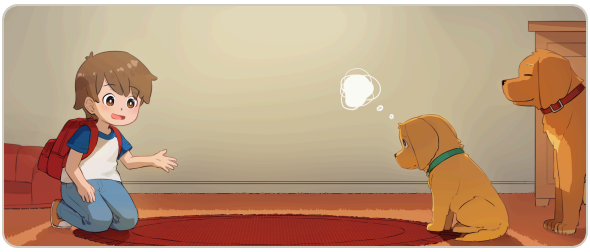
Name It. Check It. Swap It.™

When a big worry shows up, walk through these three steps with Milo, Savi, and Finn!

1 Name It.



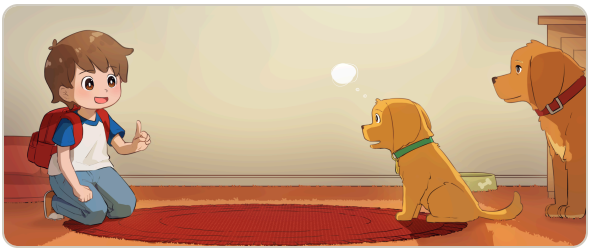
Milo names his tricky thought a “Worry Tumbler.”

What does your Tumbler look like?

Draw a picture of your Tumbler here:

What kind of Tumbler is it? Let’s give it a name:

2 Check It.

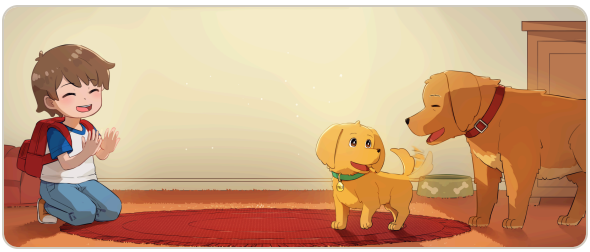


Savi and Finn help Milo look for clues to check his thought.

Is your Tumbler telling the truth, or playing a trick?

Let’s look for clues. What do you know is true?

3 Swap It.



With Savi and Finn nearby, Milo tries a kinder thought instead.

What would you say to a friend who felt this way?

What is a kinder thought you can try instead?

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