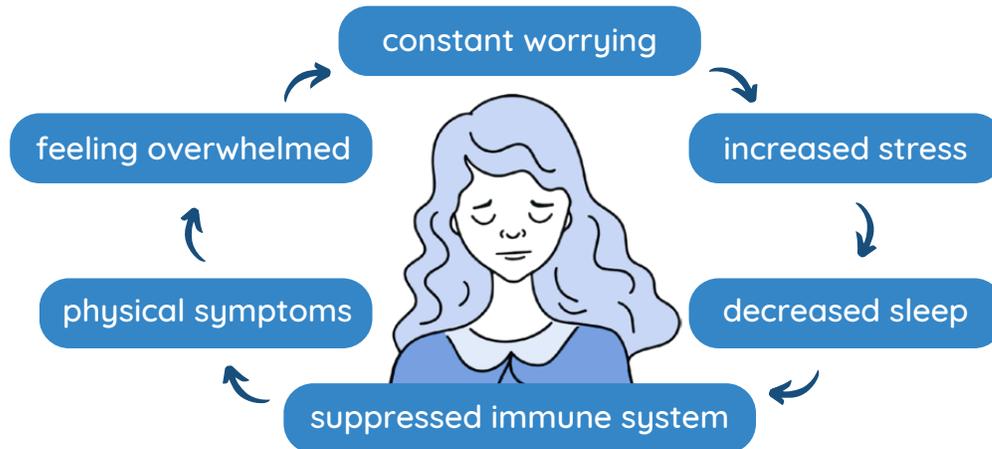


Teach Your Child to Turn Their Worry Into “I Wonder”

Occasional worry is okay. But when **worrying becomes a habit**, it can have serious health effects on your child.



Break the cycle by helping your child turn their worry into “I wonder”:

Worry

Wonder

“I will be embarrassed if I screw this up.”



“I wonder what will happen if I try this and give it my best!”

“I won’t know anyone and will have no one to talk to.”



“I wonder if I can make some new friends if I go.”

“This is going to be too hard for me.”



“I wonder if this will help me learn a new skill!”

“I don’t want to ask a question because I feel stupid for not knowing this.”



“I wonder if others have the same question as I do. They would be thankful I asked.”

“I won’t have any friends in the new school.”



“I wonder how many kids like the same game as I do.”

“I’m just not good at anything.”



“I know everyone has unique talents. I wonder what mine are.”

When your child learns to turn their worries into “I wonder” ...
...their mental and physical health improves, and they become more resilient.

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Not sure if it applies to you?

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 [For Schools & Educators \(PDF one-pager\)](#)

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Award-Winning Holiday Gifts

For the Whole Family



2
MILLION
SOLD



"Just a week into his journal and I see how it has already changed my son's mindset!"

- V. Ramos



"The cards were a huge hit. My daughter was laughing and connecting!"

- Sarah Reeve



"As a therapist, I highly recommend these journals."

- Chris Russell

Confidence ✨ Growth Mindset ✨ Emotional Intelligence ✨ Adaptability ✨ Resilience

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