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○

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# **ASCA Mindsets & Behaviors:**

## **Mindset Standards:**

- M 1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.

## **Behavior Standards:**

- B SMS-7: Effective coping skills.
- B SS-8: Advocacy skills for self and others and ability to assert self, when necessary.



# **Directions:**

**This lesson will take approximately 45 minutes to teach.**

## **Suggested Sequence:**

- Please read aloud the story "Worry Says What?" by Allison Edwards.
- Please review the PowerPoint (or digital for Google Slides) presentation with students.
- Please choose the Worry Monster Activity, cut-and-paste activity, and/or any of the worksheets or coloring pages to complete with students.
- Please display any posters that you'd like in your space.

## **Presentation:**

This presentation is perfect to review with students after reading aloud the story "Worry Says What?" by Allison Edwards.

The presentation:

- Summarizes the story
- Teaches students what "worry" and "calm" look and feel like in their bodies
- Let's students identify which parts of their lives worry them most (i.e. school, family, friendships, behavior)
- Teaches students how our thoughts affect our feelings, and our feelings affect our choices
- Teaches students multiple coping skills
- Teaches students about positive self-talk
- Offers several opportunities for students to share and "turn and talk" with a neighbor

# **Directions:**

## **Cut-and-Paste Activity:**

**Materials Needed:** printed pages, hook-and-loop fastener dots or glue stick, scissors

This activity is a great way for students to identify coping skills for worry that they would like to practice. Please start by cutting out the coping skills cards. Then, please review all of the coping skills with students and sort them into 3 piles: "helps me a lot," "helps me a little," and "doesn't help me." Next, students can choose the 5 strategies that are the most helpful and they most want to practice and attach them to the "MY COPING SKILLS" page with either hook-and-loop fastener dots or a glue stick. Hook-and-loop fastener dots are great to make this activity interactive and reusable. Or, glue sticks work well for a one-time activity.

## **My Worry Monster Activity:**

**Materials Needed:** printed pages, scissors, glue stick, paper lunch sack, pencil

This interactive activity lets students write worries that their Worry Monster tells them on notecards and place them inside of the "worry bag" (so they won't bother them anymore!) They can also write positive, calm thoughts on the notecards to make the Worry Monster go away. To make the worry bag, please first cut out the white rectangle that says, "My Worry Monster." Please glue the white rectangle onto the front of the paper lunch sack. Then, please cut out the notecards for students to write their worries on. Please see the included sample!



# **Directions:**

## **Worksheets & Coloring Pages:**

Assorted worksheets and coloring pages are included in full color and black/white. Please choose the ones that best fit the needs and abilities of your students.

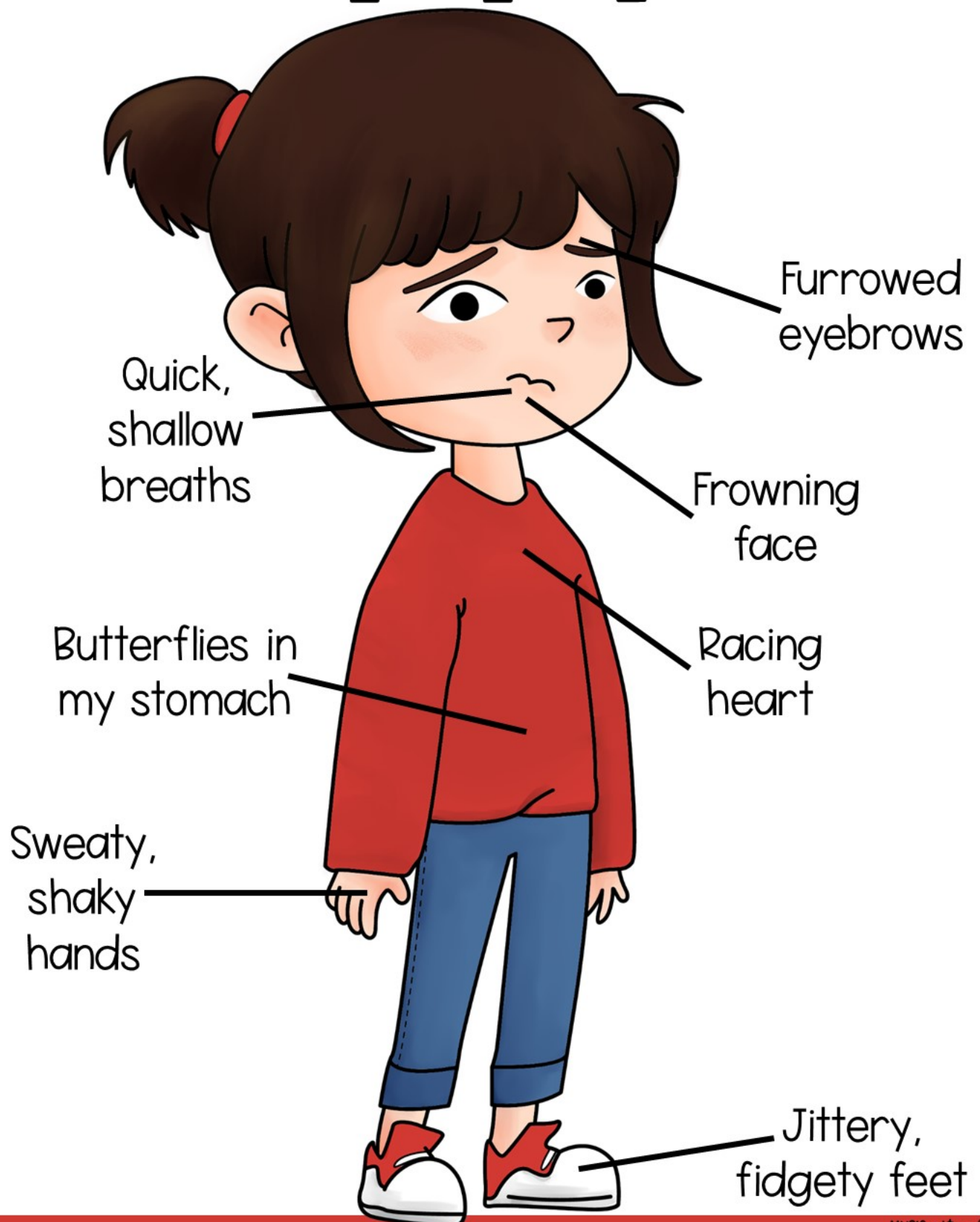
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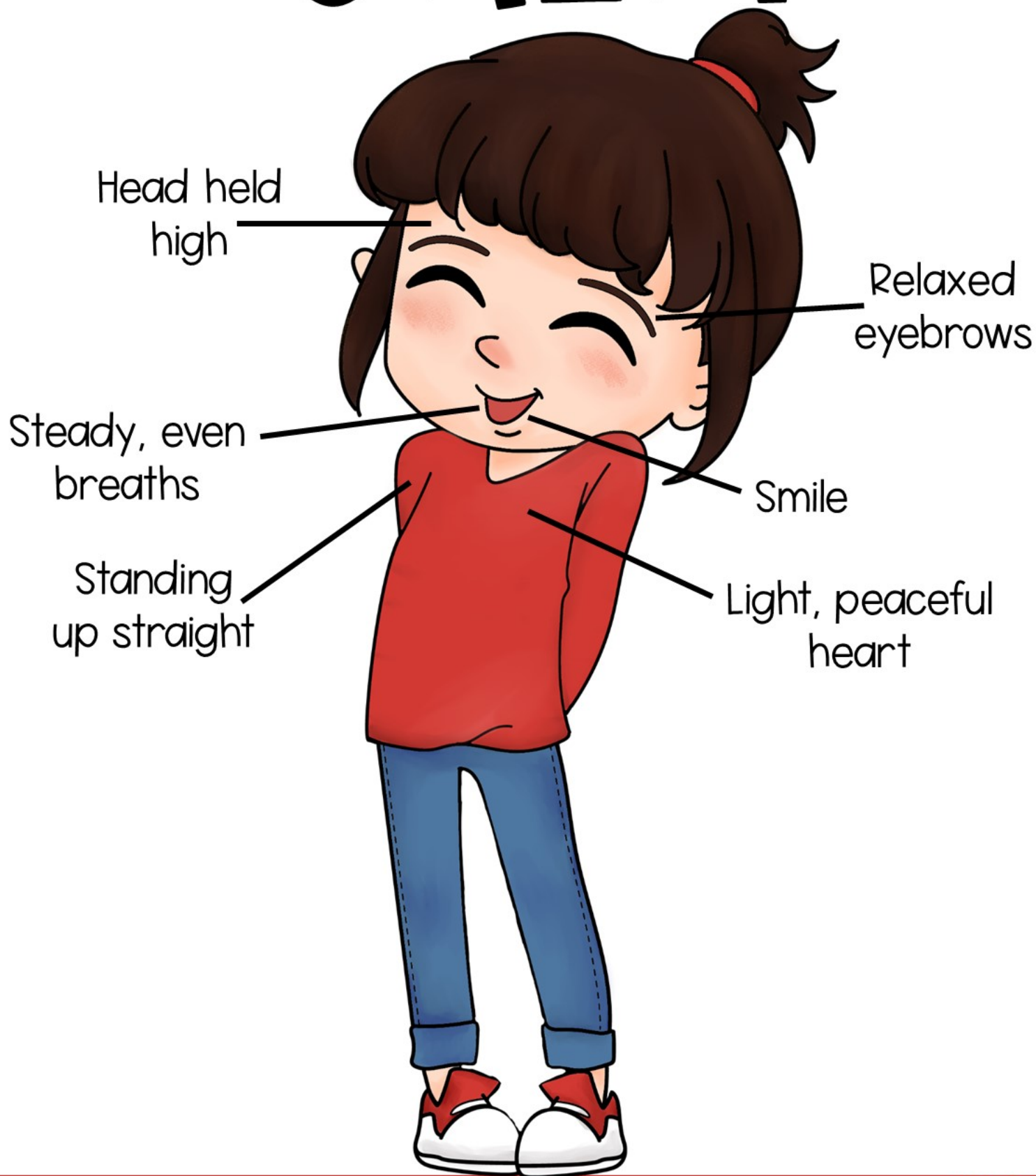
# Posters



