



THE WORRY JAR

Written by Lou John Illustrated by Jenny Bloomfield



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A stylized illustration of a green landscape. In the background, a green hill features a wooden slide. To the right, a large, leafy green tree stands on a grassy patch. The sky is a solid light blue. The foreground is a white, sandy area.

Frida worried every day.
Big worries,
little worries,
all-the-time worries.

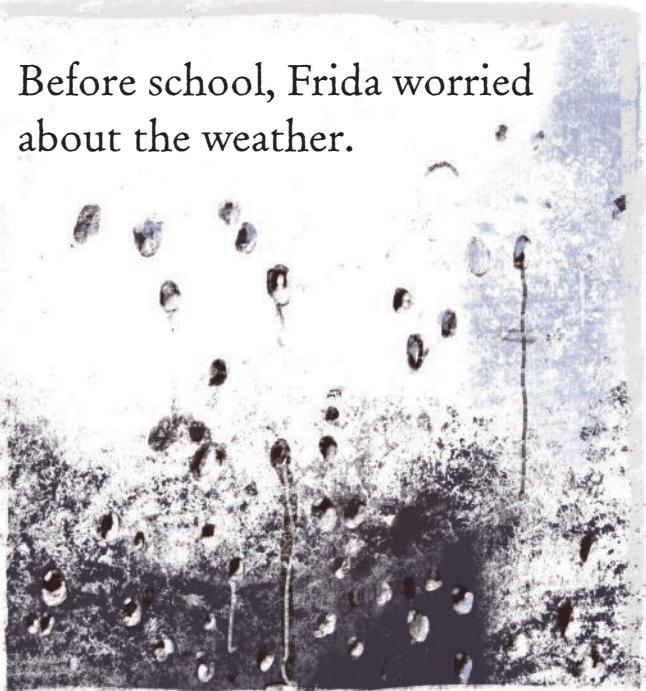
Her worries felt heavy, just like
the pebbles she collected.

A close-up illustration of a large pile of pebbles. The pebbles are in various colors including pink, blue, orange, white, and grey, and are set against a dark brown, textured background.

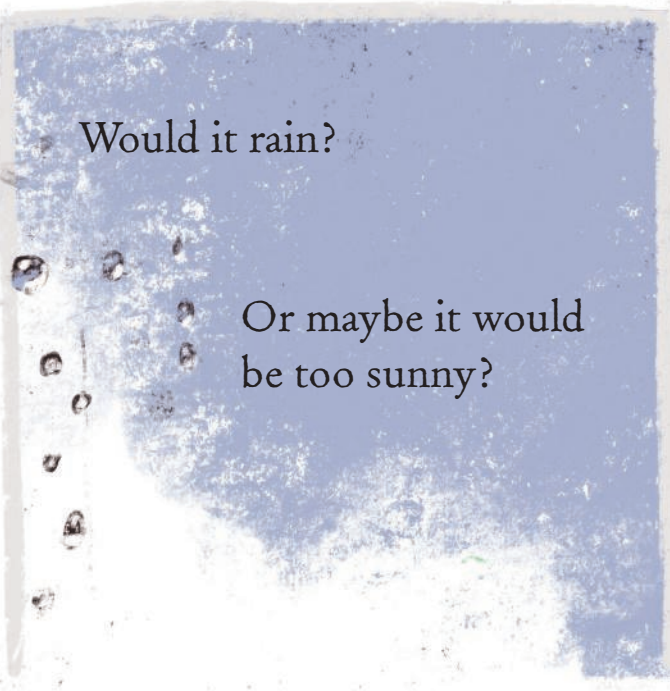


Frida picked up pebbles
everywhere she went –
one for every worry.

Before school, Frida worried
about the weather.



Would it rain?



Or maybe it would
be too sunny?



Should she wear her
wellies or her sunhat?

