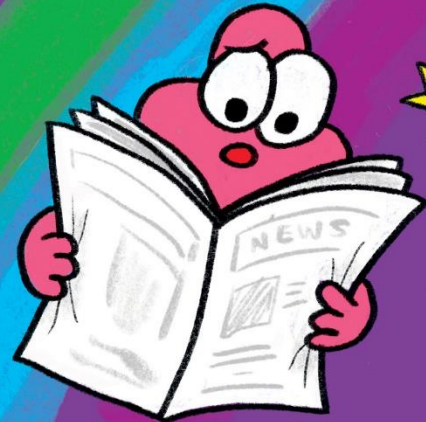


Jon Burgerman



# EVERYBODY WORRIES

A picture book for children who are  
worried about Coronavirus



# EVERYBODY WORRIES



Jon Burgerman

OXFORD  
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Even the bravest of the brave

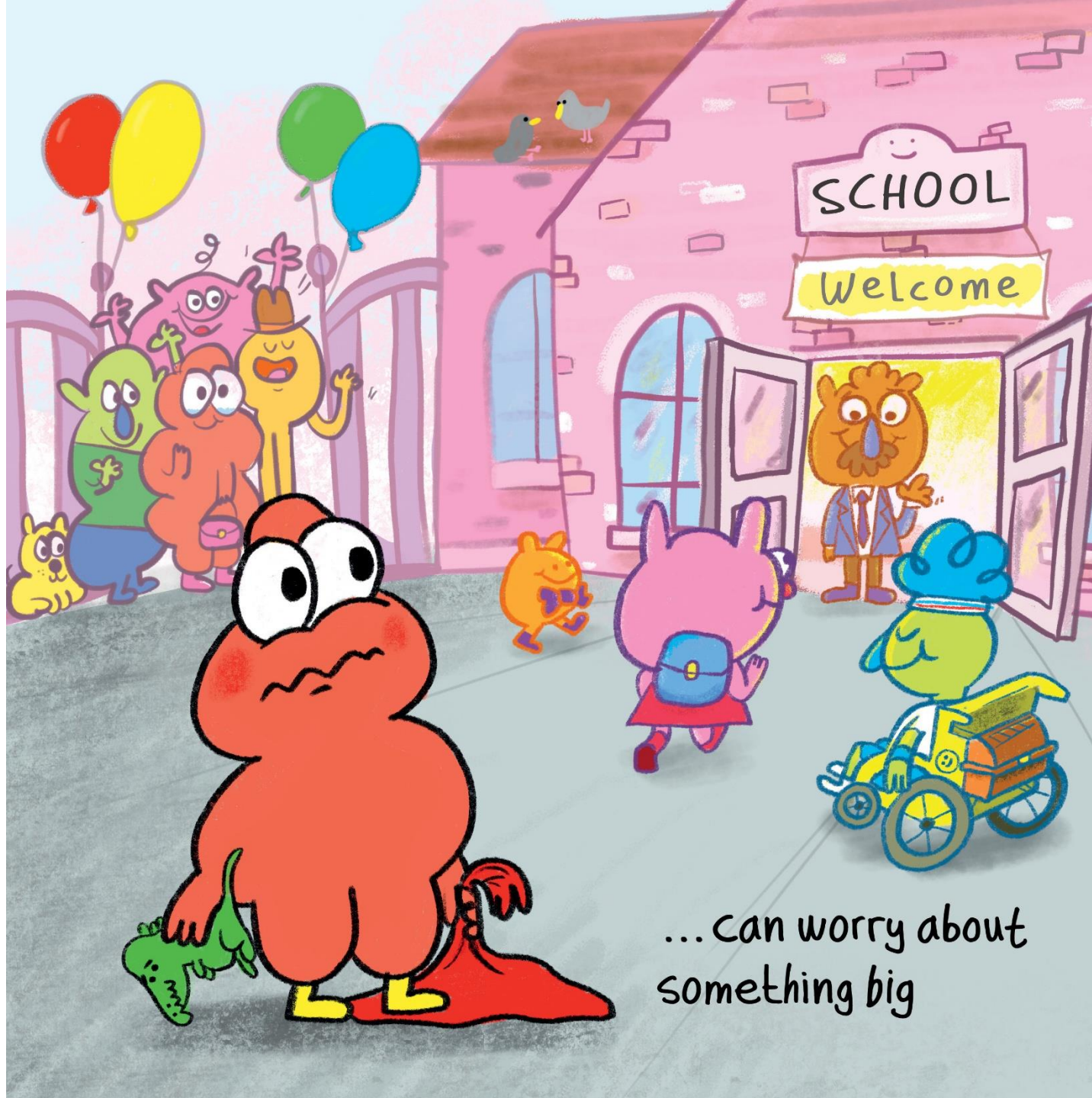




and the coolest of the cool...