# WORRIED



# CALM





# COPING WITH WORRY

Squeeze  
a stress  
ball



Go to  
the Calm  
Corner



Stretch



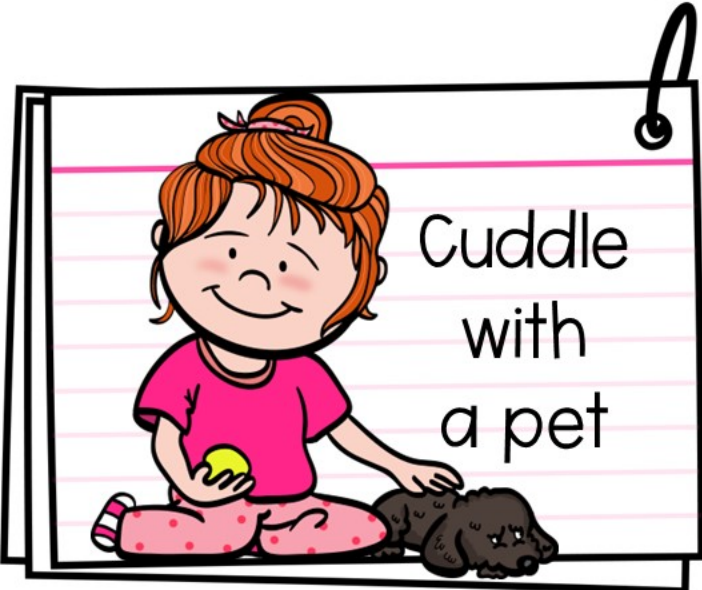
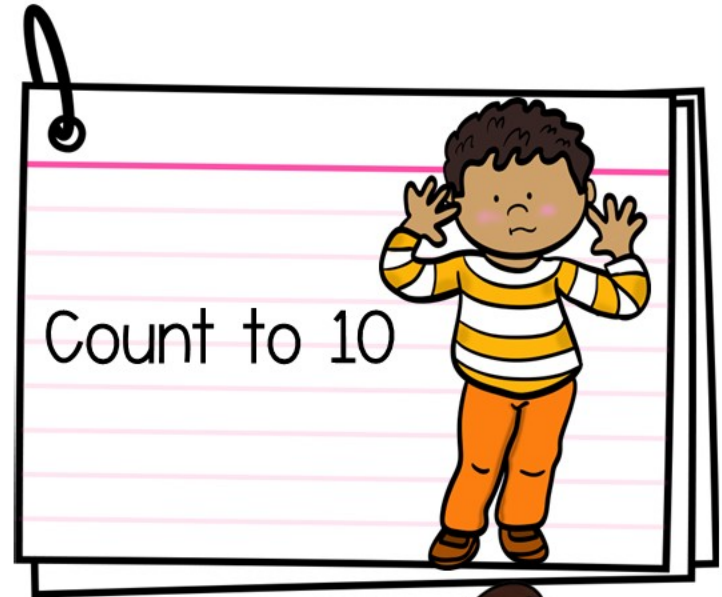
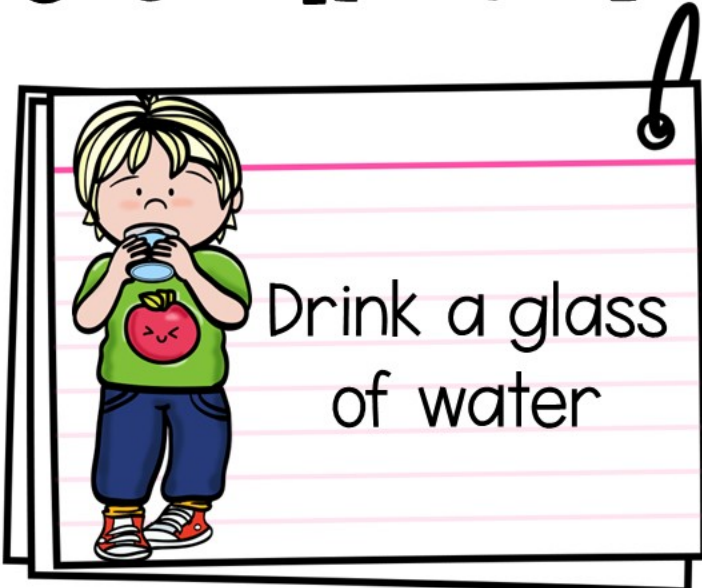
Hug a  
pillow



