

A Feel Better Book



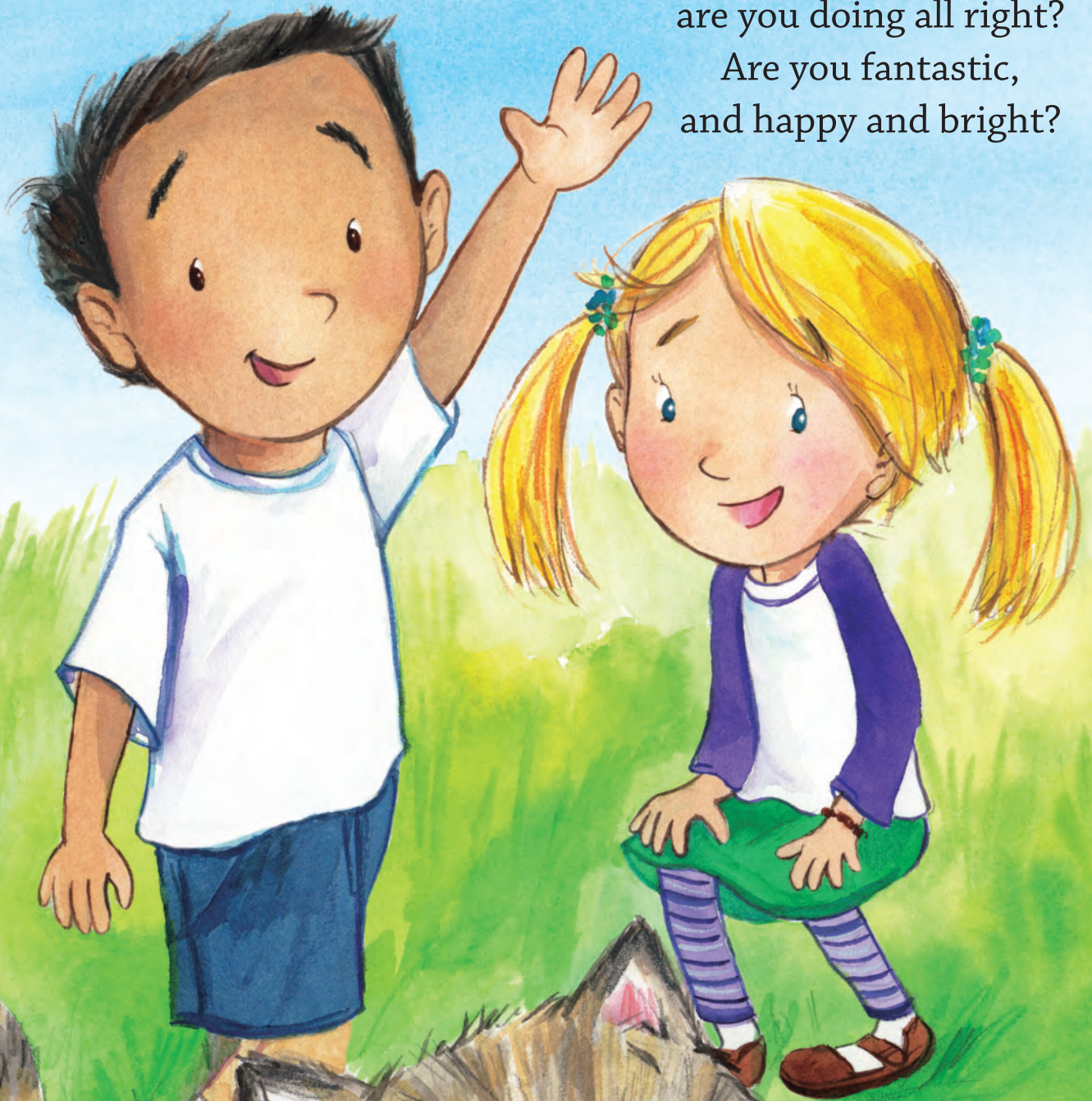
for Little Worriers



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illustrated by Shirley Ng-Benitez

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How's it going today,
are you doing all right?
Are you fantastic,
and happy and bright?





Or do you feel troubled
and perhaps a bit funny,
like butterflies are fluttering
around in your tummy?

