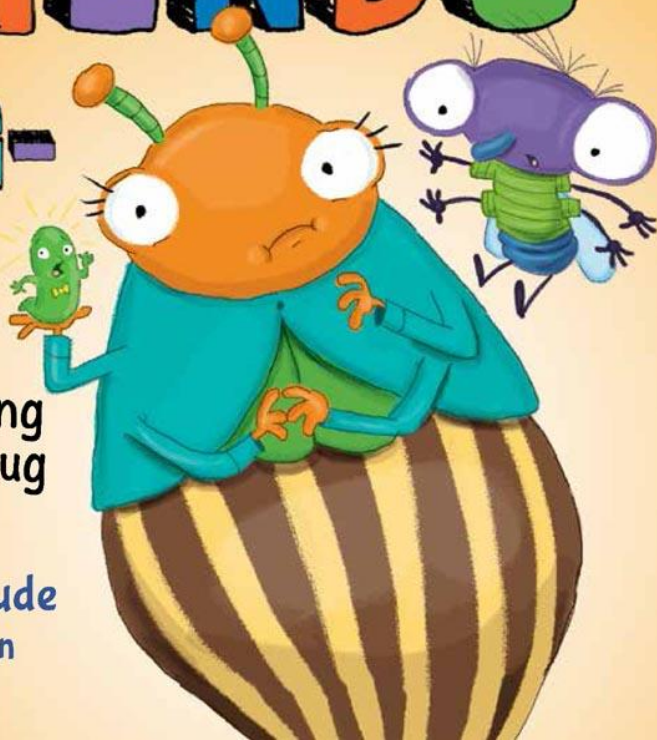


# FREDDIE and FRIENDS

BECOMING-  
-UNSTUCK

a story about letting  
go of your worry bug

Written by **Kimberly Delude**  
Illustrated by **Brian Martin**



## Freddie and Friends: Becoming Unstuck

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ISBN: 978-1-944882-42-6

Published by the Boys Town Press  
13603 Flanagan Blvd.  
Boys Town, NE 68010

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### Publisher's Cataloging-in-Publication Data

Names: Delude, Kimberly, author. | Martin, Brian (Brian Michael), 1978- illustrator.

Title: Freddie and friends- becoming unstuck : a story about letting go of your worry bug / written by Kimberly Delude ; illustrated by Brian Martin.

Description: Boys Town, NE : Boys Town Press, [2019] | Series: Freddie the fly. | Audience: grades K-5. | Summary: Betsy is a beetle who is constantly pestered by her worry bug. His relentless chanting leaves her flat on her back - stuck - and not able to get back up! Can Betsy let go of her worry bug and gain the confidence she needs? -Publisher.

Identifiers: ISBN: 978-1-944882-42-6

Subjects: LCSH: Beetles--Juvenile fiction. | Worry in children--Juvenile fiction. | Anxiety in children--Juvenile fiction. | Self-esteem in children--Juvenile fiction. | Self-reliance in children--Juvenile fiction. | Stress management for children--Juvenile fiction. | Children--Life skills guides--Juvenile fiction. | CYAC: Beetles--Fiction. | Worry--Fiction. | Anxiety--Fiction. | Self-esteem--Fiction. | Self-reliance--Fiction. | Stress management--Fiction. | Conduct of life--Fiction. | BISAC: JUVENILE FICTION / Social Themes / Emotions & Feelings. | JUVENILE FICTION / Social Themes / Self-Esteem & Self-Reliance. | JUVENILE FICTION / Social Themes / Peer pressure.. | JUVENILE FICTION / Social Themes / Special Needs. | JUVENILE NONFICTION / Social Topics / Emotions & Feelings. | JUVENILE NONFICTION / Social Topics / Self-Esteem & Self-Reliance. | SELF-HELP / Self-Management / General. | EDUCATION / Counseling / General.