Imagine  
a happy  
place



# COPING WITH WORRY





# COPING WITH WORRY

Read a  
book



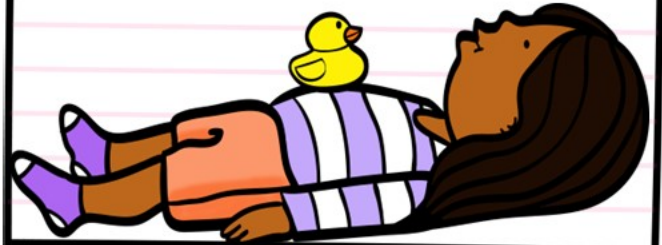
Listen to  
music



Get some  
fresh air  
outside



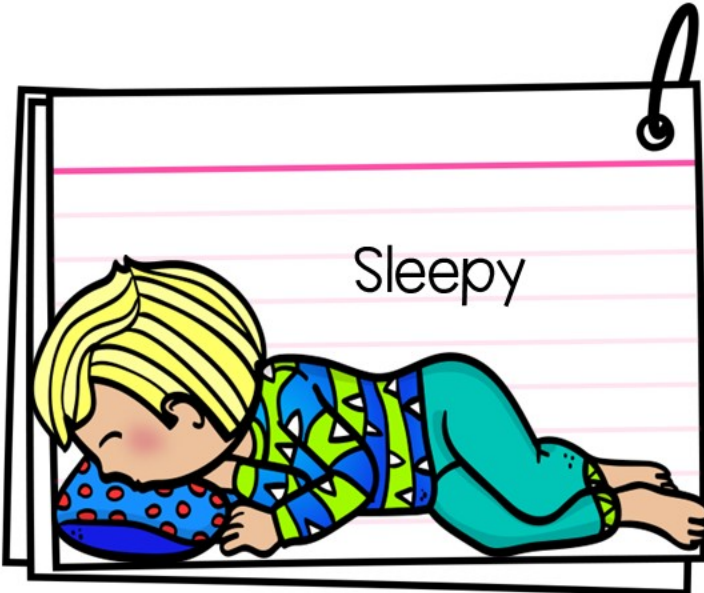
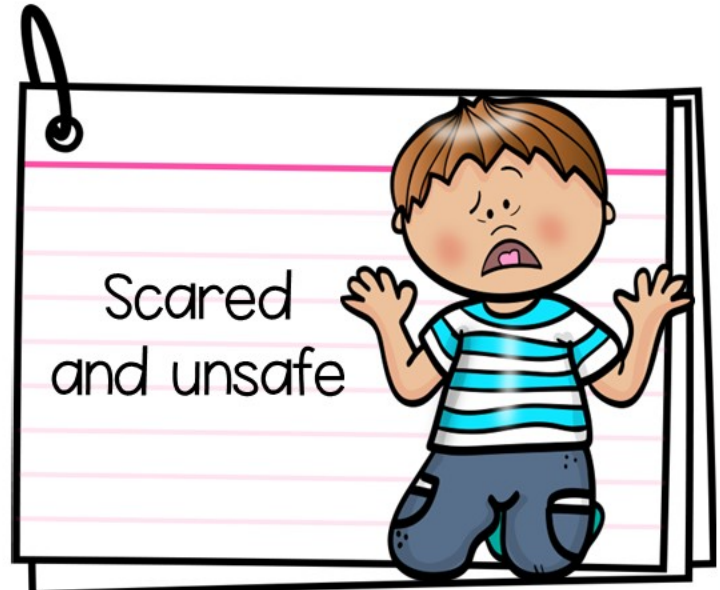
Try belly breathing



