



# Developing Social & Emotional Intelligence **STEAM LESSON PLANS**



## COMPOSTING WORRIES

The STEAM lessons provided are SEL adjacent. These lessons pull out a figurative theme or point within the WorryWoo stories and explore it through science, technology, engineering and mathematic activities. These add- on lessons provide comprehensive, curriculum which is tied to the WorryWoos SEL Program. Each WorryWoo STEM lesson will adhere to the STEM learning standards for grades K-5.

### Standards:

For a full list of Standards addressed, see our SEL/STEM Standards Guide on page

### Objective:

Students will be able to recognize, identify and express the emotion “worry”.

Students will begin to identify positive ways they can cope with worry in their own lives.

Students will observe and communicate that animals and plants need food, water, and air to survive

### Materials

Worry Bug Illustration, STEAM Worksheet Wince Illustration Drawing Supplies Scissors Food Processor Flower molds\* Wildflower Seeds Planter Pots\*\* Soil Spoons Worry Bug Plush,

\*Chocolate or Soap Flower Molds found on Amazon or craft store

\*\*Biodegradable Peat Pots Seed Planters, Seed Starting Pots found on Amazon or a Garden Store

### Activity 1: Read: “Don’t Feed the Worry Bug”.

#### Reflective Questions

- What was Wince’s problem in the story?
- What were some of the things Wince worried about?

#### Write answers on board to use in next activity

Examples: Homework, Laundry, Baking the Cookies, Getting a good grade.

#### Story Tie-in Script

*Wince learned to not let his worries get so big that the worry bug took over his life. He got help from his friends and turned his worry bug into something small and manageable. How can we make our worries into something new?*

#### Activity2: Naming our Worries

- Pass out Worry Bug Illustration.
- Ask Students to write (or draw) a worry they may have in the center.
- Color the Illustration.
- Rip up the Worry Illustration.
- Discuss what it feels like to “open up” and release some of the worries that tend to consume our day to day living.
- Reflect on the book and the different strategies we can use to overcome our stressful thoughts, ie - WorryBug Belly Breaths, Fingers and Toes



### Activity 3: Creating our Worry Pods

Review how a seed can grow and what it needs  
Add ripped up paper to hot water  
Let soak 10-15 Minutes

#### (Pass out Seed Worksheet during this time)

Blend paper in the food processor until it becomes pulpy,  
Drain out the excess water  
Push it in the pods so that it is filled about halfway,  
Add some wildflower seeds,  
Fill up the pod to the top with more pulp,  
Pat dry with a paper towel to remove excess water  
Let it sit for about 24 hours

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## DAY 2

### Activity 1: Review

Re-read Don't Feed the Worry Bug (optional)

#### Discussion Questions:

- Who remembers what friend we met yesterday?
  - What was their problem? How did they solve it?
  - Reflective Questions:
    - Have you ever worried about getting into trouble?
    - Have you ever been worried and didn't know what to do?
    - What could you do to help beat these worries?
- (Write suggestions on the board or newsprint)

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### Activity 2: Planting the Worry Pods

- Pop out the pods
- Pass out planters, soil and tools
- Fill have the planter with soil
- Add the pods
- Cover with soil
- Water
- Place in a sunny area

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### Activity 3: Closing

Review suggestions that help beat worries  
Review a big deep belly breath  
Inhale for 3 count  
Exhale for 3 count

#### Group Song

(To the tune: Shoo Fly, don't bother me)  
Shoo Bug, don't bother me  
Shoo Bug, don't bother me  
Shoo Bug, don't bother me  
Cus I don't need these worries!

#### Optional - Wince Illustration

How does Wince feel now he has beaten the WorryBug?

#### Follow up

Don't forget to water your plants! Share your garden with your school and all of us at WorryWoos!