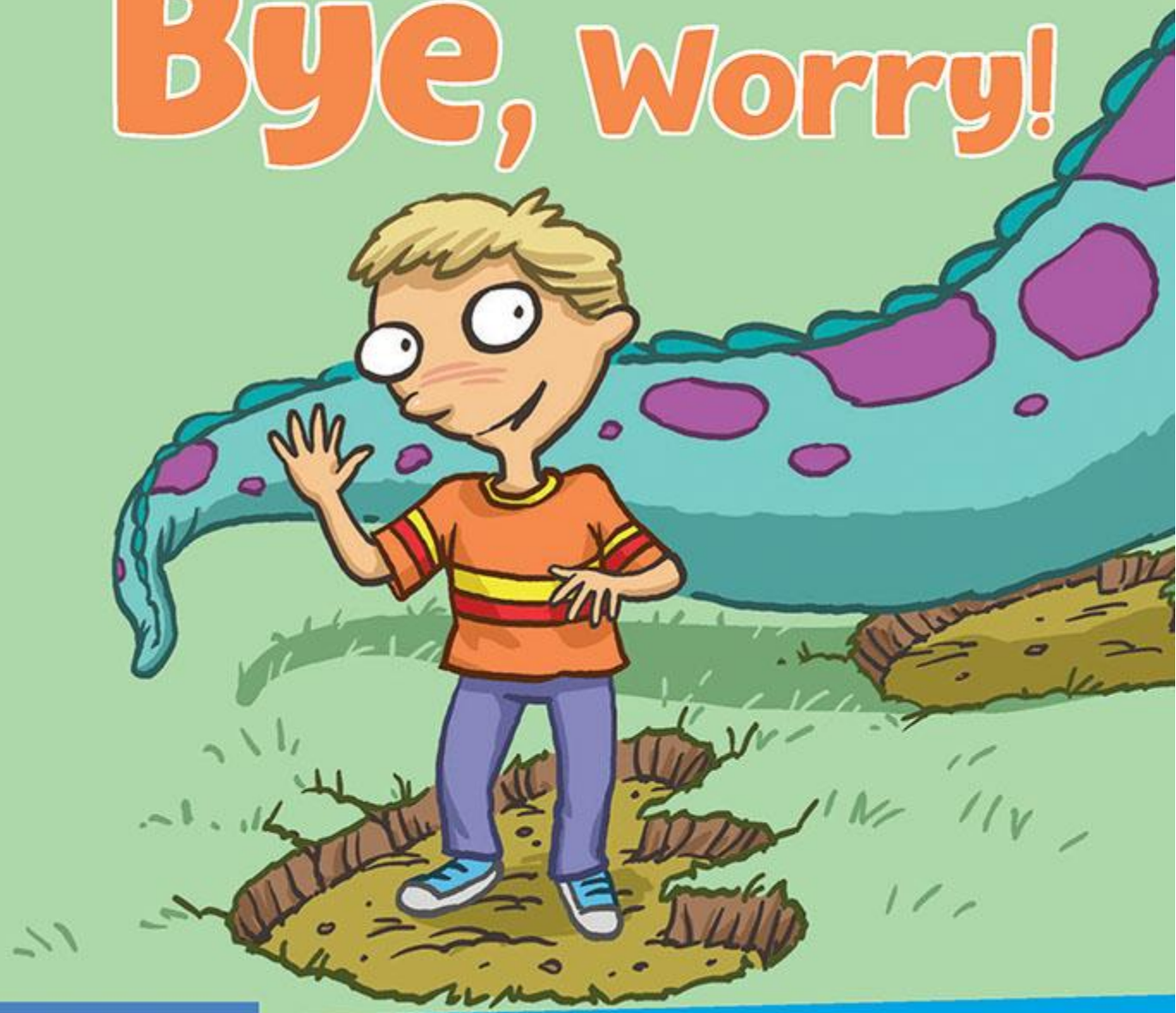
Little Laugh & Learn®

Hi, Worry. Bye, Worry!



