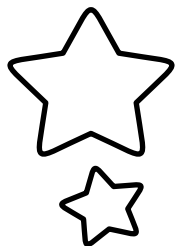


*A Worry Wart is a pretend character that lives in your mind and whispers negative thoughts.
This is Felix's Worry Wart.*

WORRY WART STATION



*Can you draw a picture of your pretend Worry Wart?
Does it have a name?*



WORRY WART STATION

*Worry Warts aren't real.
We're using our imaginations to pretend
that our negative thoughts are Worry Warts.
You won't actually hear them talking.*



You can talk back to your Worry Wart when it whispers negative thoughts.

If your worry wart says: "You won't make friends at school."

You can say: "That's not true. I like making new friends."

Draw pictures of your worry wart getting smaller and smaller and smaller the more you talk to it.