

Worried

WOLVER



Worksheets

Worried



Included on the CD

- *Front Cover of Wilber's Worries book*
- *Worried Wilber Hand Puppet*
- *Wilber's Wiggles to print off*
- *Wilber's Helpers Balloons*
- *Wilber's Worry Gauge - how Warm is your Worry?*
- *Wilber says Thank You*
- *Let Wilber Burn Your Worry Away*
- *My Five Favourite Things*
- *Five Top Worries*
- *My Calm Place*



WILBERT'S

Worry Book





Cut along the
grey line then
stick the picture
onto a wooden
stick to make a
hand puppet of
Wilber



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



Wilber's Wriggle today
is...



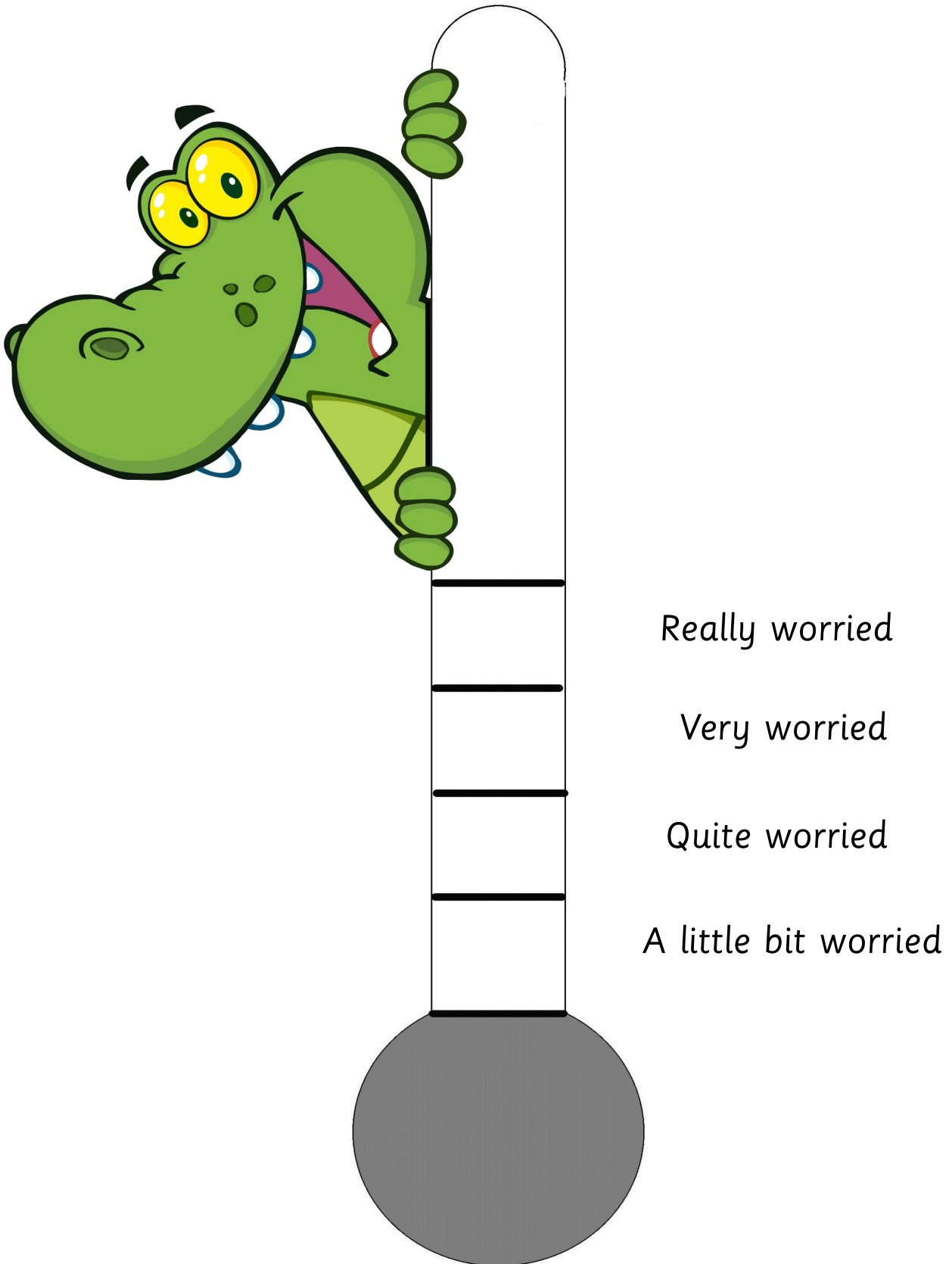
Wilber's Wriggle today
is...



