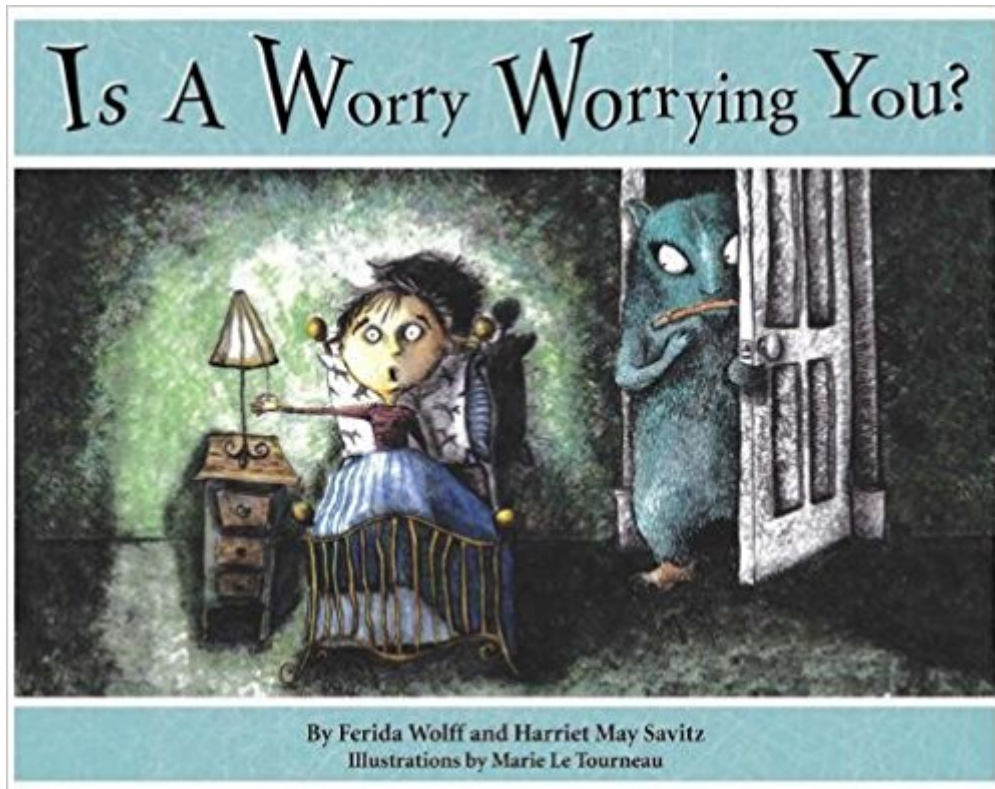




Ebook Directory
the best source of ebook

The book was found

Is A Worry Worrying You?



Synopsis

Adults think of childhood as a carefree time, but the truth is that children worry, and worry a lot, especially in our highly pressurized era. This book addresses children's worries with humor and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.

Book Information

Lexile Measure: 690L (What's this?)

Paperback: 32 pages

Publisher: Tanglewood; 1 edition (April 15, 2005)

Language: English

ISBN-10: 1933718056

ISBN-13: 978-1933718057

Product Dimensions: 8.1 x 0.1 x 10.1 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 83 customer reviews

Best Sellers Rank: #82,672 in Books (See Top 100 in Books) #40 in [Books > Children's Books > Geography & Cultures > Cultural Studies > General](#) #147 in [Books > Children's Books > Literature & Fiction > Short Story Collections](#) #475 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

A friend loaned us this book- it is AMAZING. My 6 year old has begun worrying/ being anxious over anything and everything. This book is just awesome- it describes a worry, then gives examples of situations when you would have a worry, then a possible solution. For example, it has a situation about 100 elephants wanting to come over for a tea party, and you don't have any tea bags. That's a worry! But, you could offer them lemonade instead. Great way to help kids rethink reactions to different situations. We read this once, and my daughter immediately took the book on her own and then re-read the pages, and just kept looking at it. Awesome!