Take a bath



# WORRY MAKES ME FEEL





# **My Worry Monster Activity**

# SAMPLE:





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# MY WORRY MONSTER

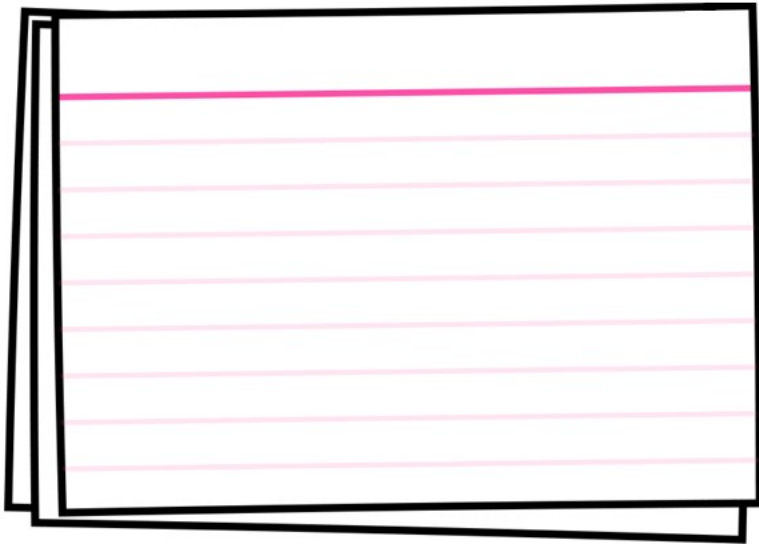
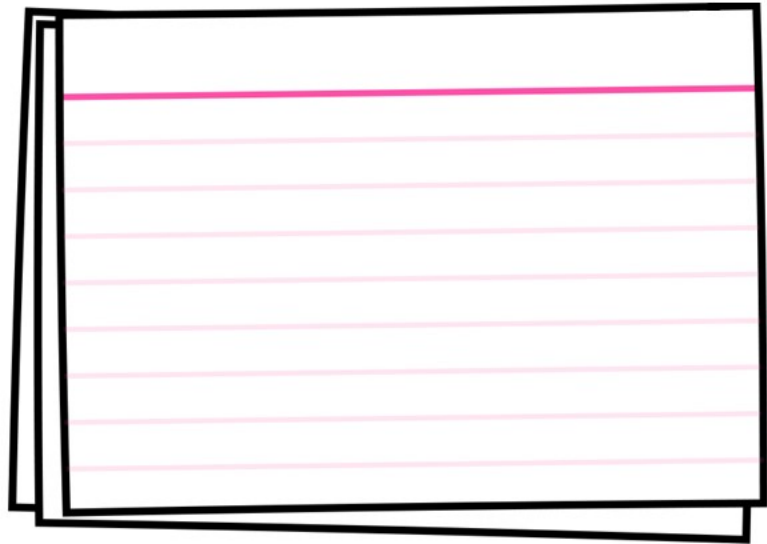
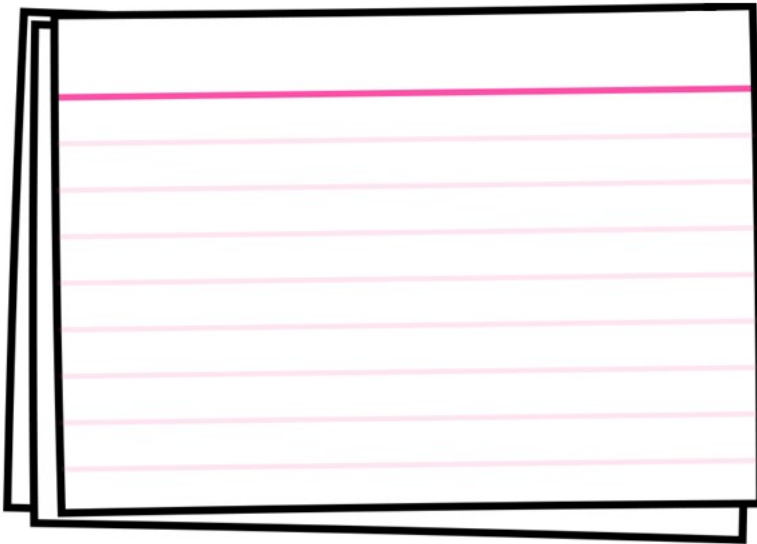
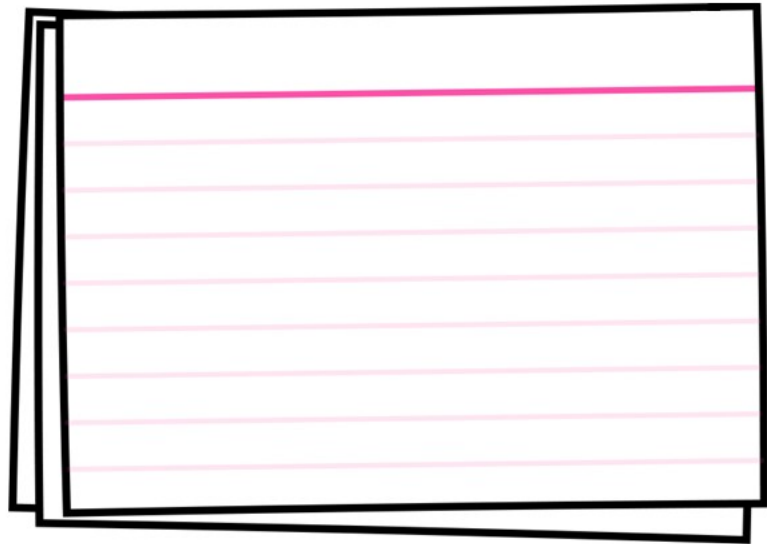





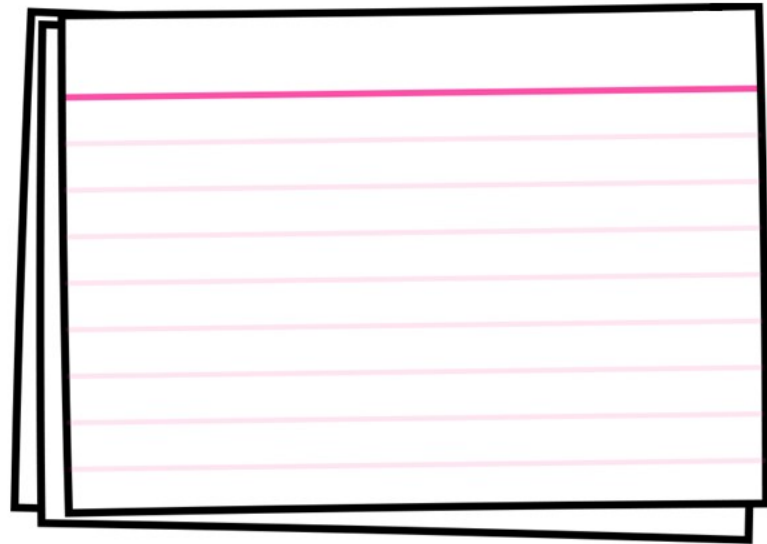
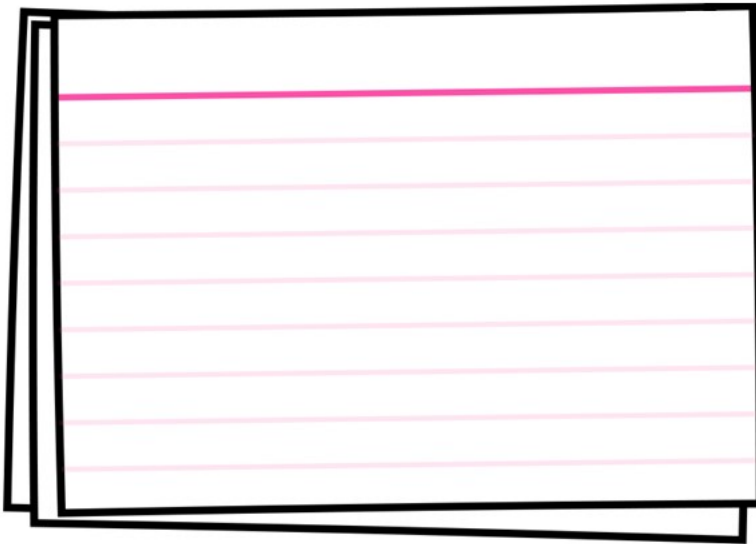
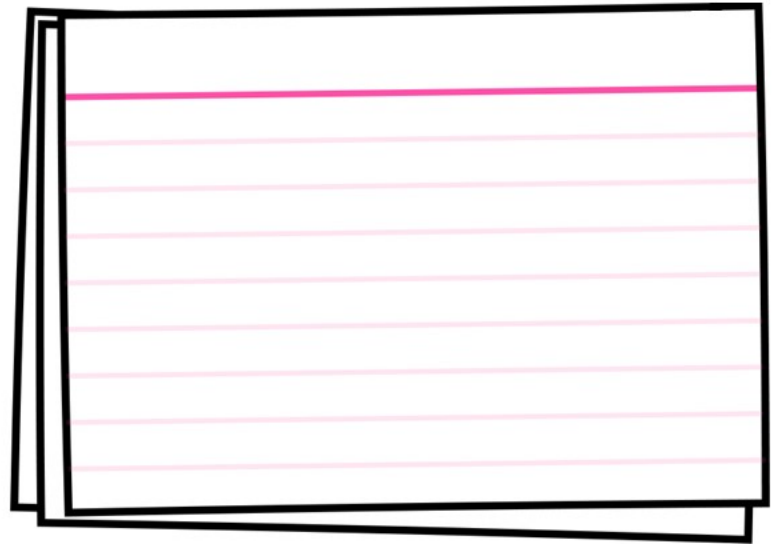
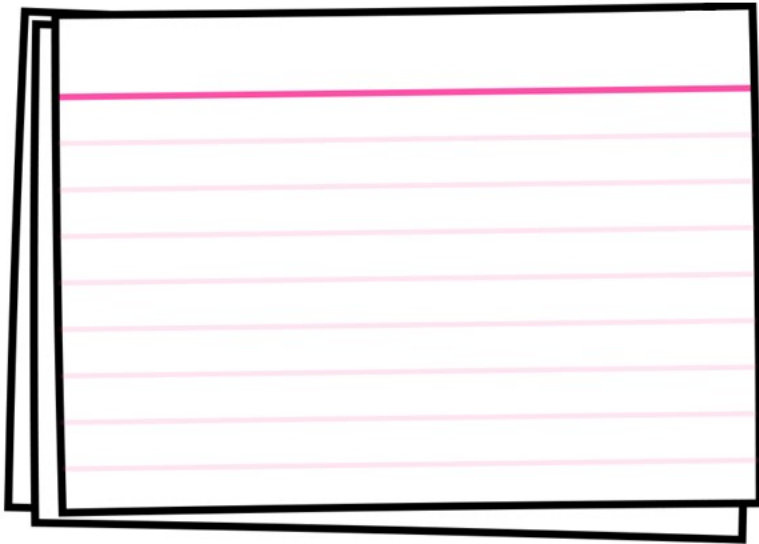
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# MY WORRY MONSTER