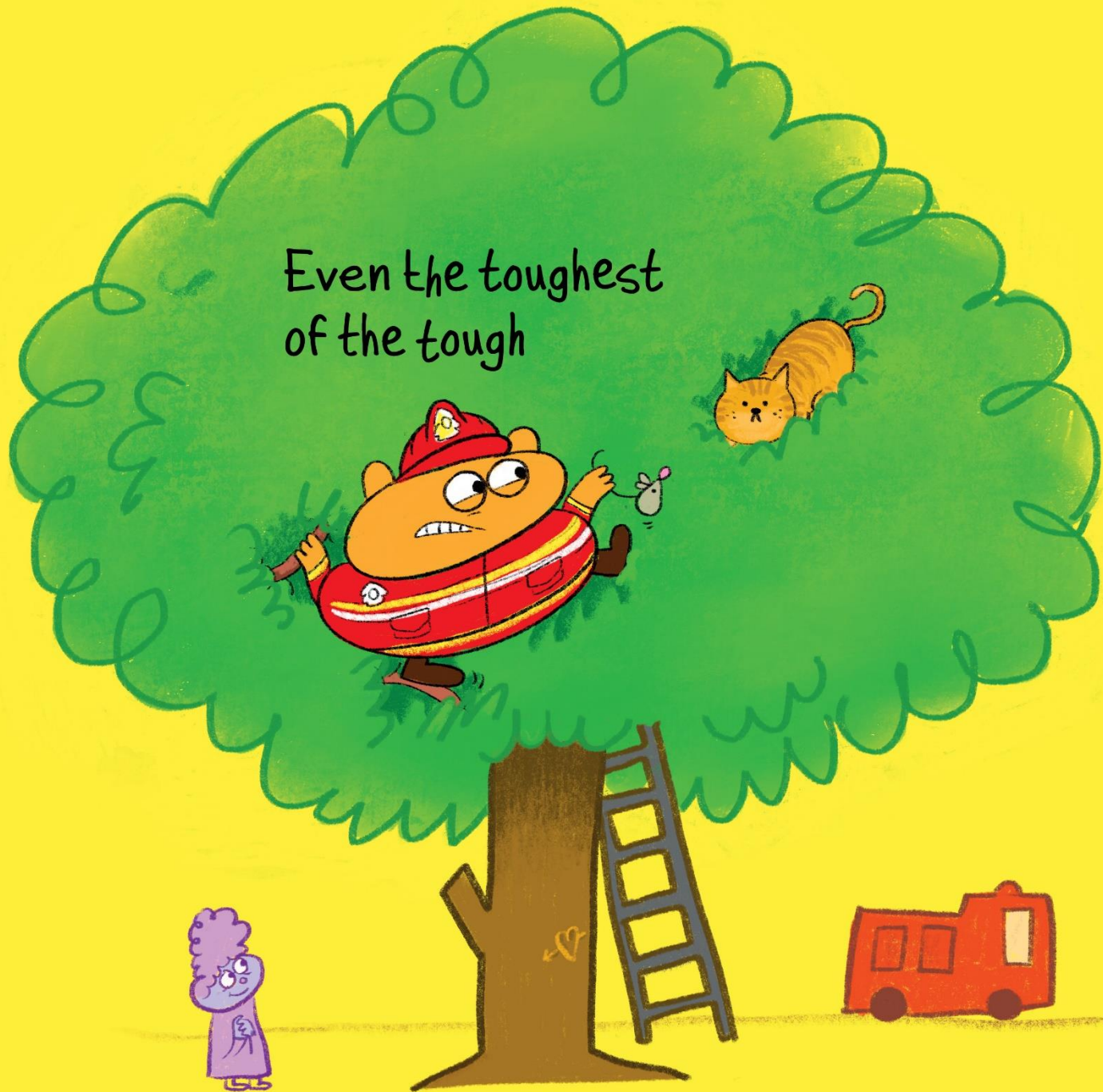
... can worry about  
something big

or worry about something small.





