

Willow had a worry.

I can't do it!!!



Can Willow make  
her  
worry disappear?



THE LOST VOICE FOUNDATION

Jennifer Rylett

This is Willow, she has a school test coming up in a few days, however Willow isn't feeling herself.

What's wrong with me?



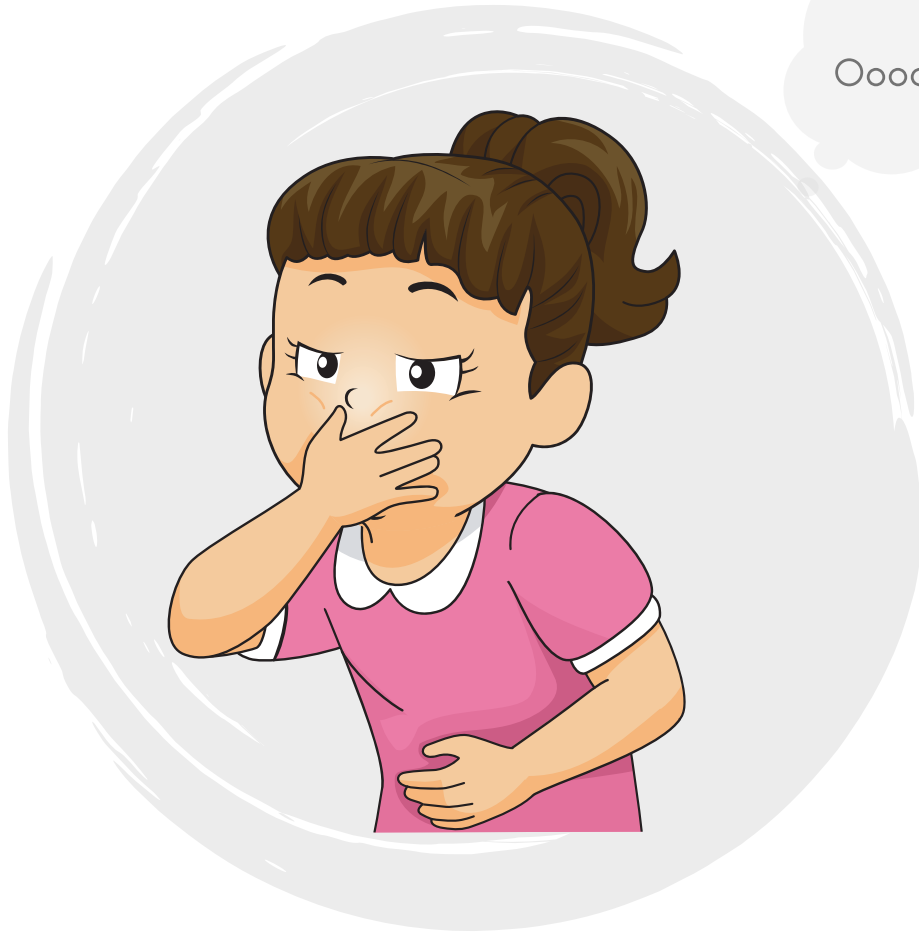
page 1



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Willow's tummy is really hurting. "It's like someone is twisting my stomach up" thought Willow. This was starting to make Willow feel sick.

Oooooouch ...



page 2



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Willow was starting to get a little upset, as all she could feel was the horrible belly pain. Her head was hurting yet all she could think about was her school test in a few days. She was really finding the work hard.

