

Let's teach worry

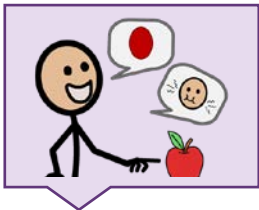
Each of us **WORRY** about something at some point. It's okay to **WORRY** and some of us **WORRY** more than others. The word **WORRY** is an emotion that can be taught at a young age.

Feeling **WORRIED** is different than feeling sad or scared. Recognizing when our children feel **WORRIED** will help teach this common emotion.



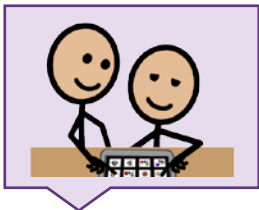
FIND

Find the word in the vocabulary. **WORRY** is a verb, so it will typically be a green word. It is often located on the ACTIONS page of many vocabularies. **WORRIED** is found on the DESCRIBE page and used to teach emotion. If you can't find **WORRY**, use the Word Finder feature to learn where it is. If it is not in the vocabulary, you may want to add it.



INTRODUCE

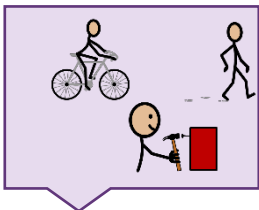
Use **WORRY** in context and try to explain it at the learner's level. Modeling, touching the word in the vocabulary as you say it, may help. Here's an example: "**WORRY** is when you think something bad happened."



MODEL

Model the word throughout the day, touching **WORRY** in the vocabulary anytime you say it.

"What are you **WORRYING** about?" "She is **WORRIED** about her friend." "Don't **WORRY**." "They **WORRY** about her health." "His greatest **WORRY** is that the dog will get lost."

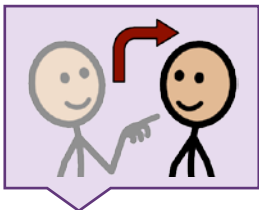


ENCOURAGE

Create activities to provide lots of models and practice with **WORRY**.

Book: *Wilma Jean the **WORRY** Machine* by Julia Cook
Activity: Draw faces with different emotions, including **WORRY**.

Song: "Don't **WORRY**, Be Happy"



EXPECT

Create opportunities for the learner to say the word. Make sure to wait, and look so they know it is expected.

Recognize when someone feels **WORRIED**. Encourage expression of this emotion, "I'm **WORRIED**."