Even the toughest  
of the tough





and the smartest of the smart...



...can be worried by noises  
they hear in the dark.





CREEEAKK

SQUEEEAK

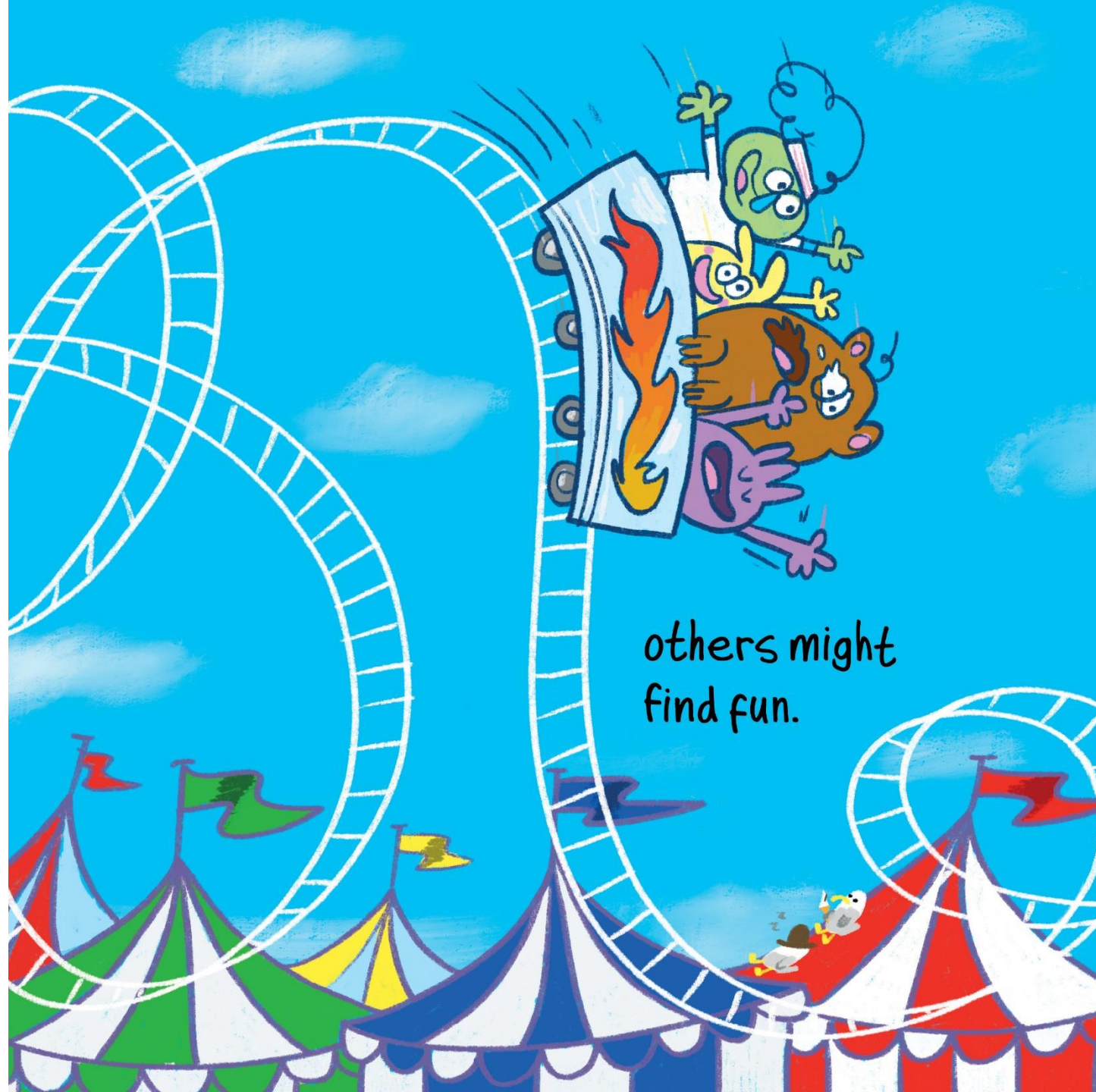
It's only me!

BUT



What you find  
worrying





others might  
find fun.



Worries aren't always the same





for everyone.