Write the name of someone who can help you on each
balloon

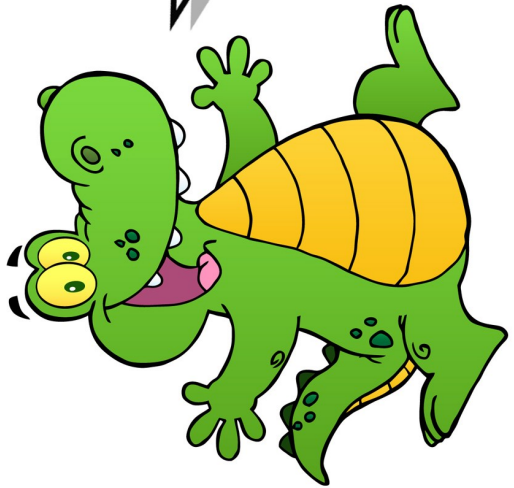
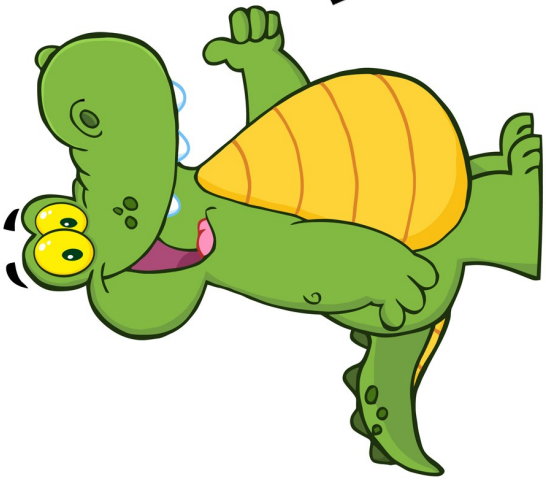
Wilber's Helpers Balloons

How **worried** are you about this?



Wilber's Worry Gauge - How warm is your worry?

Wilber says Thank You

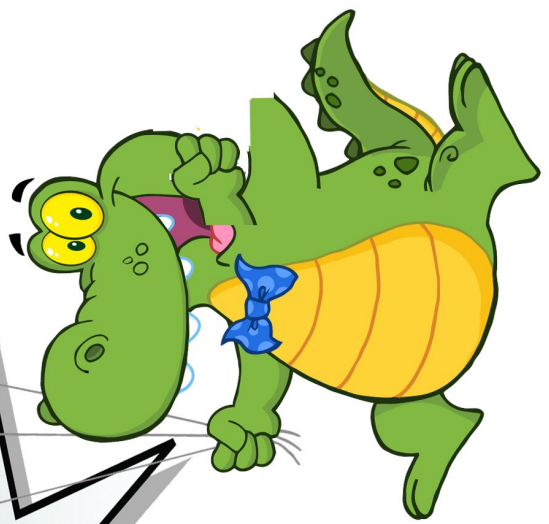
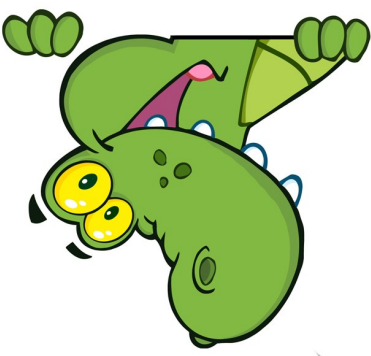
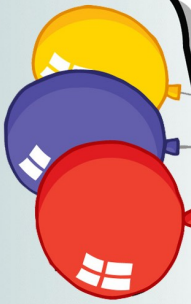


Thank you for ...

