

At school, Frida worried about where to sit.

There was a space on Milo's table and one on Pip's.

But Frida didn't want either of them to feel left out so she went off to read her book.

At playtime, Frida wanted to go on the slide, but she was worried it might be too fast.

She decided to watch instead and that's when she spotted a very special pebble.

It was shiny and black and it glinted in the sunlight.

She picked it up.



Sundays were different though. Sunday was Frida's favourite day because Granny always came over.

Granny was funny and kind and she gave the best hugs.

But this week Frida was worried that even one of Granny's hugs might not make her feel better.

Frida jiggled the heavy pebbles in her pockets
and thought about what Granny had said.



Then, carefully, she put the pebbles into her jar
– one by one – all except her special pebble.



A pebble for every worry.



Soon, the jar was full, but Frida was worried that
it wasn't going to make her worries go away.