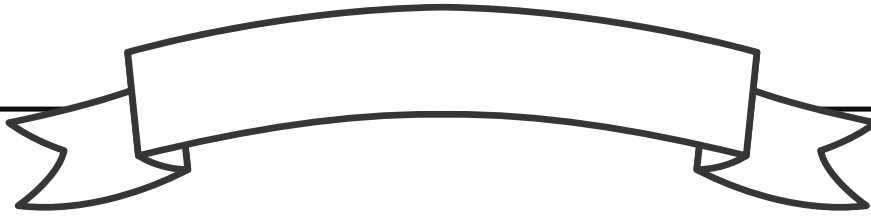


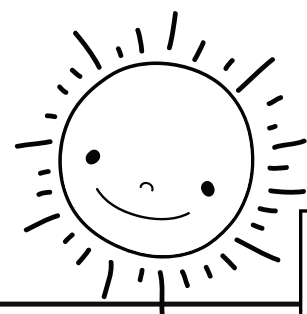
NAMING MY WORRY MONSTER

1. Read *Ruby Finds a Worry* by Tom Percival (*A Big Bright Feelings Book*).
2. What's worrying you? Think of this worry as a bossy monster, making you think worrisome thoughts when you don't really want to.
3. Draw a picture of your worry monster in the space below. Write its name in the banner.
4. Talk about your creation. Why did you draw it this way? Why did you choose this name?
5. Who can you talk with about your worry monster? Can you tell it to back off? Remind yourself it isn't real? Imagine pelting it with water balloons or silly string?
6. Together, come up with a strategy for the next time your worry monster is bugging you.



NAMING MY PEACEFUL PET

1. Read *What Does Peace Feel Like?* by Vladimir Radunsky.
2. What makes you peaceful? Think of this peaceful feeling as a pet you'd like adopt.
3. Draw a picture of your peaceful pet in the space below. Give it a name.
4. Talk about your creation. Why did you draw it this way? Why did you choose this name?
5. Talk about different ways you can call this peaceful character to mind when you're feeling stressed.



GROWING A HOPE GARDEN

1. Read *The Littlest Gardener* by Emily Hughes.
2. What makes you feel hopeful and optimistic? Imagine you could grow the things you hope for in your very own garden.
3. Draw a picture of this garden of hopeful things.
4. Talk about your creation. Why did you draw it this way?
5. Talk about different ways you can tend this garden in your heart.

