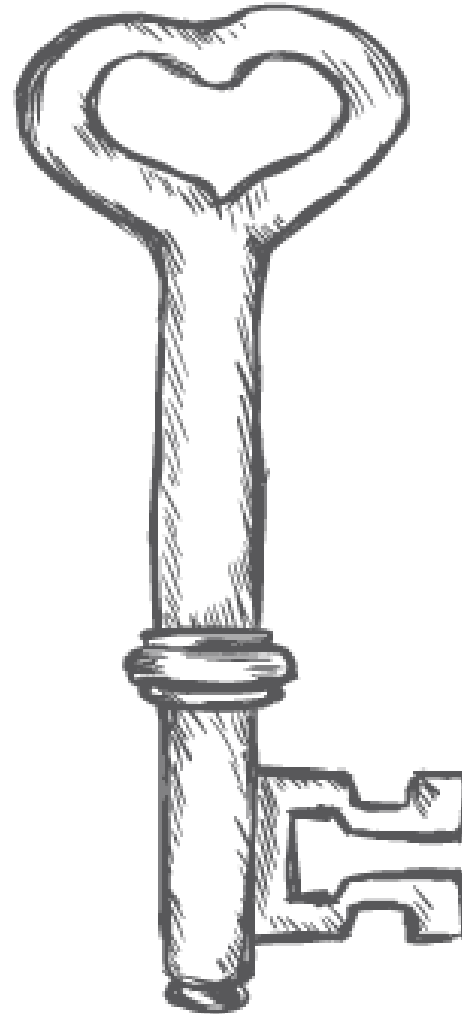
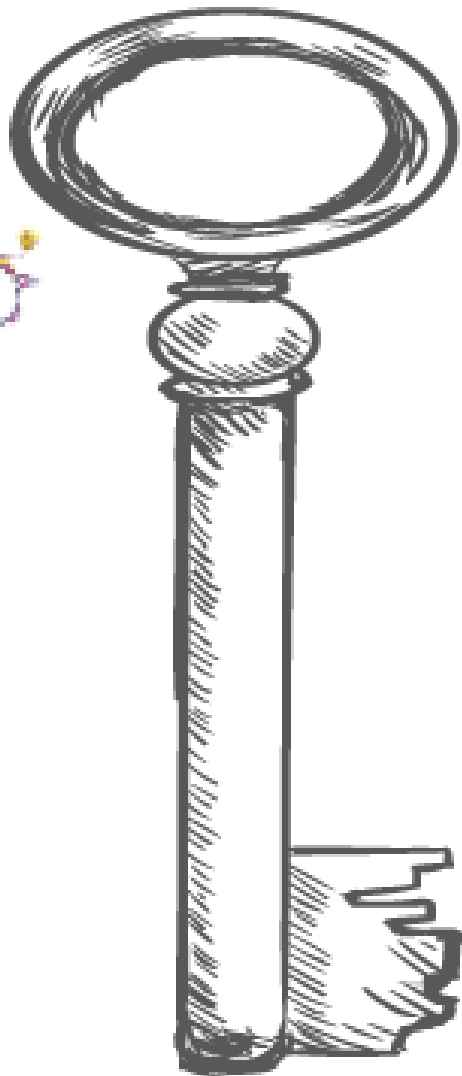


Don't Feed the Worry Bug

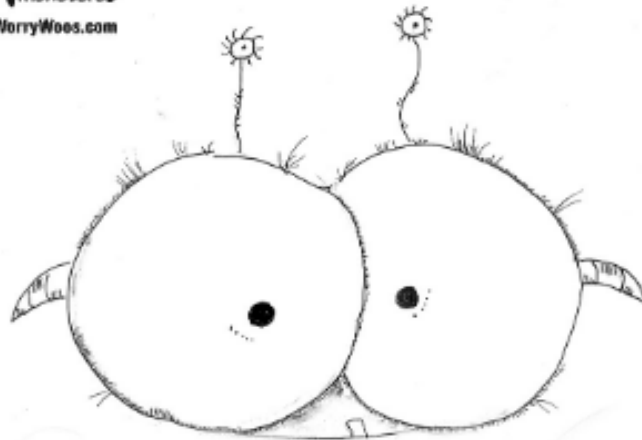
On the blank keys write down ways that you can 'be free of the WorryBug'.
Some of the ideas that Wince used were playing with friends, and baking.

*This will identify coping methods that can be used to help them deal with everyday worries.



