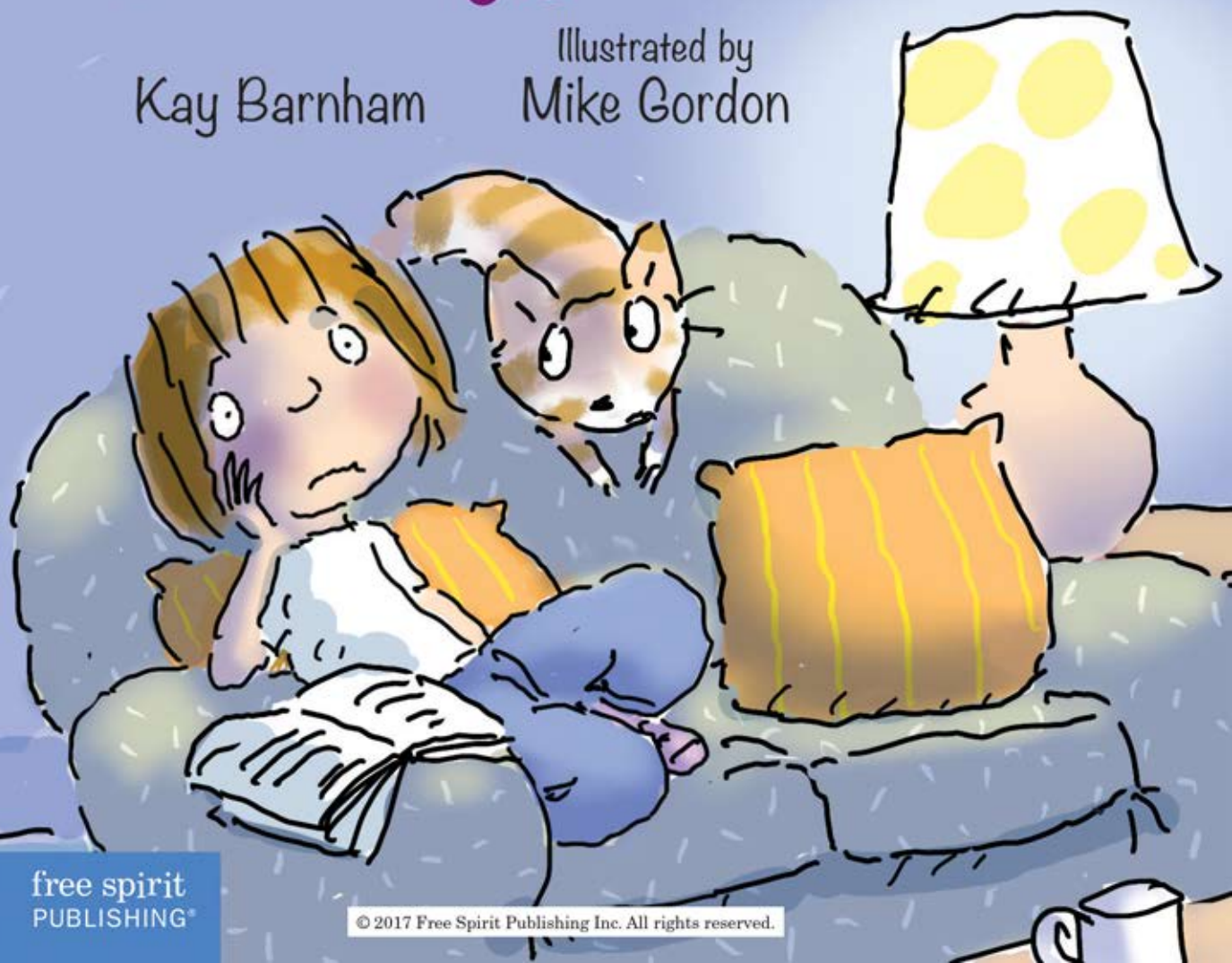


feeling WORRIED!



