



GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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MY BAGGAGE OF WORRIES



HOPE4schools

Health, openness, and prosperity education for schools

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PERSONAL DEVELOPMENT

STEP 1:

Choose one of the bags below, or draw one to your liking and decorate it! What colours will you choose for your bag?

STEP 2:

When you have finished your bag, think of all the things that worry or make you sad. You will put them all in your worry bag.

STEP 3:

You might choose to pack a food you don't like, a show you don't like to watch or those memories that make you sad. Try to fill your bag with as many negative things as possible.

STEP 4:

When you've filled your bag, you can decide what to do with it. You can simply throw it away. You can also keep it, if you want to add some more negative things. The decision is yours.



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