**Write worries that the Worry Monster  
tells you on these cards:**

A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.A blank rectangular card with a thick pink horizontal line near the top and several thinner pink horizontal lines below it. The card is framed by a black border and has a slight 3D effect on the left side.

**Write calm, positive thoughts that you  
can tell yourself to make the Worry  
Monster go away on these cards.**





**Write worries that the Worry Monster  
tells you on these cards:**



**Write calm, positive thoughts that you  
can tell yourself to make the Worry  
Monster go away on these cards.**

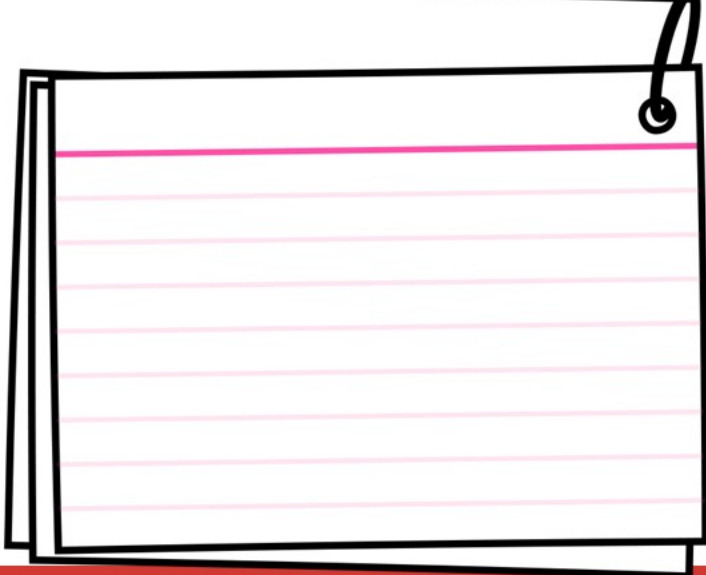
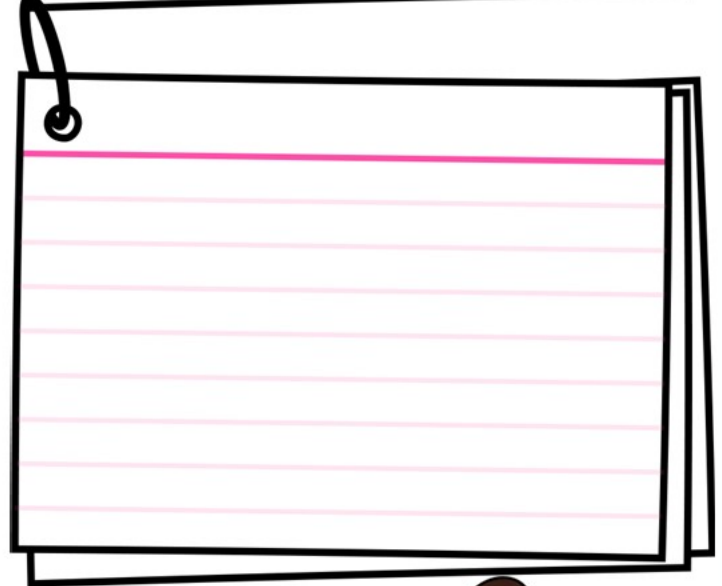
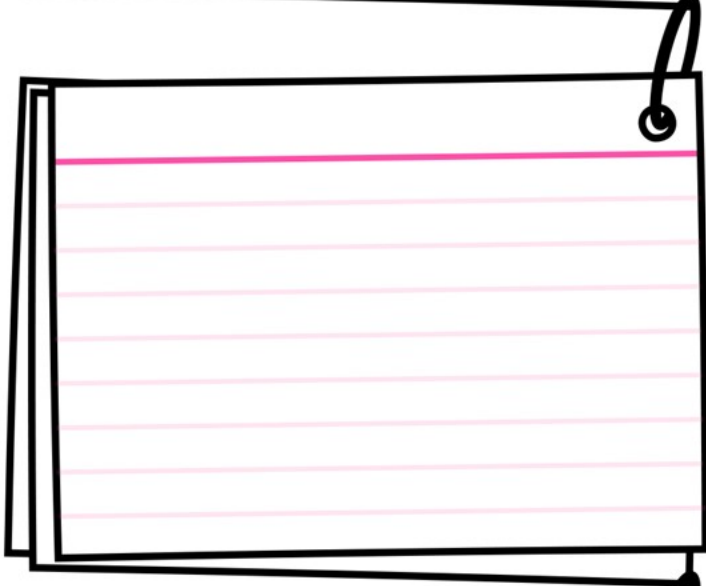
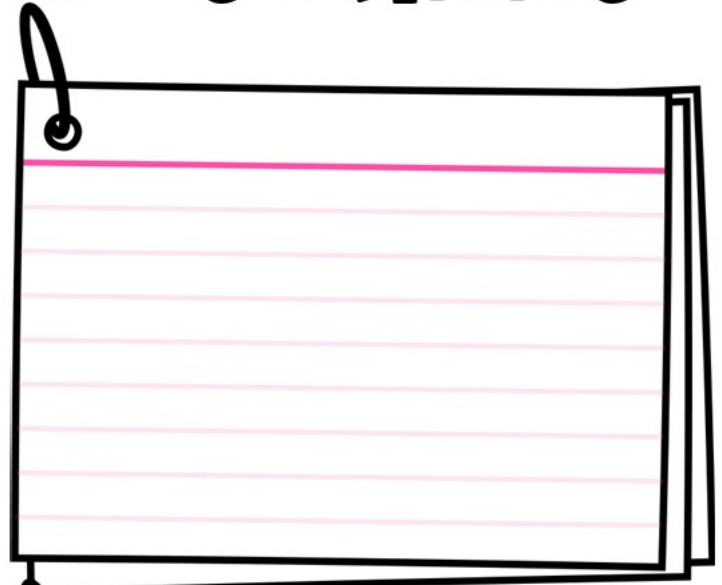
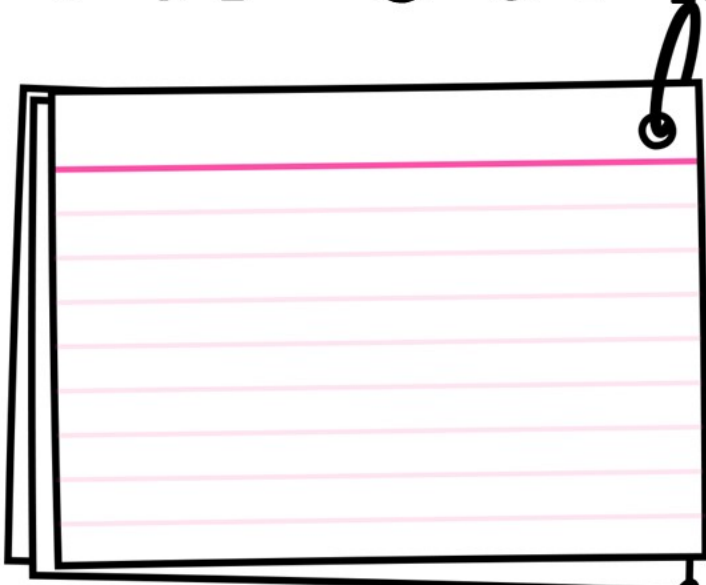