Kay Barnham
Illustrated by
Mike Gordon



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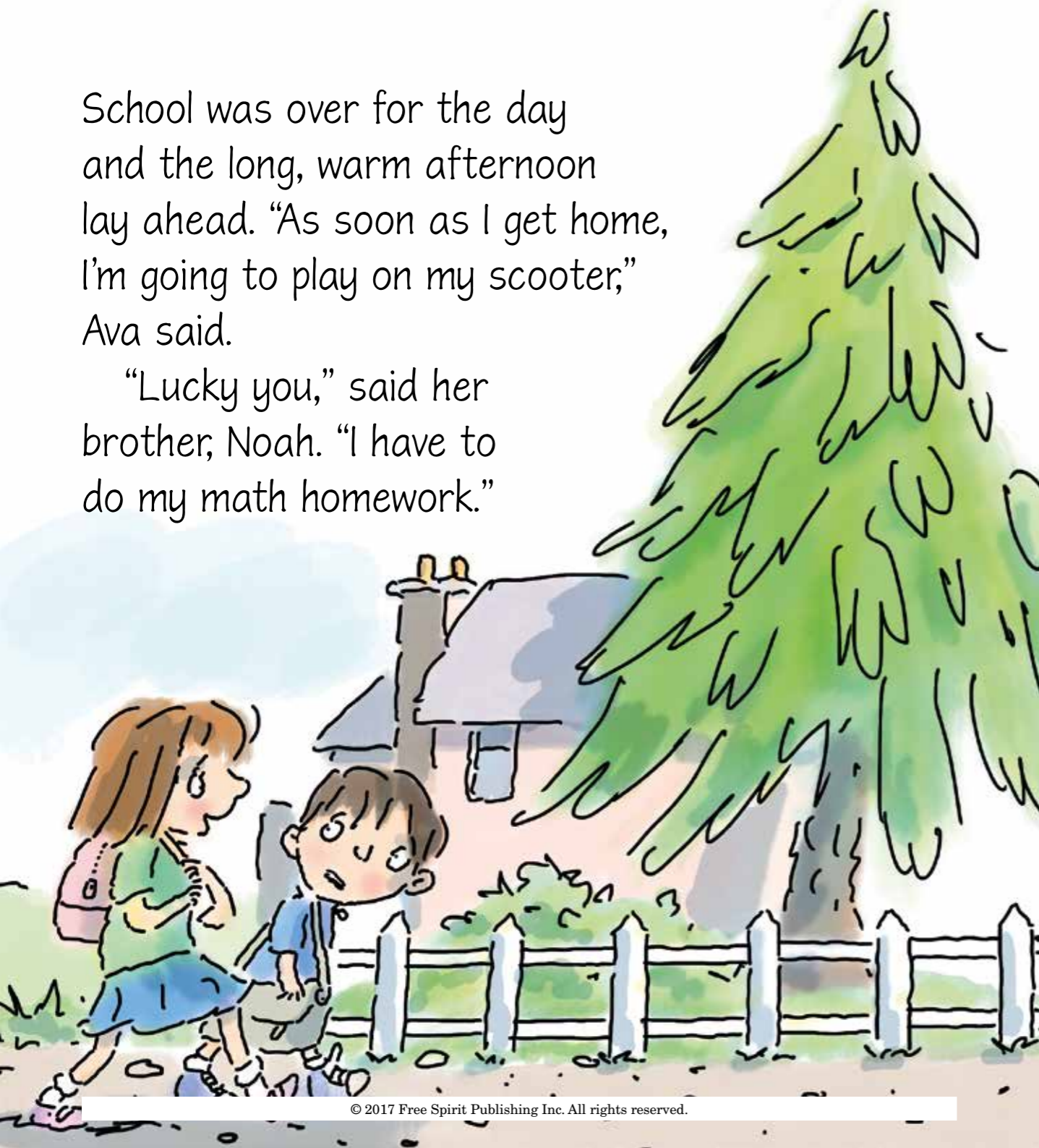
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School was over for the day and the long, warm afternoon lay ahead. "As soon as I get home, I'm going to play on my scooter," Ava said.

