

Share Your Cares

A story about Walter the earthworm



By Hollie Rhodes



**Meet Walter the earthworm, a kind hearted chap,
Today we find him in a terrible flap,
His head is a jumble of worries and woes,
His feeling of unease just grows, grows and grows**



**Walter finds worries in all kinds of things,
Trying new foods, going too high on the swings,
Misplacing his toys, his scarf getting in a twist,
Walter's got so many worries on his list.**



**The worry starts small but it grows bigger in size,
And before Walter knows it, it's filled him inside,
He feels nervous and anxious and all in a tizzy,
His tummy is knotted and his thoughts feel all dizzy**



**Walter can't shake the feeling, his worries take over,
He feels his body tense and begin to cross over,
When he looks down he sees his body has a knot,
However hard he tries to undo it he simply cannot.**



**Walter worries about the weather and what he will wear,
He gets more and more flustered by all of his cares, Should
he call “Hi” when he sees friends around,
Or will everyone look over to hear who made the sound.**



**The worry starts small but it grows bigger in size,
And before Walter knows it, it's filled him inside,
He feels nervous and anxious and all in a tizzy,
His tummy is knotted and his thoughts feel all dizzy**



**Walter can't shake the feeling, his worries take over,
He feels his body tense and begin to cross over,
When he looks down he sees his body has another knot,
However hard he tries to undo it he simply cannot.**



**Walter worries about surprises and going on school trips,
Any kind of travel, trains, planes and ships.
He worries about snuffles, bruises and nits,
His worry makes him sad, he feels down in the pits**



**The worry starts small but it grows bigger in size,
And before Walter knows it, it's filled him inside,
He feels nervous and anxious and all in a tizzy,
His tummy is knotted and his thoughts feel all dizzy.**



**Walter can't shake the feeling, his worries take over,
He feels his body tense and begin to cross over,
When he looks down he sees his body has gained another
knot,
However hard he tries to undo it he simply cannot.**



**Walter longs to be free of his worry and woe,
He wants to be able to simply let go.
He thinks life could be better if the worry went away,
But it seems like the worry is all set to stay.**



**Walter is sitting in the corner alone,
He looks at his 3 giant knots and he groans,
“I don’t know what to do with this worry” he cries.
Along comes his kind friendly teacher Ms Bleigh**



**“Oh Walter, what a pickle you’ve got yourself in”
She sits down next to him and says with a small grin,
“That worrying has done you no good at all,
Please let me help you unknot yourself once and for all...”**



**Walter begins to talk and to share,
About all of his worries and all of his cares,
Ms Bleigh listens carefully with sympathy and attention,
Then she explains how to get rid of his tension.**



**Worries get bigger when we don't let them out,
If we talk about worry, we get rid of our doubts,
Speak up about worries and they run away,
When we share our worries they simply can't stay.**



**Walter talked and talked about all he felt inside,
He didn't pretend that everything was fine.
He began to relax and felt something unwind.
At last one great knot had gone, what a weight off his
mind.**



**The more that he talked, the more he felt brighter,
Another knot was released, he felt so much lighter,
His body let out a great sigh of relief
And at long last the final knot was released!**



**So when you feel worries growing inside,
Don't give that worry a place to hide.
When you feel all dizzy and all in a flap,
Tell someone what is making you feel all trapped.**



**Talk about problems and soon you'll see,
Those worries will fade and you will be free.**

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Those worries will fade and you will be free.**