

○ MUSIC city COUNSELOR

Thank you for  
your purchase!



I so appreciate when you take the time to leave feedback on your purchases on my TpT store! It helps my small business grow and earns you credits towards future purchases!

★★★★★ Extremely satisfied

let's connect!



For helpful ideas and free resources, please check out my website!

○

[www.musiccitycounselor.com](http://www.musiccitycounselor.com)



**Please click on the link below to access the digital activity:**

[https://docs.google.com/presentation/d/1qlsuBZCk7-YS5v4EuKIwNG\\_YsuAWIE3irEAXupvpY18/copy](https://docs.google.com/presentation/d/1qlsuBZCk7-YS5v4EuKIwNG_YsuAWIE3irEAXupvpY18/copy)

## **General Google Slides Directions:**

- 1. Please sign in with your Google account.**
- 2. Please click "make a copy" and a copy of the lesson will automatically be saved to your Google Drive.**
- 3. If you are using Google Classroom, please assign the lesson to your students.**
- 4. If you are not using Google Classroom, you can post the resource to the virtual platform that you are using, email the link directly to students, or use the presentation in-person on your device.**
- 5. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the activity will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.**

# How to Use the Digital Activity:

**IMPORTANT NOTE: PLEASE USE THIS ACTIVITY IN "EDIT MODE," NOT IN FULL-SCREEN "PRESENTATION MODE."**

This presentation is perfect to review with students after reading aloud the story "Wilma Jean, the Worry Machine" by Julia Cook.

The presentation:

- Summarizes the story
- Teaches students what "worry" and "calm" look and feel like in our bodies
- Lets students identify which parts of their lives worry them most (i.e. school, family, friendships, behavior)
- Teaches students to differentiate between "worries I can control" and "worries I cannot control"
- Teaches students to use the "worry hat" for "out of control" worries
- Teaches students how to use the CBT technique of "reality testing"
- Teaches students multiple additional coping skills

Presentation Directions:

1. To share their experiences, students can type directly in the text boxes that say "type here."
2. Students can also drag the moveable circles and check boxes to mark their responses.
3. A PowerPoint and printable resources are included in the zip folder, too!
4. Questions? Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com).



# TERMS OF USE:

## YOU MAY...

- Make copies for the purchaser's classroom AND share copies with other educators within their school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

## YOU MAY NOT...

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy



Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments! I'd love to hear from you!

This resource was made possible by:

