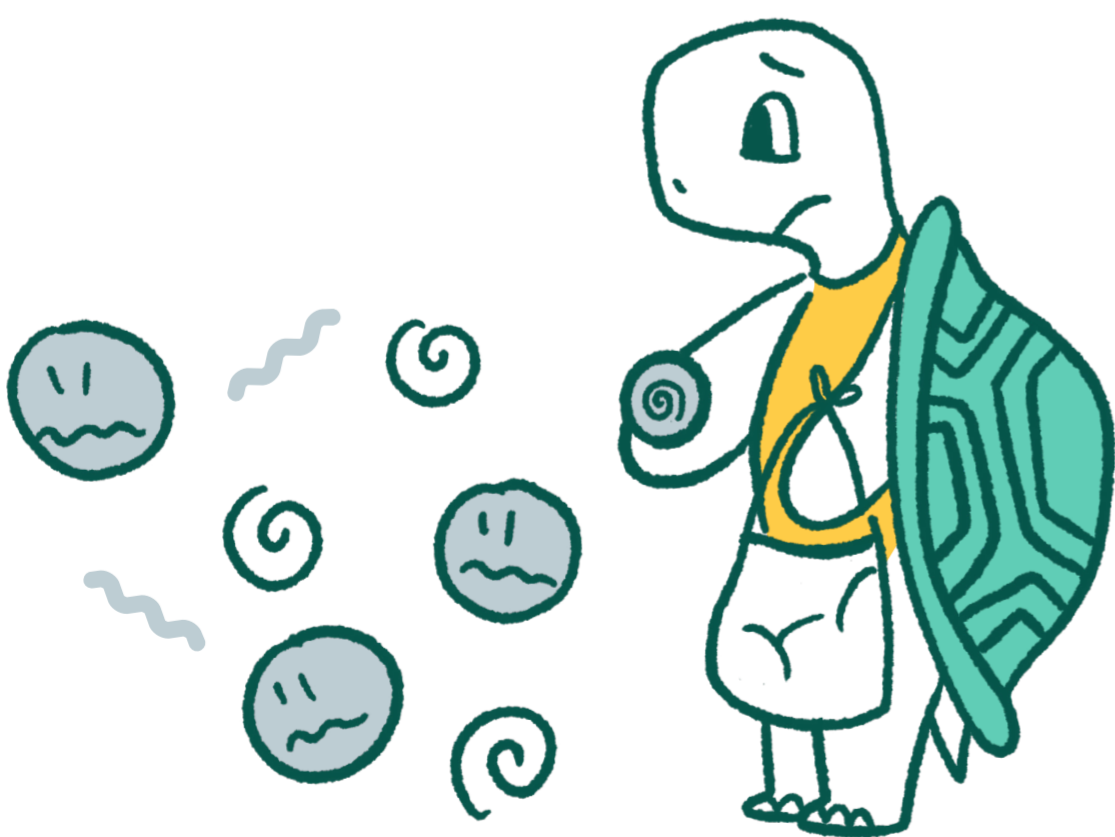
When worries whizz round in your head - say STOP!!!

2



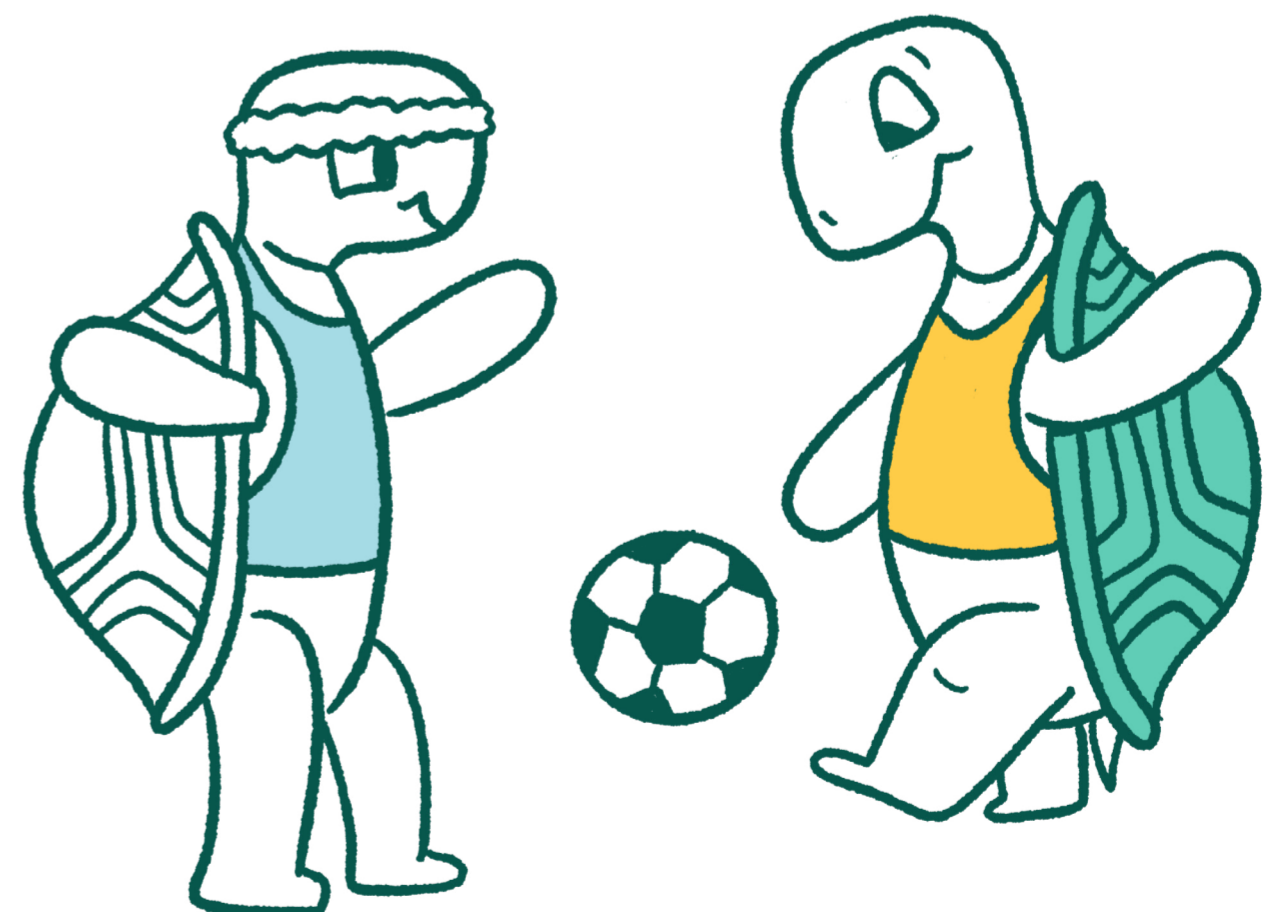
Take a few deep breaths...

