

Week of May 4th

Guidance

Author, Allison Edwards gives a glimpse into the ways worry whispers to young minds, and offers a powerful tool all children can use to silence those fears.

- *"Worry's songs tie my tummy up in knots,*
- *and the things he says make my heart beat very fast.*
- *Sometimes he speaks in a whisper, and other times*
- *his voice gets so loud I can't hear anything else."*

Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true.

Worry Says What? will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

1. Watch the story: **Worry Says What?**

Click on the following link:

<https://www.youtube.com/watch?v=4bEoyFjmztM>

2. On a piece of paper, draw a picture of your own worry monster and write or tell what he might say to make you worry.
3. Now draw a picture of yourself and think of telling that silly monster something that will prove him wrong!

***REMEMBER** - flip your thinking and remind yourself that you can and you will! **You are stronger than that worry monster.**

(Check out the parent attachment for a stress management technique that you can use with you child).

