

# Signs of Worry

"Worries" Bookisode

## Part 1

.....

### Instructions:

Label the body sensations the characters felt in the story. An example has been done for you.

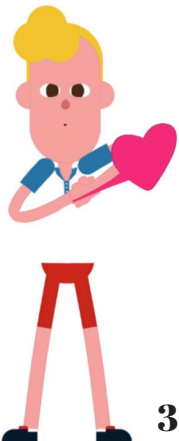
### Example:



1. Upset stomach  
\_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



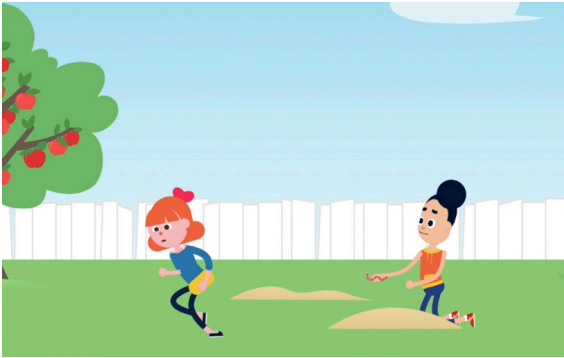
4. \_\_\_\_\_



## Part 2

### Instructions:

What does Daisy do in these scenes to let you know that she is feeling worried?



1.

---

---

---

---



2.

---

---

---

---



3.

---

---

---

---

## Part 3

### Instructions:

Draw about a time when you felt worried and write about it.



---

---

---

---

# Answer Sheet:

## Part 1

1. Upset stomach
2. Too many thoughts/racing thoughts
3. Pounding/racing heart
4. Lump in her throat/hard to swallow

## Part 2

1. Daisy runs away when she sees the worm.
2. Daisy holds onto her mother and won't let her go to the store.
3. Daisy is having trouble falling asleep.

## Part 3:

Answers will vary