Don't Feed the Worry Bug

Draw you're own worry bug.



Don't Feed the Worry Bug

What are things that are similar between you and Wince and what are things that are different

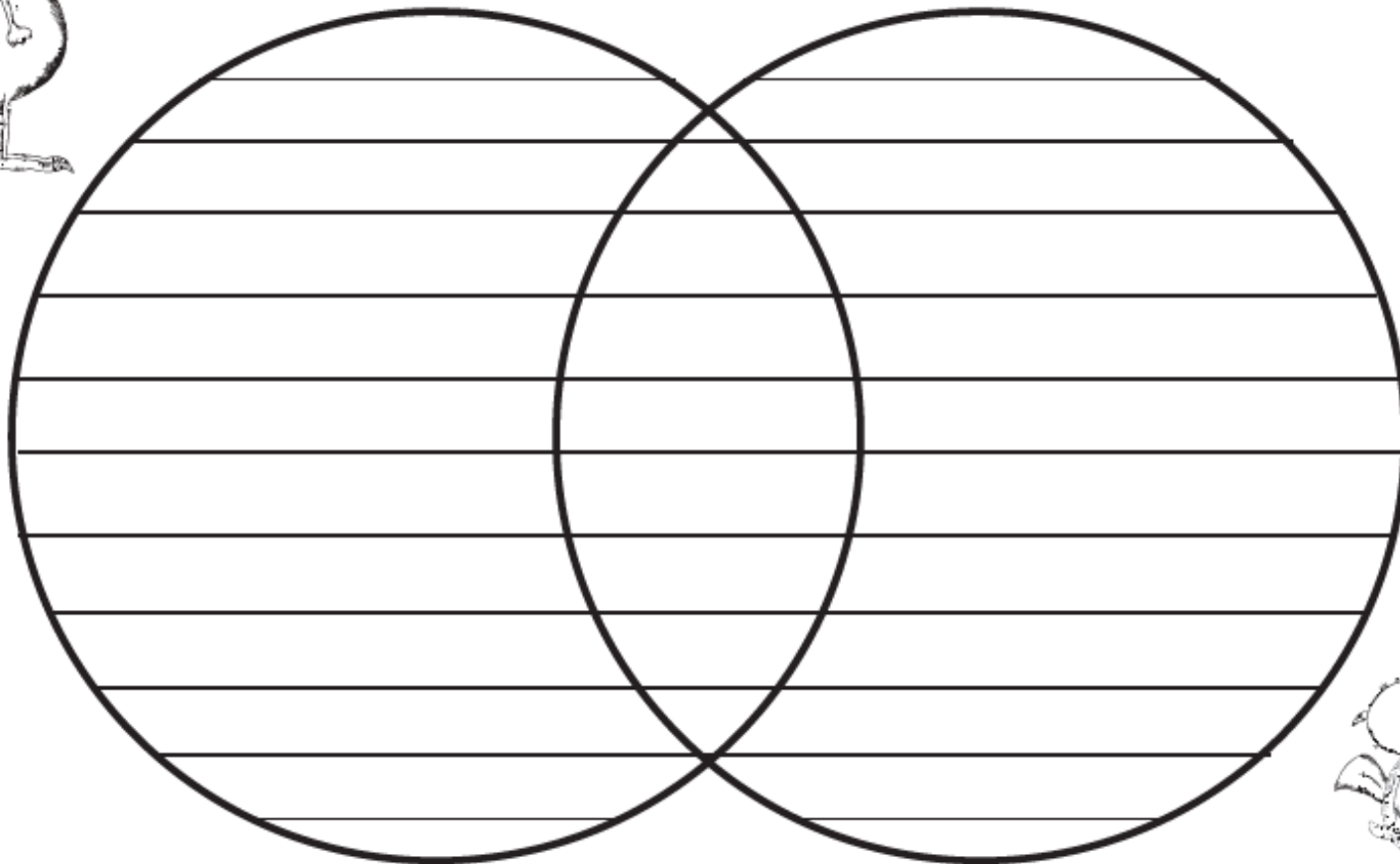


Venn Diagram

You

Both

Wince



The Very Frustrated Monster

What is something that frustrates you? How do you deal with your frustrations?