# **Cut-and- Paste Activity**



Name: \_\_\_\_\_

# MY COPING SKILLS



Please cut out these coping skills and glue your 5 favorites onto the "MY COPING SKILLS" page.

Squeeze  
a stress  
ball



Go to  
the Calm  
Corner



Stretch



Hug a  
pillow



Imagine  
a happy  
place



Drink a glass  
of water





Please cut out these coping skills and glue your 5 favorites onto the "MY COPING SKILLS" page.

Read a  
book



Take deep  
breaths



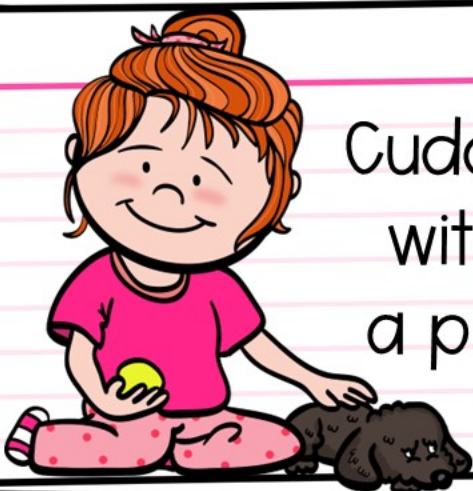
Write or  
draw



Count to 10



Cuddle  
with  
a pet



Listen to  
music



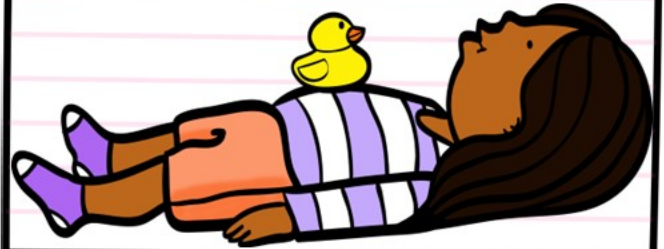


Please cut out these coping skills and glue your 5 favorites onto the "MY COPING SKILLS" page.

