

# WAY PAST WORRIED



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## LIBRARY LESSON PLAN

### PRE-READING IDEAS

**Strike a Pose:** Stand up and strike a pose that shows what it looks like when you feel worried. Describe your *Worry Pose*. How do you feel when you make that pose?

**Discuss:** What makes you feel worried?

Do you remember the last time you felt worried? What happened?

**Connect:** In *Way Past Worried*, the main character, Brock, gets worried before he leaves for his friend's birthday party. What could have made Brock feel worried before the party?

**Pre-Reading Questions:** What do you think Brock's *Worry Pose* will look like? Can you show us? What would you do if you felt worried to go to a party? What do you think Brock will do?

**Action Item:** As we read, check out Brock's *Worry Poses* in the pictures. Also, try to answer these questions: What makes Brock feel even more worried? What helps Brock feel less worried?

### POST-READING IDEAS

**Respond:** What made Brock feel worried to go to the party?

(possible answers: His brother Bax couldn't go with him. Brock was worried to go by himself.)

What makes Brock feel even more worried?

(possible answers: His costume felt small and got messy. His friends scootered past him. His mind swirled with questions and worrisome thoughts.)

What helps Brock feel less worried?

(possible answers: He takes a break from it [hides]. He lets it out [cries]. He shares it with Nelly [talks about it]. He thinks through the worry with Nelly and tries to show her what is real [his friends are nice] and what is not. He decides to make Nelly his "Worry Partner." They promise to help each other if their worry gets worse. He decides to be brave and face his worry even though it isn't completely gone. He has fun.)

**Discuss:** What are some other things Brock could have done (or tried) to feel less worried? If he didn't meet Nelly, what else could he have tried?

**Extension Questions:** When you're worried, what helps you feel better? When your friend is worried, what can you do? Is it bad to be worried? How can you be worried but brave?

**Wrap Up:** Stand up and make a *Power Pose*, a pose that shows how someone looks when they get past worried or face another big, tough, feeling. What is the name of your pose? When could you use it?

**Follow Up Activities:** 1. Create more *Power Poses*. 2. Create a medal for someone who felt worried but acted brave. 3. Make *Worry Whip*: Being worried can make your thoughts run everywhere like spilled cream! But if you learn to manage this great big feeling, you can calm your thoughts, feel better, and have fun. Try making *Worry Whip* with cream, powered sugar, and vanilla. Whip your worry into something good!