
Bubble Journey

Sometimes, worrying about things can stop us on our journey through life. Writing our worries down, or telling someone that we trust, can help us to deal with our worries and feel safe again.

Many Christians believe that God can help them with their worries by listening and by giving them courage to take action or talk with someone.

Is there anything that you're worried about?

If you would like to, you can use the bubbles to 'blow your worries away'. As you do so, pray about or reflect on letting your worries go and moving on.

If you feel worried, it's good to talk about your feelings with an adult that you trust.