Get some  
fresh air  
outside



Try belly breathing



Take a bath

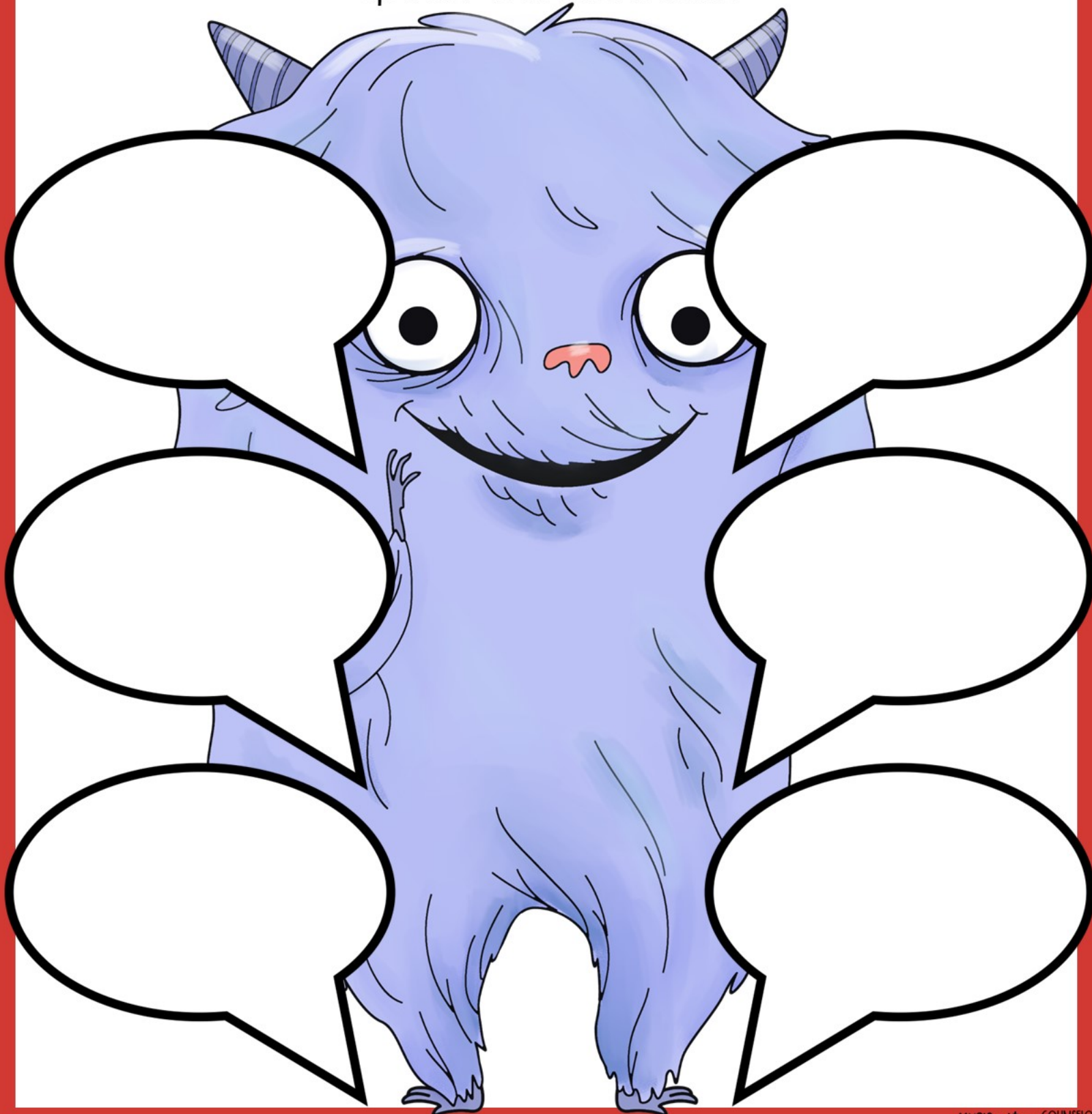


# **Worksheets & Coloring Pages**

Name: \_\_\_\_\_

# MY WORRY MONSTER

Write the worries that your Worry Monster tells you on the speech bubbles below.





Name: \_\_\_\_\_

# MY CALM THOUGHTS

Write the calm thoughts that you can tell yourself to make your Worry Monster go away on the speech bubbles below.



Name: \_\_\_\_\_

# MY WORRY MONSTER

Draw your Worry Monster below.

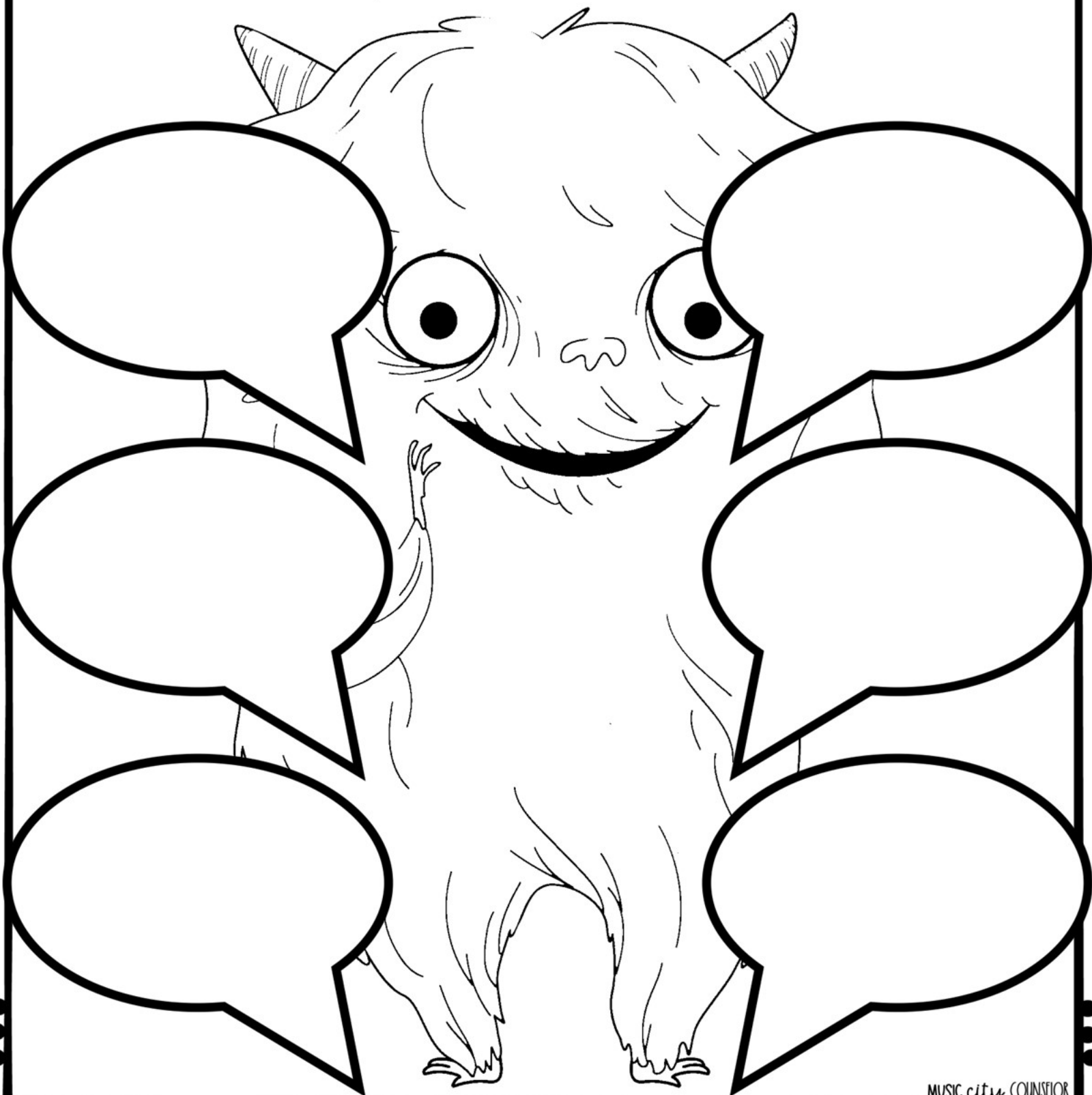
Write in the speech bubbles the worries he/she tells you.



Name: \_\_\_\_\_

# MY WORRY MONSTER

Write the worries that your Worry Monster tells you on the speech bubbles below.





Name: \_\_\_\_\_

# MY CALM THOUGHTS

Write the calm thoughts that you can tell yourself to make your Worry Monster go away on the speech bubbles below.