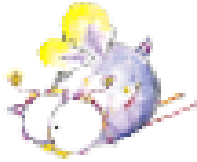
Other Volcano Words From the Book

frustrated
fuss
brim
pressure
flushed
bristled
brewed
overwhelmed
scurried
monstrous
awry
spoil



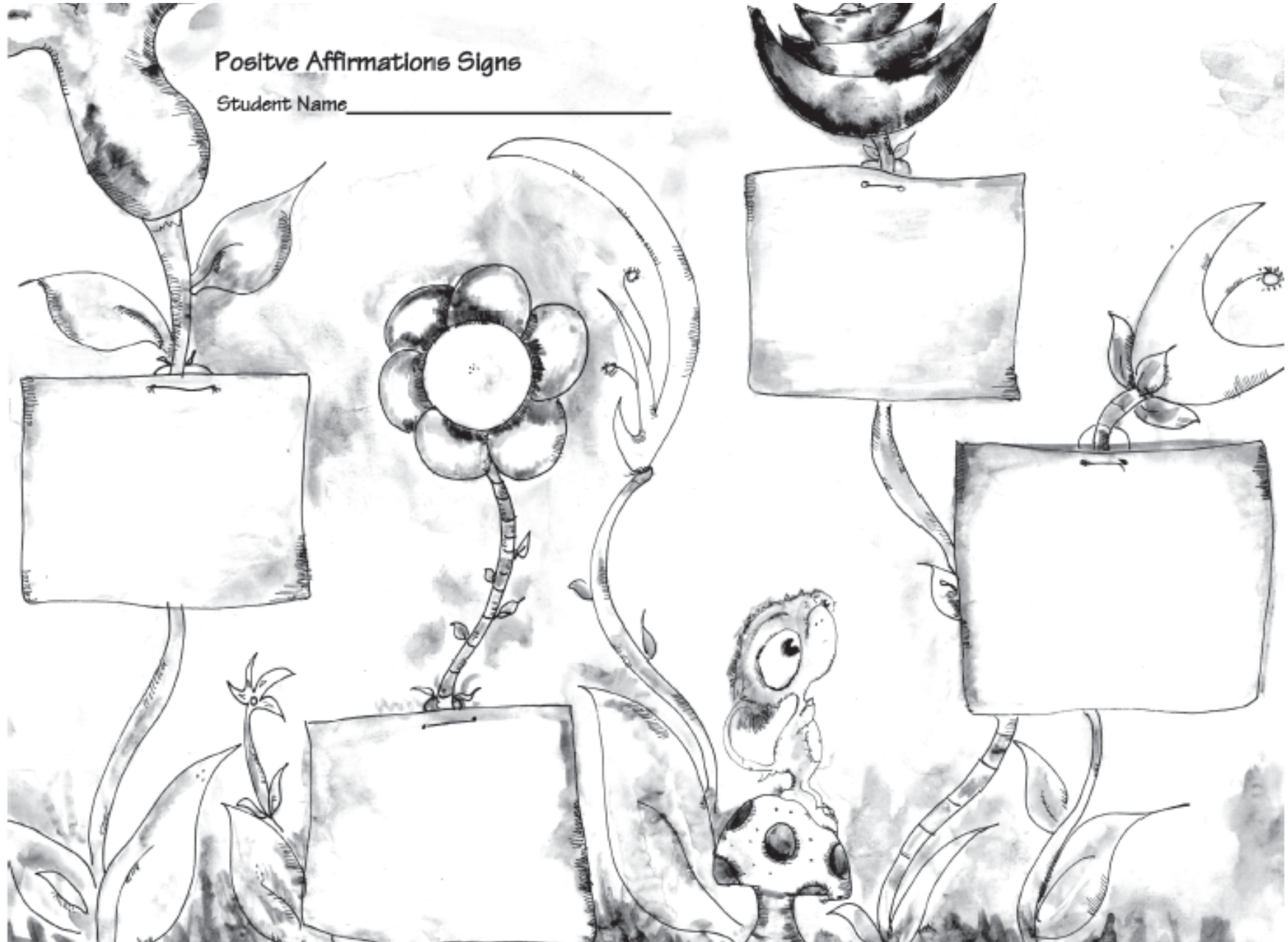
Name one thing that frustrates you.

Why does it frustrate you?



