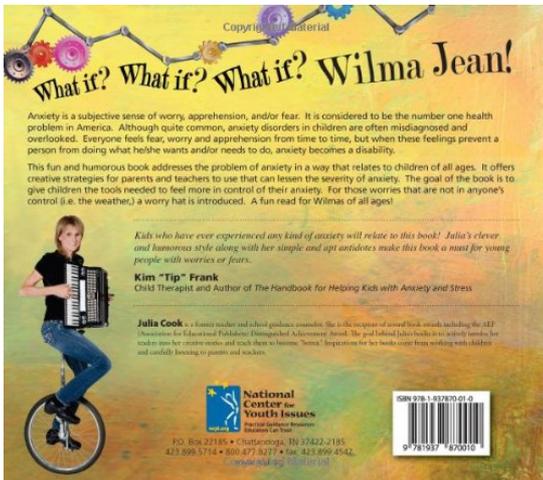


# [PDF] Wilma Jean The Worry Machine

Julia Cook - pdf download free book

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## Books Details:

Title: Wilma Jean the Worry Machine

Author: Julia Cook

Released:

Language:

Pages: 32

ISBN: 1937870014

ISBN13: 9781937870010

ASIN: 1937870014

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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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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 Â· see review. Jun 29, 2020 Runa rated it really liked it. Always here for child-friendly books about emotions! 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, Wilma Jean the Worry Machine by Julia Cook is a story about a young girl who worries a lot! Please listen to the story by clicking [here](#). 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. On your worksheet, there is a picture of a worry hat. Your task is to write down at least three worries that you cannot control inside of the hat. Then, you may color the hat witho