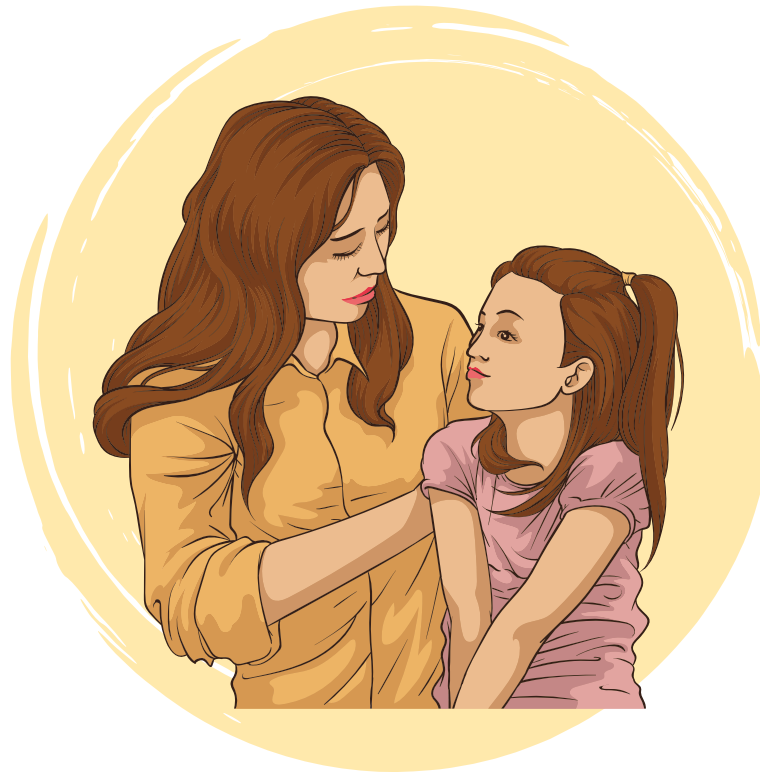


Willow went to her mum with her belly and head ache, her mum sent her straight to bed thinking Willow had a stomach bug. "Make sure you get straight back in bed an I'll be up to check on you soon" instructed Willow's mum.



When Willow's mum came to check on her, she took this opportunity to tell her mum about how she can't stop thinking about her test at school in a few days. "I just don't understand the work mum! I will not pass."

Willow cried to her mum.



page 5



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Willow's mum soon started to realise willow's illness was actually signs of anxiety an worry. "Don't panic, we can have you back feeling better in no time!" Willow's mum exclaimed. It was good that Willow told her how she felt.



We've got this!



Willow and her mum soon set to work on practising all Willow's school work that she was struggling with. By the end of the afternoon Willow was AMAZED, she was starting to feel she would pass her test. Willow started to grow excited for her test.

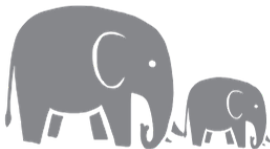
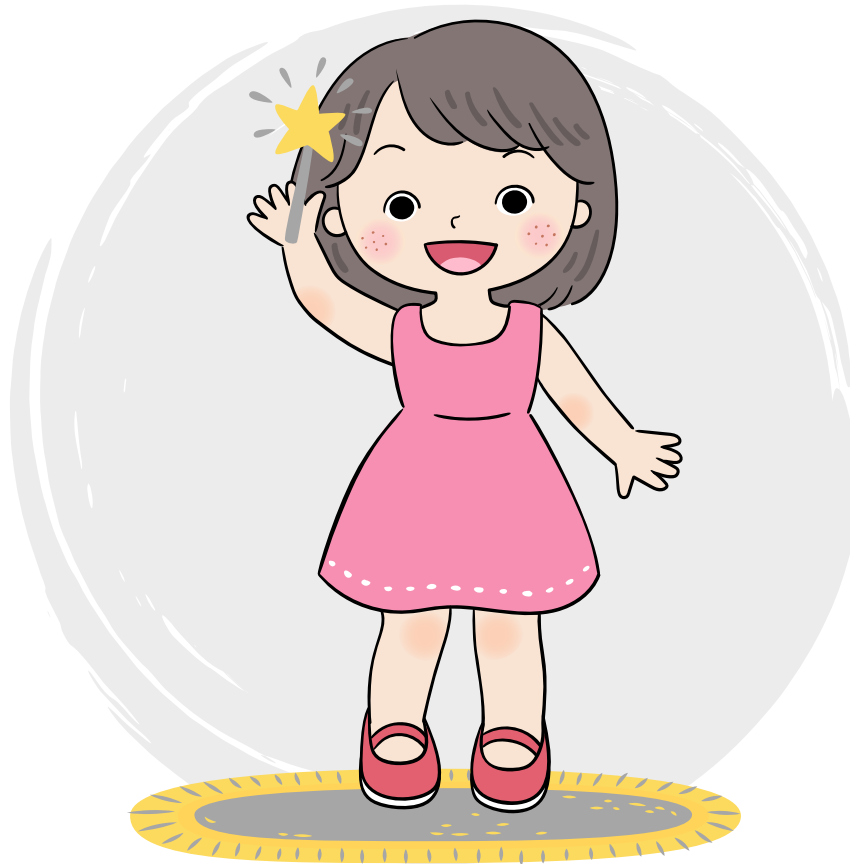