Name: \_\_\_\_\_

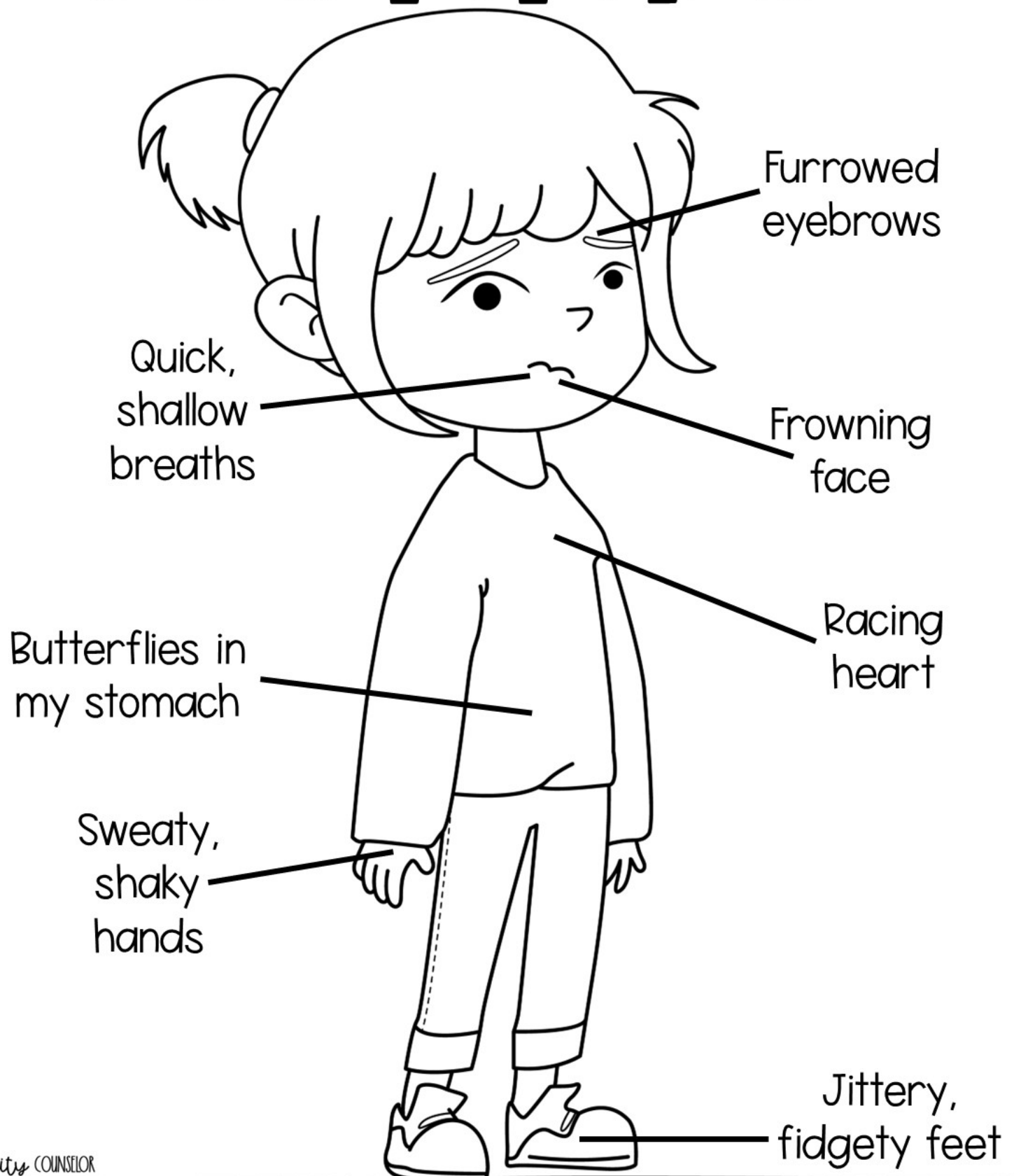
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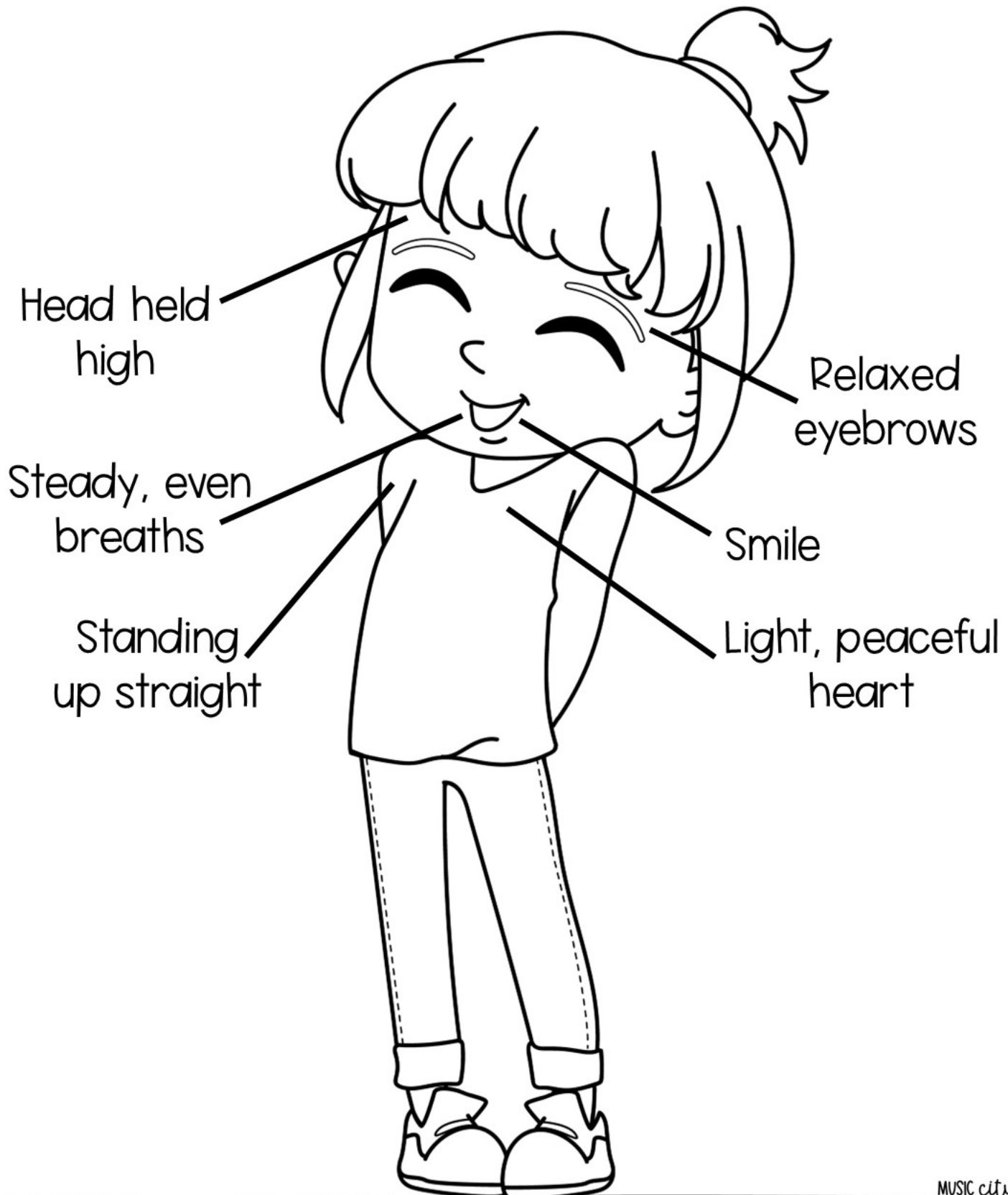


# WORRIED





# CALM



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