Classification: LCC: PZ7.1.D458 F743 2019 | DDC: [E]-dc23

eISBN: 978-1-5457-5095-7

*Printed in the United States*

10 9 8 7 6 5 4 3 2 1



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a national organization serving children and families.



Hey! It's me,  
**FREDDIE,**  
and there's someone I want you to meet.

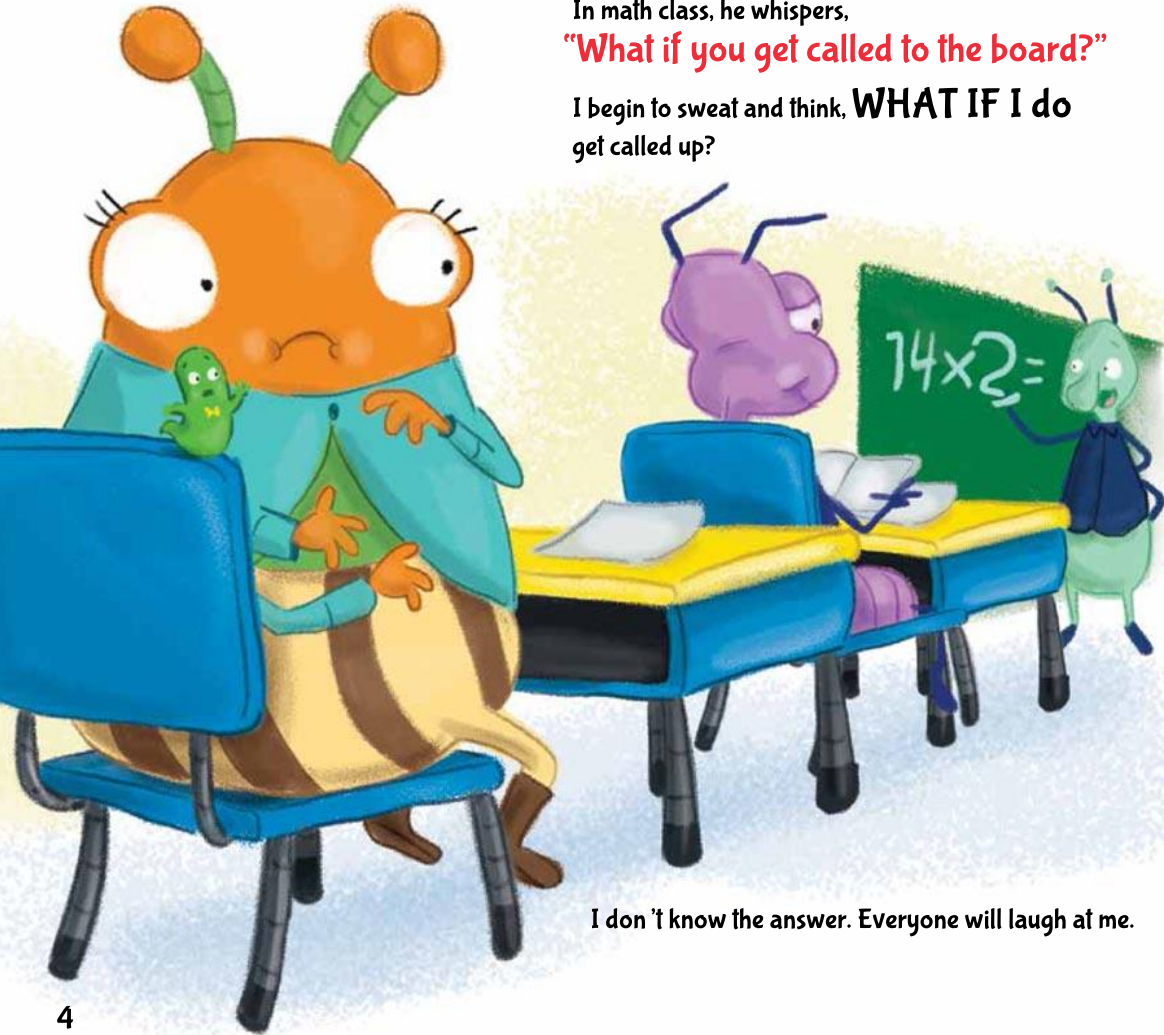
Hola.  
I'm Betsy,  
and this is Murray,  
my worry bug.  
He's always with me.



