



Amazing Animals!



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THE STORY OF JONAH







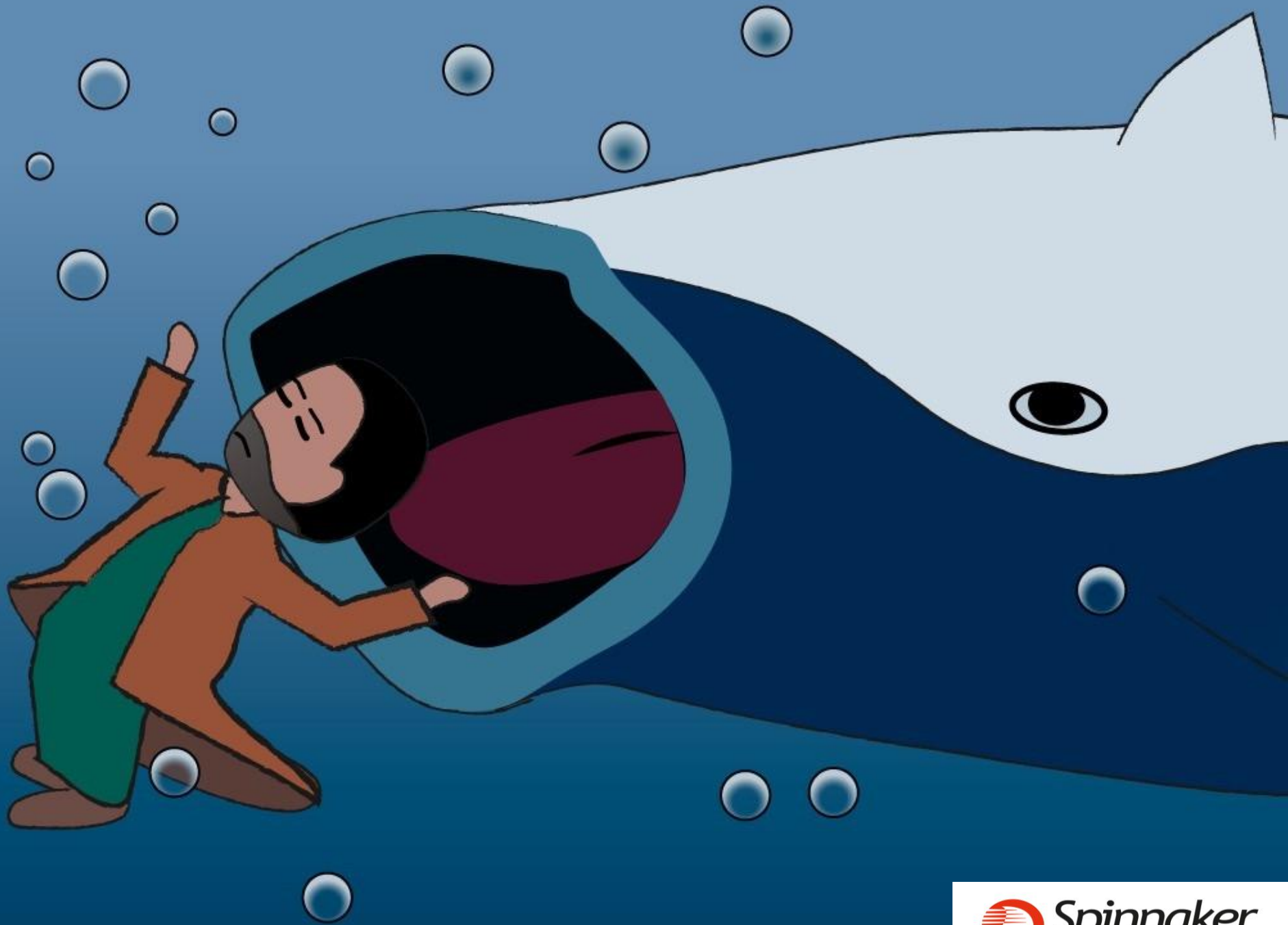




















Two whales are swimming in a deep blue ocean. The whale on the left is dark grey and is angled towards the right. The whale on the right is white with dark markings and is angled towards the left. They appear to be interacting or swimming together.

**Try and think of
something that
has gone well
and be thankful**

**Share your
worry with
someone you
trust**

**Slow down
and take
long deep
breaths**

**Know that it's
okay to feel
anxious or
worried**