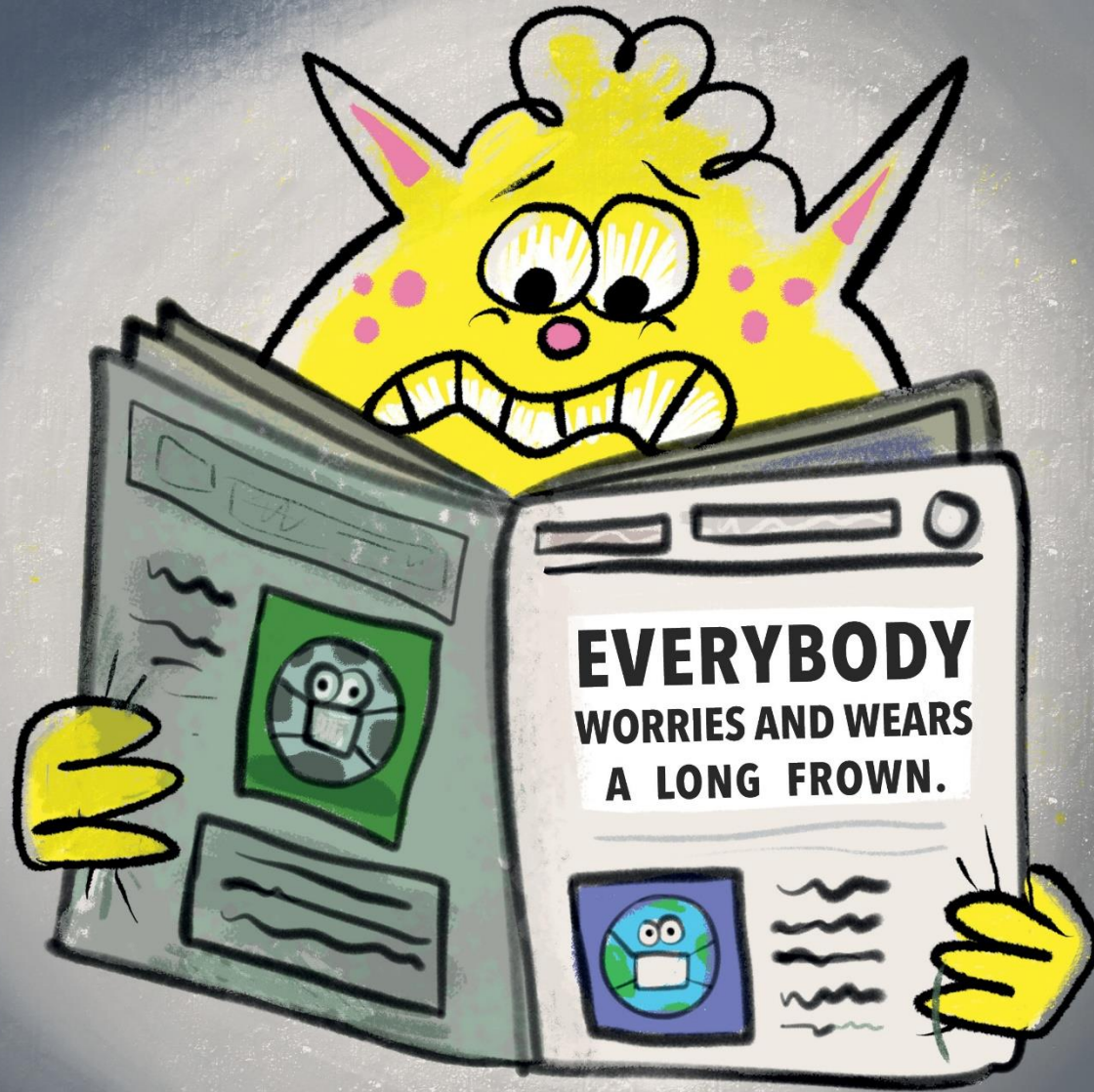


But sometimes an event turns  
the world upside down





and everybody worries and wears a long frown.