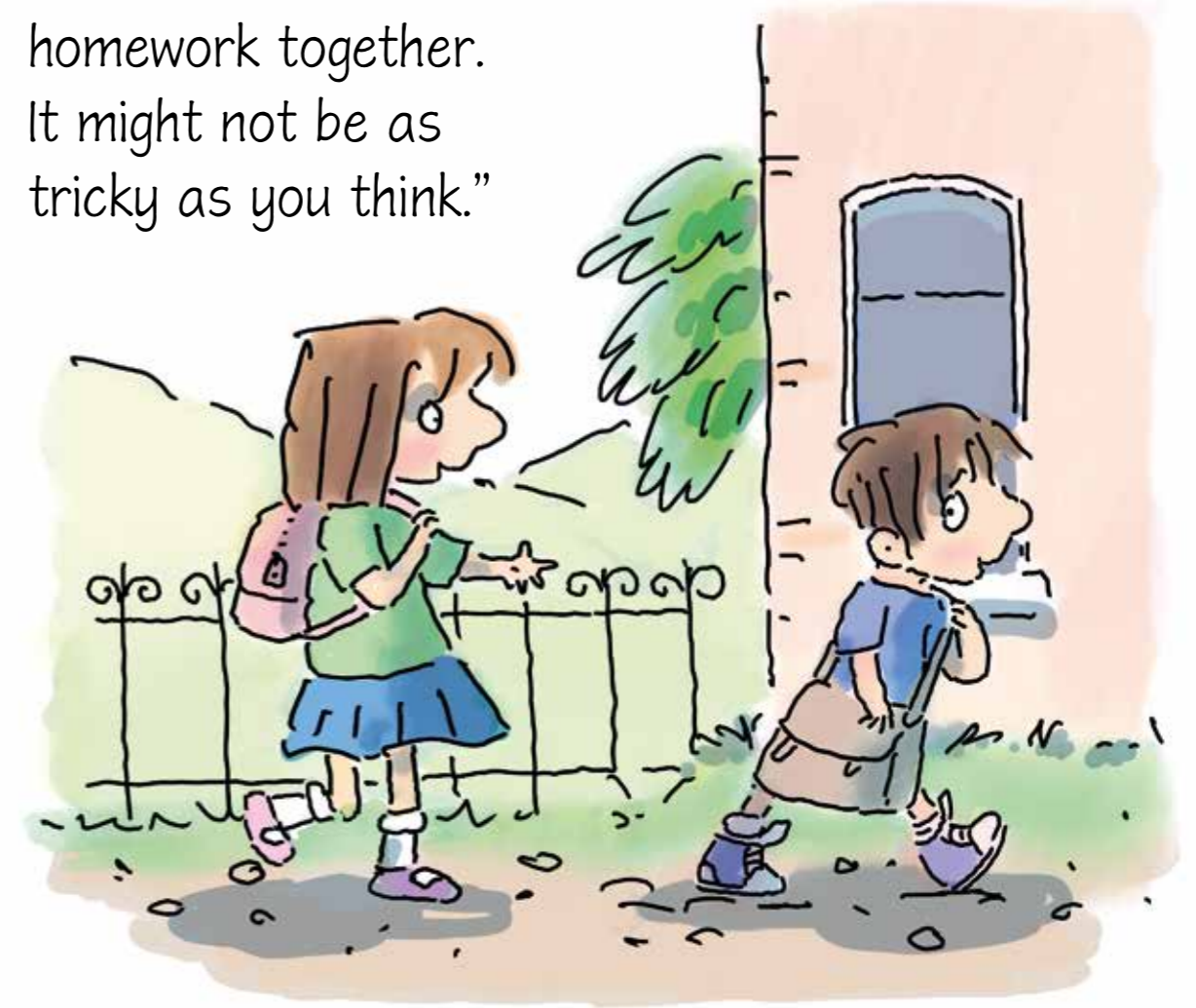
"Lucky you," said her brother, Noah. "I have to do my math homework."



"Oh, that won't take you long," said Ava. She couldn't believe it when a tear rolled down Noah's cheek.



“Try not to worry, Noah,”
said Ava. “We’ll look at the
homework together.
It might not be as
tricky as you think.”



“What’s wrong?” asked Ava. She hated it
when her brother was upset.

“The homework looks really, really hard,”
sobbed Noah. “I keep looking at it and I don’t
know what I’m supposed to do. I’m so worried
that Mr. Skinner will be mad at me.”

NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage kids to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are some conversation prompts to try:
 - When are some times you feel worried? Why?
 - How do you stop feeling worried at those times?
 - Sometimes we might worry about things we can't change. Other worries may be about situations we *can* change or get help with. How could it help to know which kind of worry we're feeling?
 - This story talks about lots of things that people may feel worried about, such as difficult homework or a trip to the dentist. What other things might worry people?
- ★ Have children make face masks showing worried expressions. Ask them to explain how these faces show worry.
- ★ Put on a feelings play! Ask groups of children to act out the different scenarios in the book. The children could use their face masks to show when they are worried in the play.



- ★ Have kids make colorful word clouds. They can start by writing the word *worried*, then add any related words they think of, such as *anxious* or *nervous*. Have children write their words using different colored pens, making the most important words the biggest and less important words smaller.
- ★ Invite children to talk about the physical sensations that being worried can bring and where in their bodies they feel worry. Then discuss things we can do when we feel worried, such as talk to someone who cares about us, exercise, or focus on positive and reassuring thoughts.
- ★ A frown can show that someone is worried. A smile can show that someone is happy. Scientists aren't sure whether frowning or smiling uses more muscles. Have kids try frowning and then smiling and ask what *they* think the answer is. How do they feel when making each expression?
- ★ Ask kids to draw pictures of themselves feeling worried, using pencils to add frown lines. Then have them erase their frowns and imagine their worries disappearing.

For even more ideas to use with this series, download the free Everyday Feelings Leader's Guide at www.freespirit.com/leader.

Note: If a child continually worries or acts out often due to worry or anxiety, seek help from a counselor, psychologist, or other health specialist.

