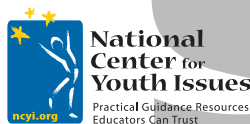


# For Natalie

## -Julia

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My name is Wilma Jean. Last Friday, I didn't want to get out of bed because I didn't want to go to school...so I pretended to be asleep.



I think I had the worry flu.

Every morning, when I wake up, I feel just fine,  
but then...



“I worry about worrying so much,  
because that’s all I do.

I worry that I’ll always have  
the bad worry flu.

Oh, and I worry about the weather, too!”



My teacher wrote and wrote and wrote. Then she drew a big line across the board. On the top of the line she wrote the words: "Worries I can control." On the bottom she wrote: "Worries I cannot control." Then she had me stick all of my worries up on the board where I thought they belonged:

"Wilma Jean, I know just what to do.  
I can help you get rid of your bad worry flu.  
The things that you worry about are easy to fix.  
Just let me use some of my great teacher tricks."

