

Unthinkable: Worry Wall



Books:

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| • <i>Worrywarts</i> , Edwards, P. | <i>My Friend is Sad</i> , Willems, M. |
| • <i>Wemberly Worried</i> , Henkes, K. | <i>Nobody Likes Me!</i> Krischanitz, R. |
| • <i>Lets talk about Feeling Worried</i> , Berry, J. | <i>Something Might Happen</i> , Lester, H. |

DVDs:

- *The wizard of Oz*
- *Happy Feet*
- *The Princess and the Frog*
- *The Tale of Despereaux*
- *Finding Nemo*

Songs:

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| • "If I Can Dream" Droege White and Justin Gaston | "Here Comes the Sun" Beatles |
| • "Don't Worry, Be Happy" Bobby McFerrin | "Three Little Birds" Bob Marley |
| • "I Just Can't Wait to be King" Elton John from <i>Lion King</i> | "Help" Beatles |

Games:

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| • Balloon Games | Tree pose (yoga) |
| • Rolling in the clouds with cotton batting on a mat | Relaxation |
| • Breathing exercises | Carry me (trust exercise) |
| • Conversation hearth pickups with chopsticks | Kite dance with streamers |

Role Playing Scenarios:

- Actor 1 doesn't understand the new ____ concept. (S)he will never understand it! What strategies should Actor 1 use?
- The class is taking one of the state tests. There is only 10 minutes left and Actor 1 is only half way through the test. What strategies should Actor 1 use?
- Your teacher calls Actor 1 into the hall to ask you about a fight that someone said you were involved in. But you weren't. What strategies should Actor 1 use?
- Actor 1 has a spelling test today and the words are hard. Actor 1 is really nervous and is having a hard time listening to the teacher. What strategies should Actor 1 use?

Videos: Search YouTube for:

- [Child Anxiety Puppet Song, "Silly Little Worries"](#)
- [homework struggle overwhelmed episode](#)
- [The Nervous Kid](#)