Good story that attempts to put a "face" on worries. Not sure that it helped my son as he is not a kid who thinks like this, but a nice story that gives one options on how to deal with specific "worry"

issues these are funny scenarios though, not ones that could be put into practice .. eg. find out that your new teacher is a bear and what will happen if you forget your homework. So funny, and it does give some skill ideas on how to handle a worry by imagining putting it a box etc. etc. All in all, a nice book, nice artwork, although younger kiddies may find the worry ... well, a worry ! It's pretty scary looking ...

The book can seem a little scary or that it might bring on worries and it's not one you would read with your child everyday. This book has a few different scenarios of one your child may have a worry over. My oldest great nephew who is now 4 years old has a tendency to worry, to be anxious over the bad guys or events coming up. He really needs you to explain what is going on, what will happen during and when something will be over. So when I visited last March I took this book among others. His mom, 2 great aunts and 3 year old brother read the book. Even mom, my niece was a little anxious as we read it. But after I read the last page I told them when I was little I was worried about alligators being under my bed, how I would jump from the hallway onto my bed by running from the far wall of the bathroom which was directly across. Then I told them how I discovered that was silly since alligators live in sunny places with lots of water so there was no way they could be under my bed. That started worry stories from all of us including the little guys and how we can help ourselves or ask for help to stop a worry

Is a Worry Worrying You? Ferida Wolff and Harriet May Savitz Ms. Wolff and Ms. Savitz have written a beautiful book that speaks to children in their own language. Instead of talking at children from the adult's perspective, they enter the childrens' world so they can walk with children and explore their fears and anxieties with them. Rather than being condescending, their lighthearted approach shows a deep respect for childhood and its fears as well as a sound awareness of the inner resources residing in children. Just as fairy tales help children externalize their fears (Bettleheim, B; THE USES OF ENCHANTMENT), IS A WORRY WORRYING YOU? enables children to investigate their fears and tells each child he/she is not alone in having these fears. Finally, the fanciful suggestions entertain and amuse children while the very valid and practical solutions empower children to creatively resolve their concerns. As a former school psychologist in an elementary school, I know that when adults minimize childhood fears, they do not go away but can linger and harm. When I read this with children in my school they responded to it immediately and wanted to hear it again and again. Claire Laufman

AS a book its ok. It actually made my son more anxious bc if the drawings being so dark.

With an exception or two - like suggesting that you sing a lullabye to the monsters in your room - or what if a bird lands on your head and takes you away from your family forever... The book is great. I find myself skipping those pages or sentences and sometimes my son will simply turn the page before I read it because he doesn't like those ideas either... - Do a good read-through before sitting down with your little one so that you are prepared to ad-lib if you feel the dialog is too severe or may be *introducing* new worries to your child. Now, from my son's point of view - "Read the worry book!" is something we hear everyday - often multiple times a day...

The writer of this book is wonderfully creative and I love the message. The reason I rated it with 3 stars is because the artistic approach is a bit too scary for its young audience. I understand the point of the story is to recognize that a "worry" can be scary; however, when the child is already dealing with anxiety and worry, it is unnecessary to create another scary looking monster to portray the invisible "worry." I would suggest using a cloud or something more vague, since it is also written that the "worry" is not really visible. Regardless, if I can read this to my children without showing them the pictures, it is a beautiful message.

I have a very anxious 6 year old and he absolutely loves this book.

[Download to continue reading...](#)

Is a Worry Worrying You? How to Stop Worrying and Start Living: Time-Tested Methods for Conquering Worry The Worry Cure: Seven Steps to Stop Worry from Stopping You "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Get Your Sh*t Together: How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do Get Your Sh*t Together: How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do (No F*cks Given Guide) Get Your Sh*t Together: How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do (A No F*cks Given Guide) Learn What To Expect In Your Divorce So

You Can Stop Worrying: Experienced New Jersey Divorce Attorneys Explain How To Protect What Matters Most To You It's Not All in Your Head: How Worrying about Your Health Could Be Making You Sick--and What You Can Do about It The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying The 9 Steps to Financial Freedom: Practical and Spritual Steps So You Can Stop Worrying The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk The Art of Asking: How I Learned to Stop Worrying and Let People Help Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Dr. Strangelove or: How I learned to Stop Worrying and Love the Bomb (BFI Film Classics) Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)