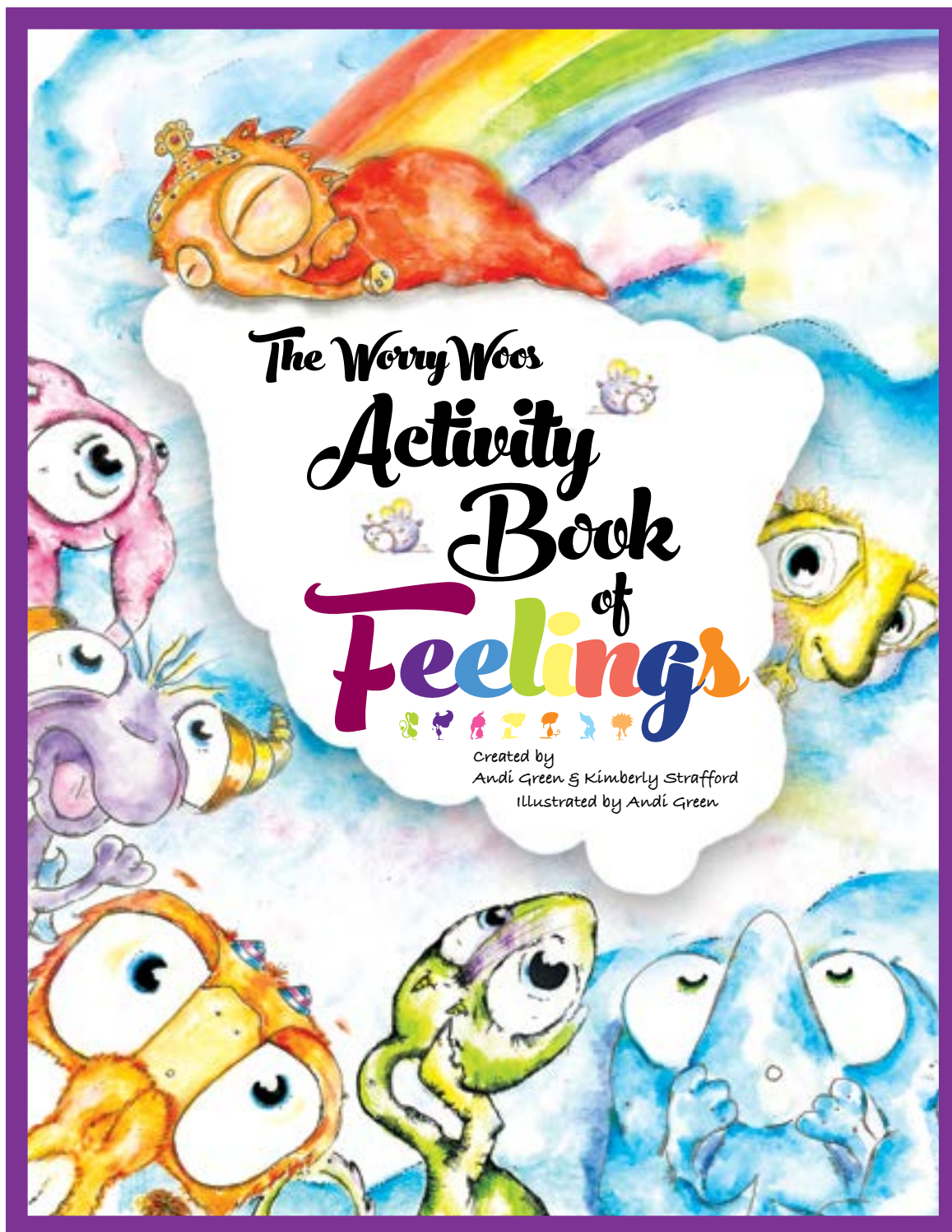


Thank you for downloading a sample of
the WorryWoo Activity Book of Feelings.



For more information on the WorryWoos visit
us at WorryWoos.com. Use code **ACTIVITYBOOK**
to get 20% off all WorryWoo SEL Sets.

Code can only be used at WorryWoos.com expires 4/14/2024

Feeling Worried?

Wince feels less anxious when he shares what's on his mind.

Anxious: experiencing worry, nervousness or restlessness

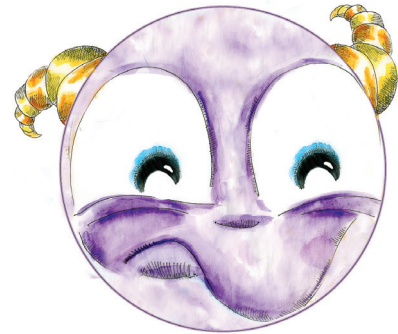
I feel anxious when:

Draw a picture of a time when you were anxious.



Twitch's Feelings Faces

Twitch always feels frustrated, but he also has a lot of other feelings.
Write what emotion YOU THINK he is feeling below each face.



Bravery Memory Jar

Think of a time when you were afraid to try something new but did it anyway.
Write about it on the lines below. Draw a picture of this memory inside the jar.



[illegible]

A hand-drawn sign with a yellow background and a black border. The text 'Flower' is written in a simple, slightly slanted font. Below it, 'CAKES' is written in a larger, bold, all-caps font. A horizontal line is drawn under 'CAKES', and below that line, the price '25¢' is written. The sign has a slightly irregular, hand-drawn appearance.



Worry Woo Word Search

Solve the following puzzle by finding all the hidden words in the list below!

H	N	F	T					N	F	C	C									
R	B	R	E	O	A			H	L	I	U	Y	O							
R	K	N	O	F	N	E	S	U	R	O	N	N	I	G	B					
C	T	V	W	O	N	L	C	C	G	E	W	R	N	S	N	R	R	S	N	
Y	Y	W	E	R	E	O	O	N	H	I	P	S	C	E	E	H	F	A	V	O
N	T	V	O	C	P	R	N	T	E	I	R	L	O	L	C	A	C	T	I	R
S	N	E	F	R	U	S	T	R	A	T	I	O	N	I	U	P	E	I	R	T
I	T	R	F	C	R	T	R	H	L	T	N	C	F	N	R	P	G	T	S	S
R	E	B	S	H	N	Y	O	C	N	E	L	D	I	E	I	I	L	U	P	R
P	L	T	A	E	K	L	H	S	C	E	E	D	S	T	N	T	D	F		
N	G	R	N	E	I	O	E	E	O	T	R	E	S	Y	E	S	E	Y		
F	A	G	R	N	C	N	L	N	B	R	N	N	E	S	E	-				
V	E	E	Y	D	V	K	F	F	S	D	C	Y	U	S	E	C				
E	H	O	N	N	Y	-	U	B	C	E	F	C	C	R						
V	K	E	G	L	L	S	R	B	Y	C	O	F								
N	S	C	A	O	I	A	E	S	E	S										
S	R	E	V	O	V	S	N	O												
R	O	E	N	E	L	E														
R	C	V	R	C																
O	S	Y																		
G																				

Word List

LONELINESS	GRATITUDE
INSECURITY	KINDNESS
FRUSTRATION	CONFIDENCE
WORRY	CONTROL
ENVY	HAPPINESS
CHANGE	BRAVERY
CONFUSION	SELF-LOVE