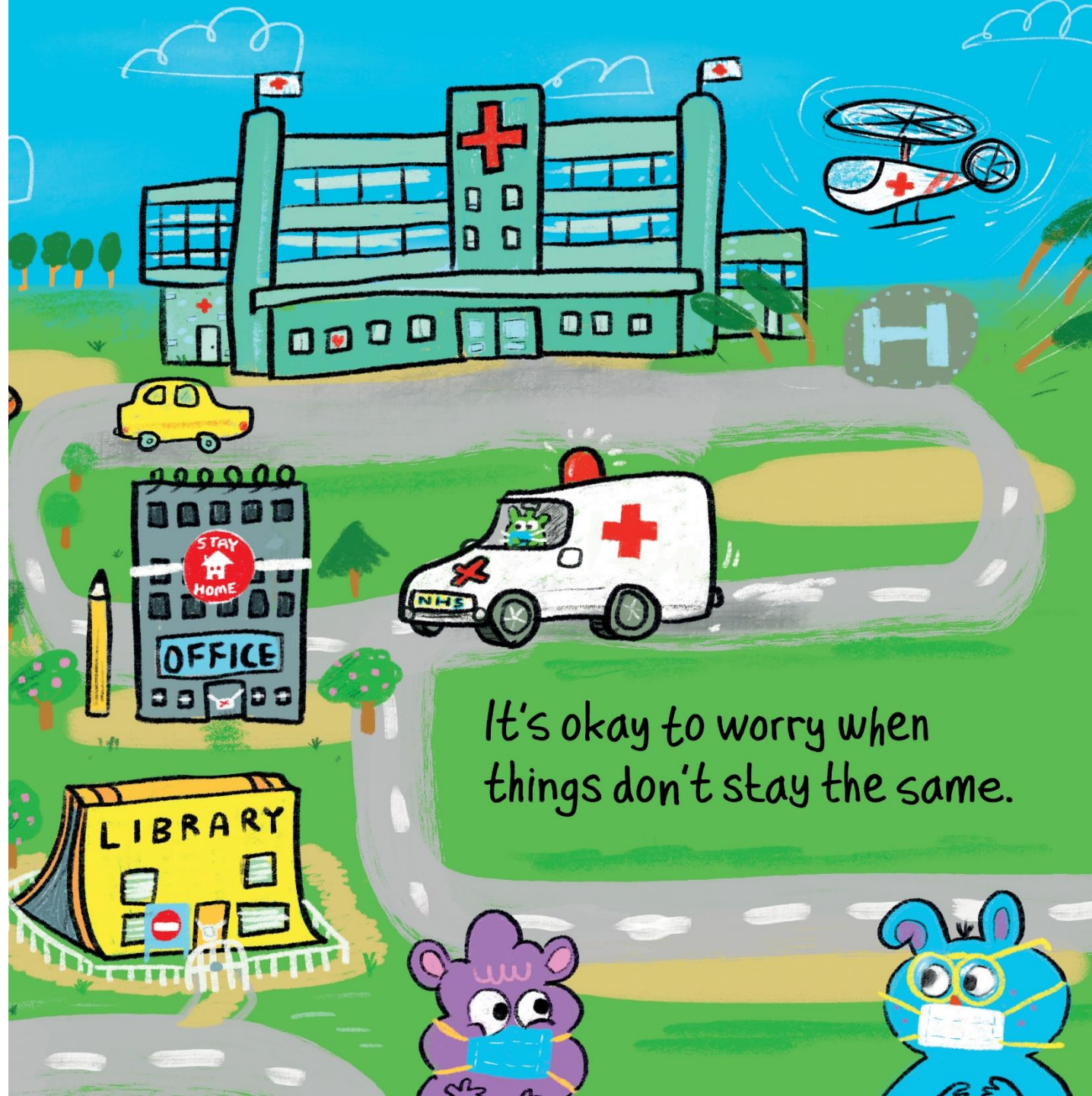




Worrying is normal when so much has changed.







It's okay to worry when  
things don't stay the same.



Your head might ache and your heart beat quickly,  
as worries rise like a wave...



...and make you feel sickly.





So let's talk to each other,  
we might all feel the same.



Let's draw our  
worries and give  
them a name.

Let's take three  
breaths, slow  
and deep.



Let's exercise,  
eat well and get  
enough sleep.



Let's speak to our family  
and friends on the phone.



Let's paint beautiful rainbows,  
to show we're not alone.







Sharing our worries  
can make us feel better.



Showing our feelings  
brings us together.





It's okay  
to be worried,  
but this won't  
last forever.






We can  
overcome anything,  
when we're there  
for each other.







For more ideas and advice  
to help your child cope with  
coronavirus, take a look  
at the helpful links on  
the next page.