3



Put your worries in your worry bag.

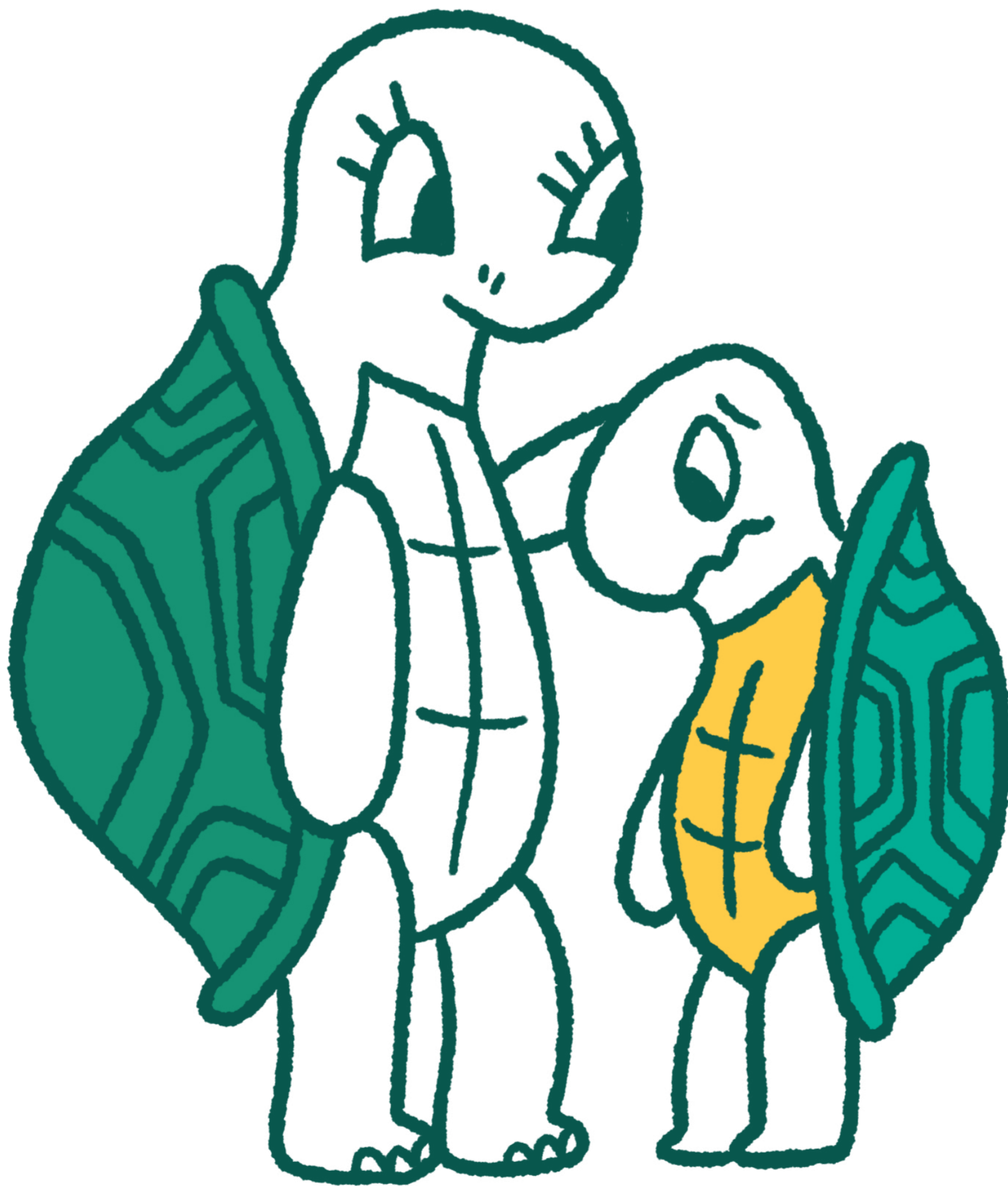
4



Then do something fun!

# Tortu says:

You feel better when you  
share your worries





# Tortu says:

...give yourself a hug  
and squeeze!