page 7

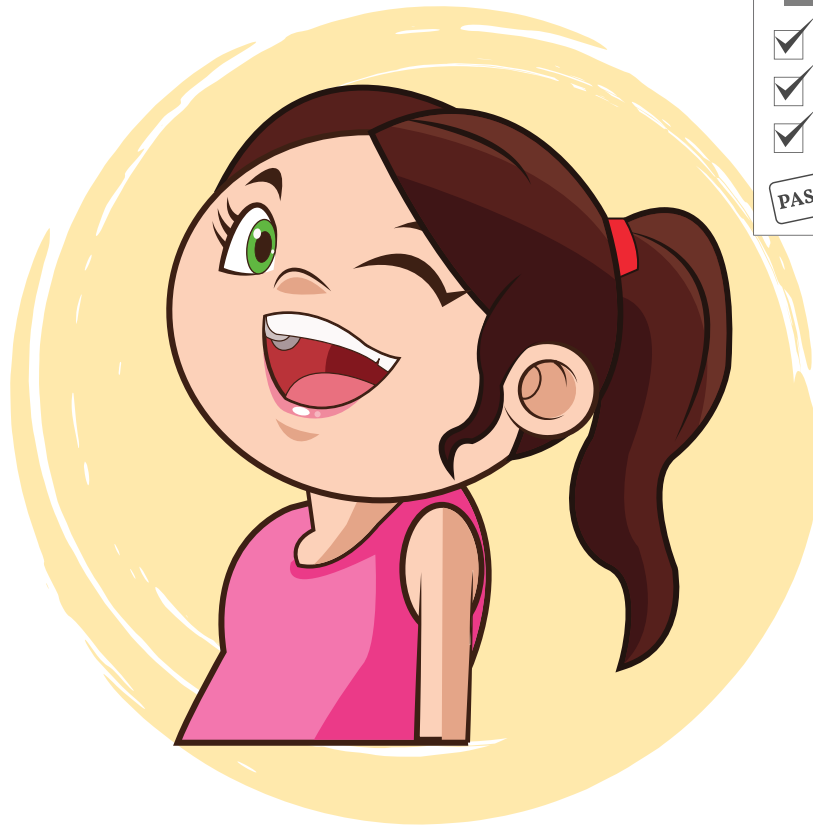




Just like magic Willow's belly ache, sickly feeling had all disappeared. Since talking to her mum she realised she could help her learn what she needed to, an just like magic her worries an anxiety had all gone away.



It was soon the morning of Willow's test. Today Willow was not feeling sick or had any belly pains, but Willow was beaming with smiles and was really excited for her test today. She knew she would pass, she felt it.



Willow completed her test and passed with flying colours. Willow was so proud and excited she couldn't wait to get home and tell the good news to her mum.

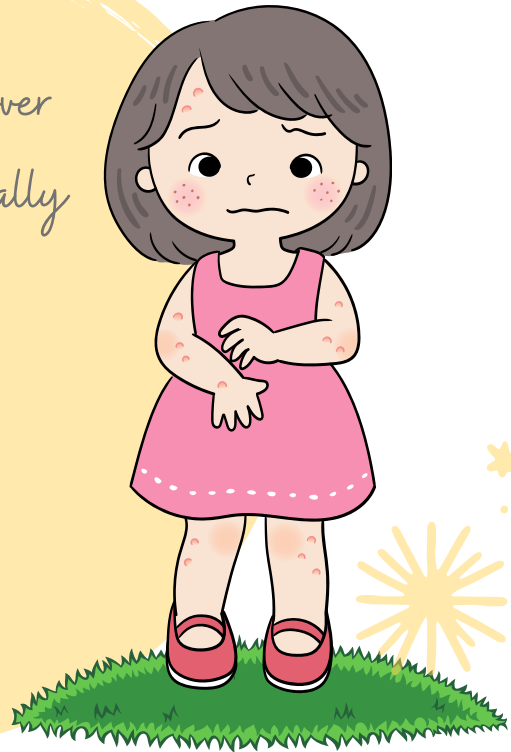
Willow promised herself never to keep a worry to herself again.



# Willow had a worry

Willow's body was feeling very strange one morning...

Come with us on Willow's journey to discover  
what was wrong with her and how it magically  
disappeared ....



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