Elizabeth Verdick and Olivia Rae
Illustrated by Steve Mark

free spirit PUBLISHING®

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CONTENTS

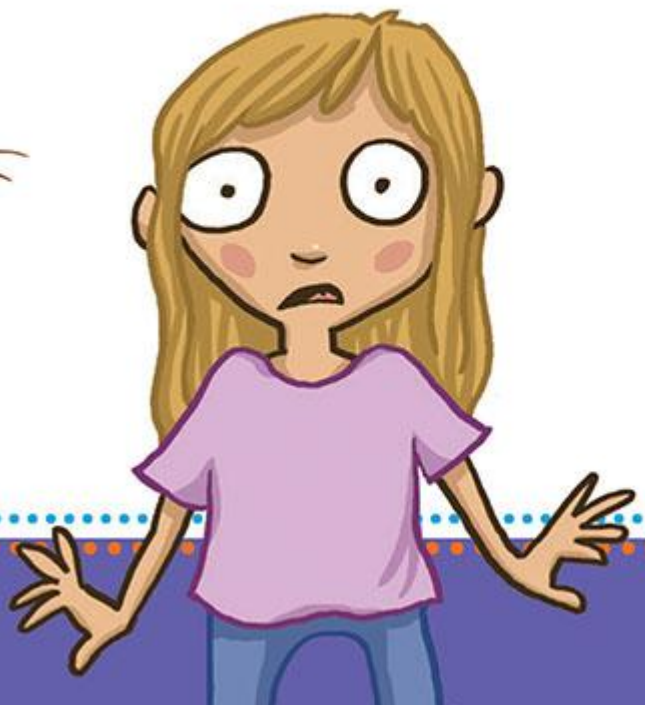
CHAPTER 1. Hi, Worry 1

CHAPTER 2. Start Worry-Taming 8

CHAPTER 3. Four Take-Action Tools for Worries 19

CHAPTER 4. Take Care of YOU Every Day 40





CHAPTER 5. Handle Big Worries the "Three H" Way 58

CHAPTER 6. Bye (for Now), Worry! 74

Glossary 80

About the Authors and Illustrator 82




MATH

CHAPTER 1

Hi, Worry

What do you worry about? We all worry sometimes. Parents worry. So do teachers. So do athletes . . . actors . . . and alligator trainers.

(Authors worry too.)



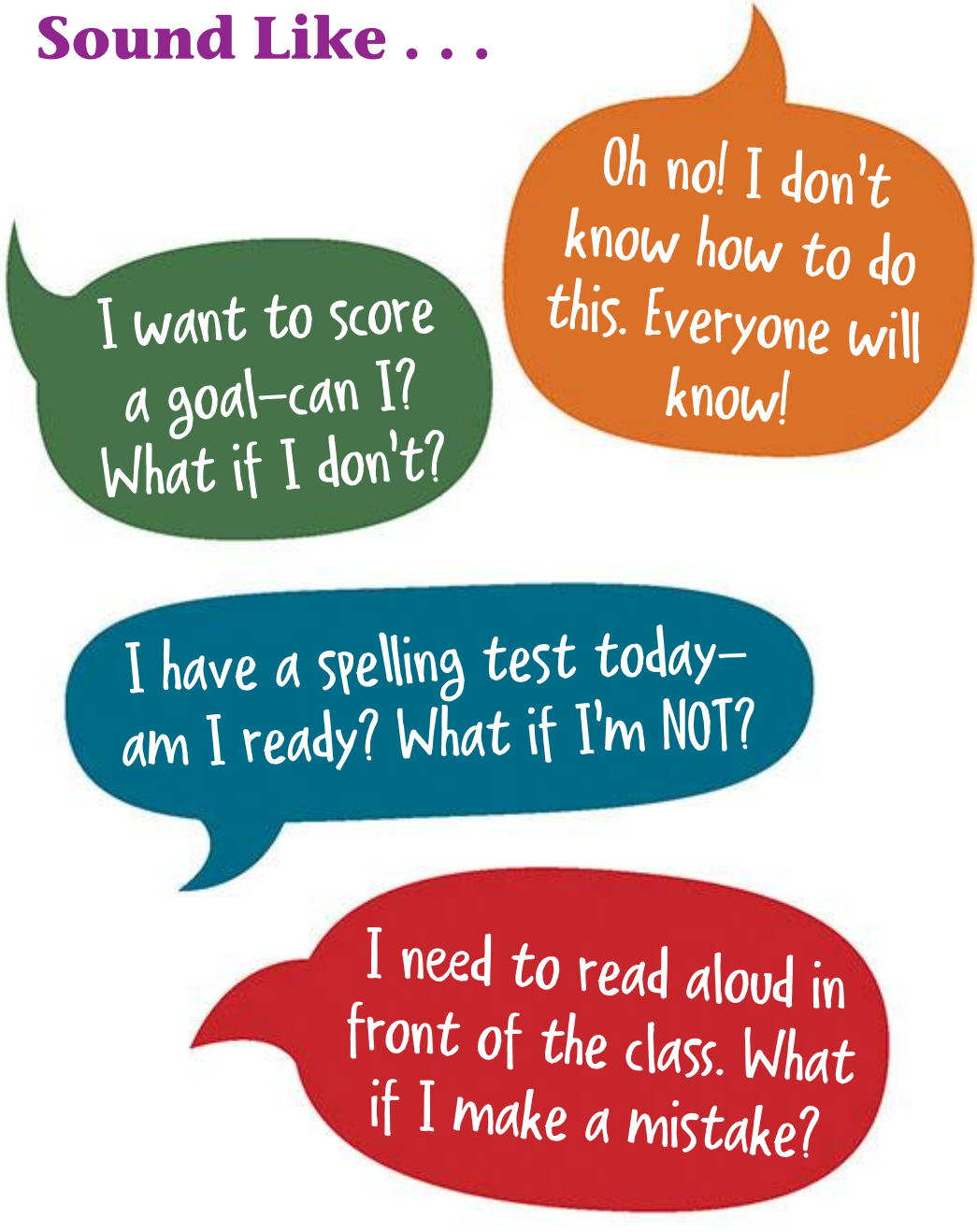
Everyone worries—no matter how old, how smart, or how strong.

So, what *is* worry?

Worry is that nervous feeling you get from thinking about things that might happen. (Things that seem scary or hard.) These thoughts can BUG you . . . like a buzzing fly. **Zzzzt!**



Worry Can Sound Like . . .



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