Murray makes me **ANXIOUS**. From the second I get up, he whispers in my ear.  
I try to ignore him, **but sometimes I can't**.

In math class, he whispers,  
**"What if you get called to the board?"**

I begin to sweat and think, **WHAT IF I do**  
get called up?

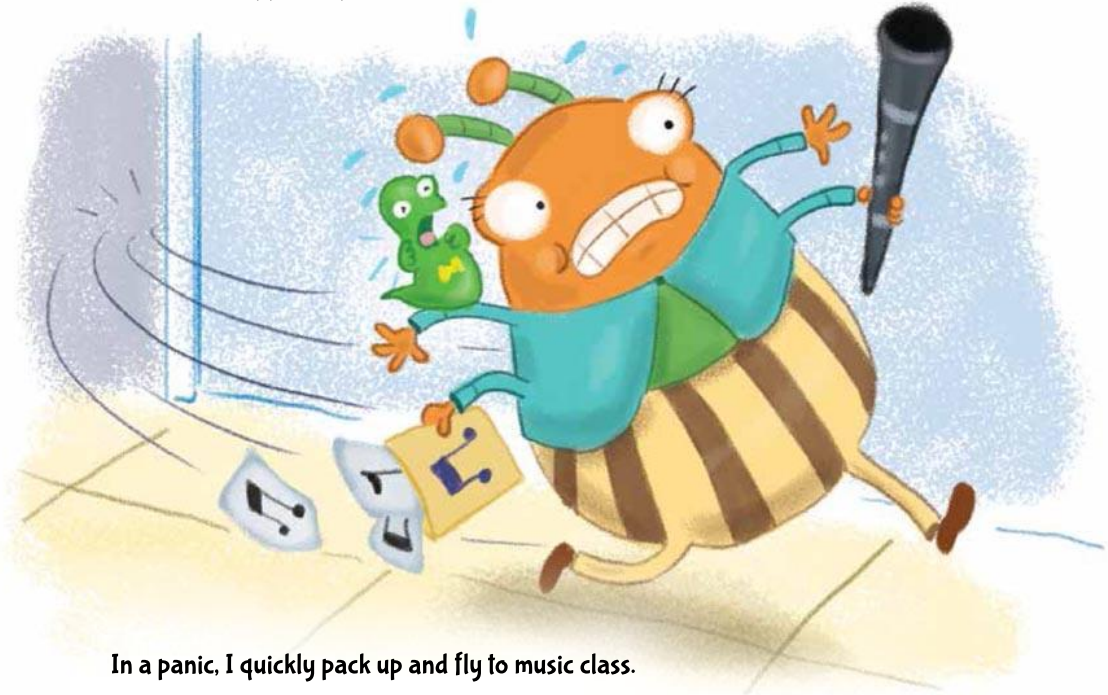


I don't know the answer. Everyone will laugh at me.

My “WHAT IFS” feed Murray. He grows, and so do my worries.

Murray starts to **SHOUT**, filling me with **DOUBT!**

The bigger he gets, the more I **SWEAT!**



In a panic, I quickly pack up and fly to music class.

Murray follows, whispering, “**What if you forget the notes?**”

My mind fills with dread, and the worries fill my head:

**WHAT IF** I play the wrong note? **WHAT IF** I ruin the show?

# WHAT IF...?

# Murray is out of control!

I'm so busy worrying, I step in my own puddle of sweat, slip, and crash into Mesquita.



Soon, the whole band topples like dominoes!

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