



# Mia and the Tiny Worry

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Mia sits in her yellow pajamas. She feels a tiny worry. Mia has short brown hair and sits on her bed with a thoughtful look. Her bedroom is cozy and filled with soft, warm light and plush toys.



A fluffy blue monster pops up. It is round and fuzzy. The monster has big, gentle eyes and a soft texture like a cloud. It hovers near the rug in a whimsical, non-scary way.



The fluffy monster grows. It is now big and round. The monster fills the room like a giant, soft balloon. Mia looks up at the large blue creature with wide eyes.



Mia feels small. She tries to make the worry go away. She pushes her hands out, but the big fluffy monster stays right there. Mia looks a bit scared while holding her knees.



Mia takes a deep breath. She feels the air go out. She closes her eyes and sits up straight and calm. The room feels very quiet and peaceful in the soft moonlight.



Mia says, I am brave. She feels strong and happy. Mia stands on her bed with a big, confident smile. The blue monster looks surprised and its fur begins to shimmer.



The monster shrinks. It is now tiny and very cute. The monster becomes the size of a small ball. Mia reaches out to touch its soft, blue fur with her finger.



Mia is calm and safe. She falls fast asleep now. Mia is tucked under her warm blankets while the tiny monster rests on her nightstand. The scene is dark and soothing under glowing stars.



Draw your own worry monster. Use your favorite bright colors! This page shows a large blank space with colorful crayons and pencils nearby. It is a fun and creative activity for children.



I am brave. I can try. I am okay. I am safe.  
These four brave lines are written inside soft, colorful clouds. Mia is shown sleeping peacefully in the background of this comforting affirmation page.