

# Social Emotional Learning at Home

DAY 4



## Think:

What are some of the worries Wilma Jean has? Can you relate to her worries?

What happens to Wilma Jean when she worries?

What did Wilma Jean's teacher do to help Wilma Jean with her worrying?

Why is sorting our worries (like Wilma Jean's teacher did) helpful?

## Do:

Make a list of your worries.

## Activity:

Write about something you worry about. Why do you worry about it? How does it affect your life? Can you control it? What are some steps to take to help with this worry?

