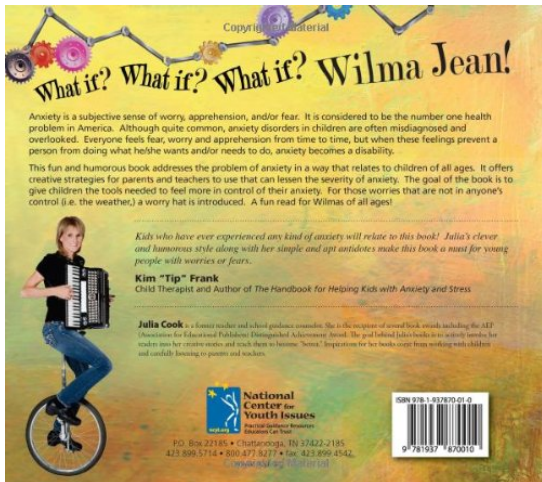


[PDF] Wilma Jean The Worry Machine

Julia Cook - pdf download free book



Books Details:

Title: Wilma Jean the Worry Machine

Author: Julia Cook

Released:

Language:

Pages: 32

ISBN: 1937870014

ISBN13: 9781937870010

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Description:

(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather,) a worry hat is introduced. A fun read for Wilmas of all ages! Softcover, 32 pages.

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With the end of the school year looming, many students are developing worries about the future. Their support system at school will be on vacation until August, their daily routine during the week will get mixed up, they won't see their classmates every day, they might go on vacation to new places, etc. I thought this would be a perfect time to read *Wilma Jean Worry Machine* by Julia Cook to our first graders. This book illustrates how a young girl catastrophizes her day, only to find that nothing goes wrong and everything goes right. We learn again and again that things work out for her, *Worrying* classroom guidance lesson. Featuring Wilma Jean the worry machine. By Julia Cook. Kristian L. Woodward, Ed.S. Goshen Elementary School. Today, we are going to learn about worrying. Everyone worries from time to time, and a little bit of worrying can be good for us. In the story, Wilma Jean's teacher explains that there are worries we can control and worries that we cannot control. Think of at least three worries you can control, such as if you are ready for a test. Now, think of at least three worries you cannot control, such as the weather. Wilma Jean is a true worry machine and she expresses real-life worries of an elementary student. Worrying is something everyone struggles with. I like how the book comes full circle and helps students figure out what they can and can't control. Most standout trait(s): Voice/Ideas. flag Like - see review. Jun 29, 2020 Runa rated it really liked it. Always here for child-friendly books about emotions! *Wilma Jean - The Worry Machine* has been added to your Cart. Add gift options. Buy used - I purchased this book as a gag since my mother's name is Wilma Jean and she too is a worry machine! I couldn't help but notice the striking resemblance either! When I received the book I laughed at how similar this character is to my mother but quickly realized the story is good and truly addresses the problem of anxiety to children while also offering strategies for parents to use to help lessen the severity of anxiety. *Wilma Jean and the Worry Machine* is a fun and creative book that relates to children of all ages. Use the story to initiate conversations about stress and anxiety in our everyday lives. The follow-up activities may provide children with potential tools to use should they feel a need to be in control of their anxiety. Related Resources: *When My Worries Get Too Big* by Kari Buron David and *the Worry Beast* by Anne Marie Guanci *What to Do When You Worry Too Much* by Dawn Huebner *The Worry Glasses* *Overcoming Anxiety* by Donalisa Helsey. Activities: - Worry Rocks o Materials - Various sizes of rocks ra