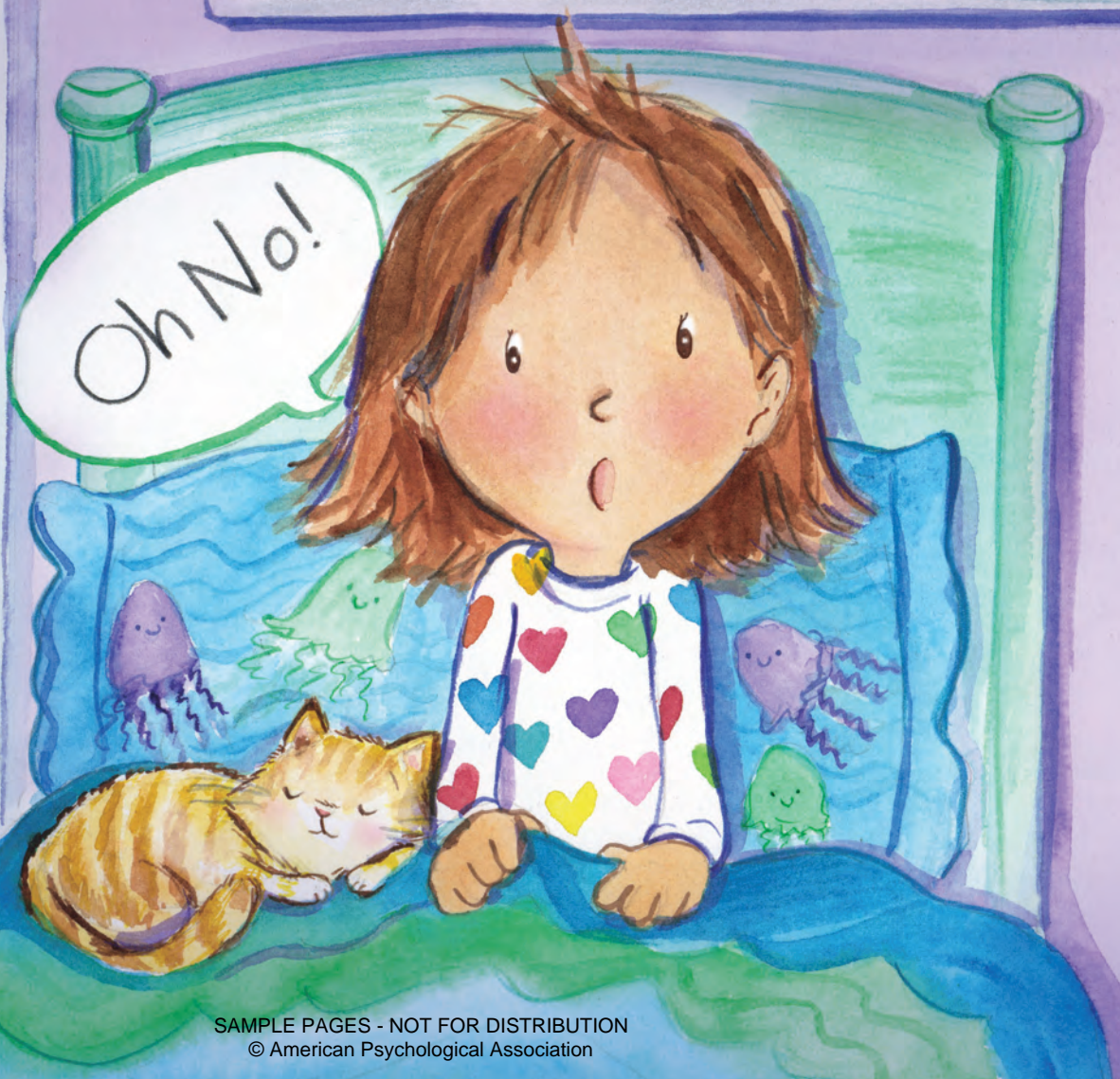


Is your heart beating fast
like it's in a big hurry?
If your answer is yes,
then you might have a worry.



What is a worry?
It's thinking a thought
that something might happen
or that it might not.

The thoughts that you think
create feelings you feel.
They're no fun at all
and you wish they weren't real.



Worries are
normal,
they aren't
always so bad.
Everyone
has them.
Even Moms!
Even Dads!





Children's / Emotions / Worry
Ages 3-6



**Worries can feel like a BIG problem to a LITTLE kid!
A *Feel Better Book for Little Worriers* assures kids that having
some worries is normal—everyone has them, even adults!
The rhyming narration helps kids to identify a worry and where
it might come from, as well as provides them with helpful tools
to reduce and cope with worries.**

**Includes a *Note to Parents and Caregivers* with more information
on how you can help your little worrier to stay calm.**

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