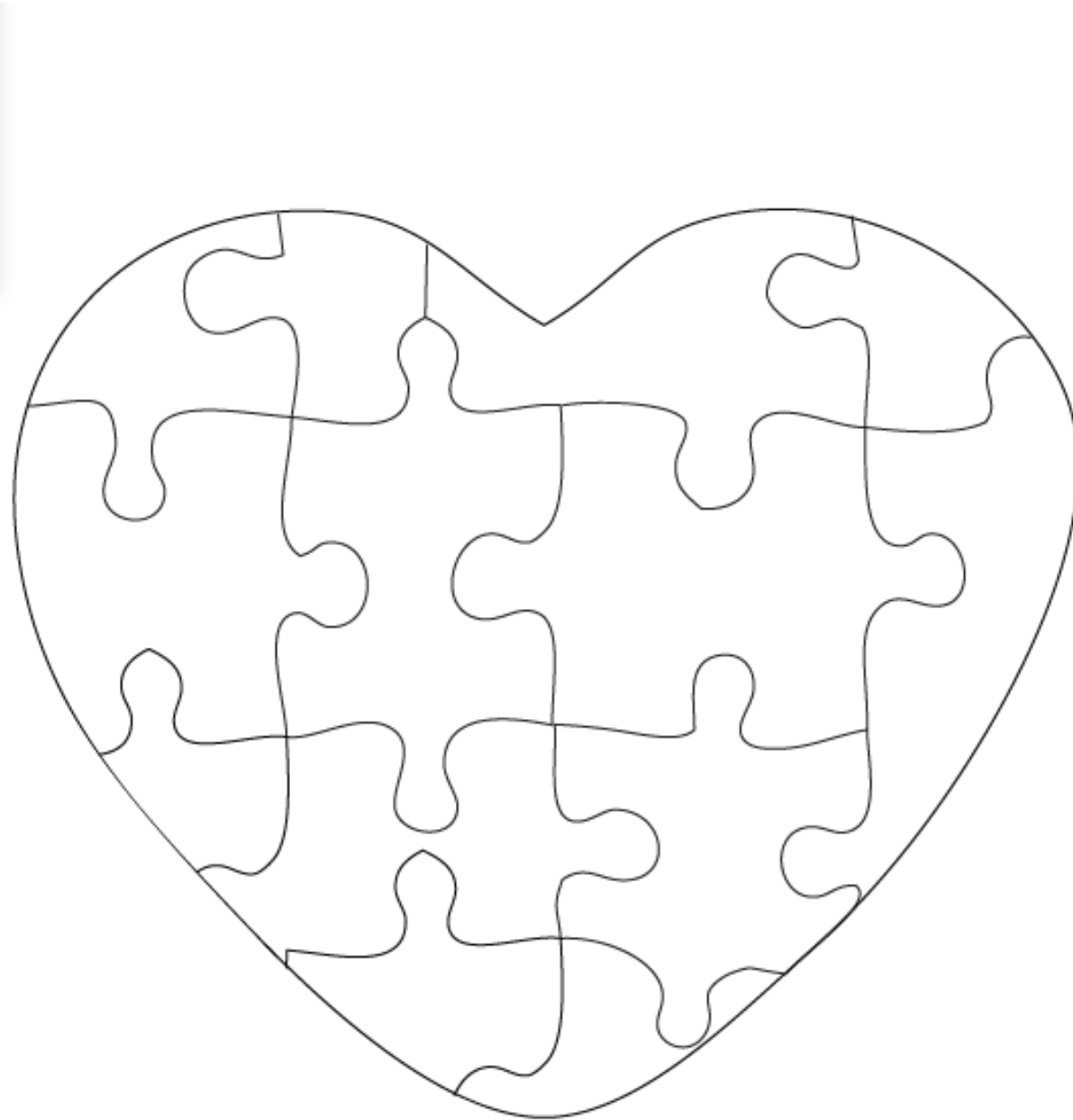
The Monster Who Couldn't Decide

With the help of a friend, Fuddle was able to see that even when decisions in life can be overwhelming, just believing in yourself and following your heart will help lead you in the right direction. Make a garden just like Fuddle's friend's by adding positive words.



The Monster Who Couldn't Decide

Create your own personal heart by filling each section of the puzzle with a way you follow your heart.



The Monster in the Bubble

Let your bubble go.

You will need a balloon and a permanent marker for the activity

1. On your balloon write one fear that you want to overcome.e.g. join soccer,make new friends.
2. Blow up your balloon and hold it tight so the air doesn't escape

Squeek had to learn to 'step outside of the bubble' in order to learn how to cope with his problems. Now you will get the chance to take that first step of letting go of your bubble...and a fear.



3. Now it is time to let go of your fears. On the count of 3 let go of your balloons. Ready? 1-2-3!