



**Virtual Activity:  
TAPS Good Grief Camp at Home**

Activity Created/Presented by

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Activity Name

Worry Machine: Activity to Combat Anxiety

Age Group

Kindergarten, 1st, 2nd, 3rd, 4th, 5th

Description

**When Worries Got You Down-**

Inspired by the book: Wilma Jean the Worry Machine by Julia Cook. Teaches children to identify worries that are in their control and not in their control, ask for help when needed, and put their worries away when they are not needed.

Supplies Needed

Print out of Worries I Can Control, Worries I Can't Control, Top Hat sheets; index cards or blank paper cut into card size squares, scissors; large envelope (any color/ ~ 10x13 in); pencil/pen (for writing anxieties); crayons/markers (for decorating hat/envelope); Elmer's glue/glue stick

Adaptation/s

Piece of cardboard (~10x13) OR another container you can glue the cut out Top Hat to (instead of large envelope); additional sheets of paper (instead of the printouts of Worries I Can Control, Worries I Can't Control, What I Can Control With Help, Top Hat pages); tape (instead of glue)

Reference/s

**Visit Rebecca Atkins store on the Teachers Pay Teachers website for more activities like these:** <https://www.teacherspayteachers.com/Store/Counselor-Up>

<http://www.counselorup.com/>