Thank you for ...

Thank you for ...

Thank you
for ...



Let Wilber burn your worry away!

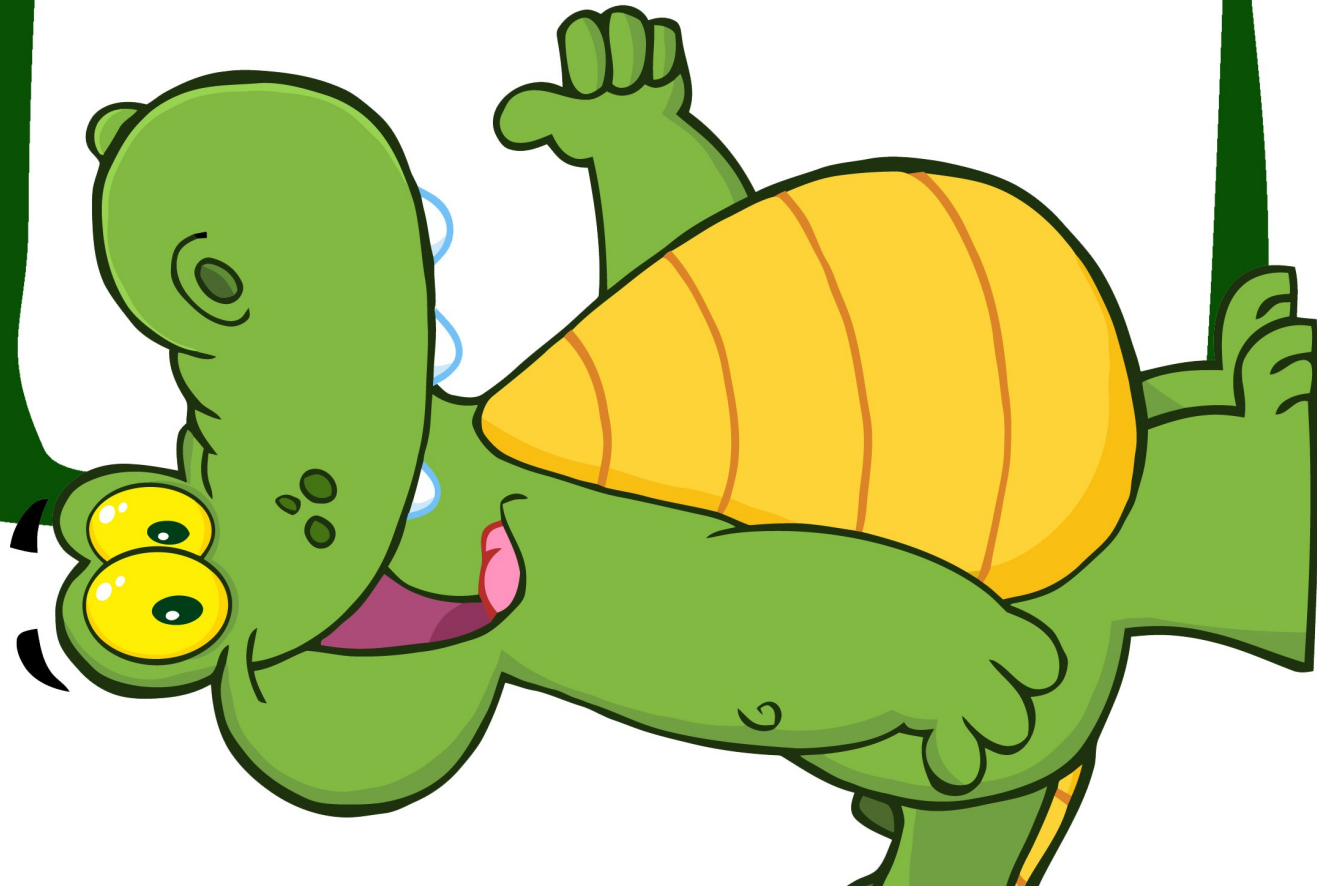


Wilber can breathe fire and burn your worry away.

