

SESSION 3

Worry Bug/Creature and Helper Bug/Creature

Now you are going to create several characters. The first character is your WORRY BUG or creature. Everyone may have a worry bug. Sometimes our “bugs” make us worry. Worrying too much makes it hard for us to learn in school, have fun, or hang out with friends.



What does your worry bug/creature look like? _____

What will you call it? _____



Next you are going to create your HELPER BUG or creature. A helper bug is an imaginary creature that helps you “beat” your worry bug! Together, you will defeat your worry bug!

What does your helper bug/creature look like? _____

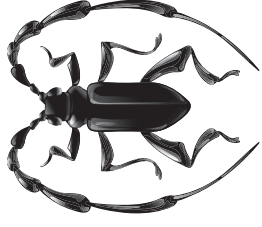
What will you call it? _____

Finally, you will create something that shows you squashing your worry bug/creature!

ZAP! SPLAT!

My Worry Bug/Creature

I'll call it: _____

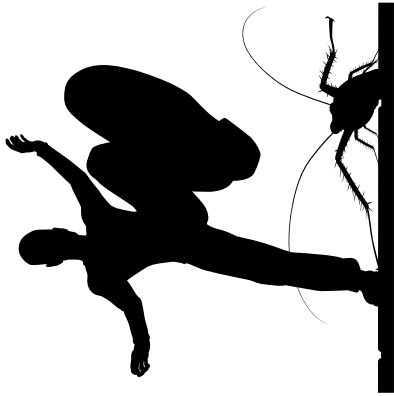


My Helper Bug/Creature

I'll call it: _____



Squashing My Worry Bug/Creature!



POW!
BYE!