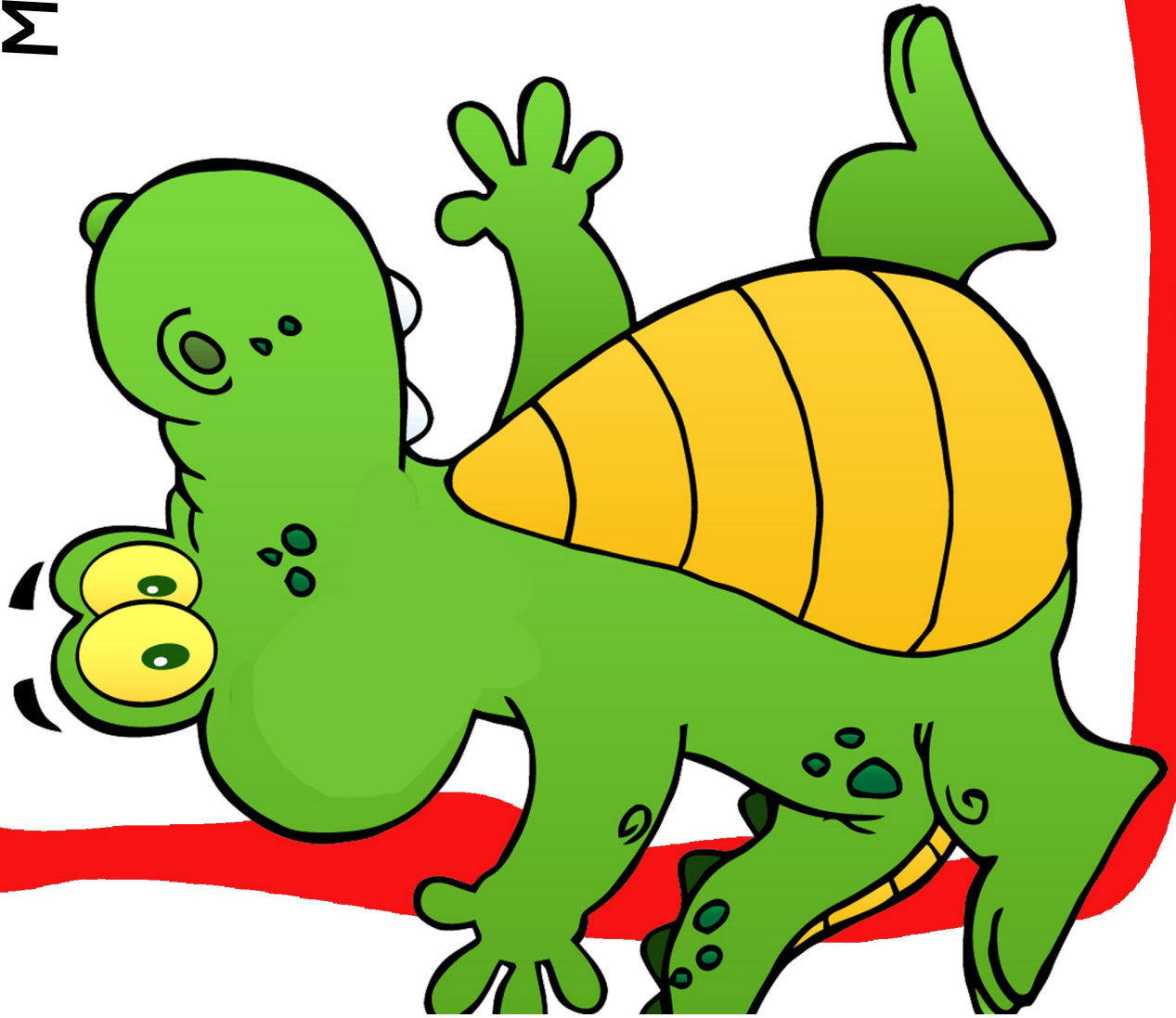
Write it on a piece of paper and put it on Wilber's breath.

Watch it burn away!

My 5 favourite things...



My 5 top worries...



My calm place...

