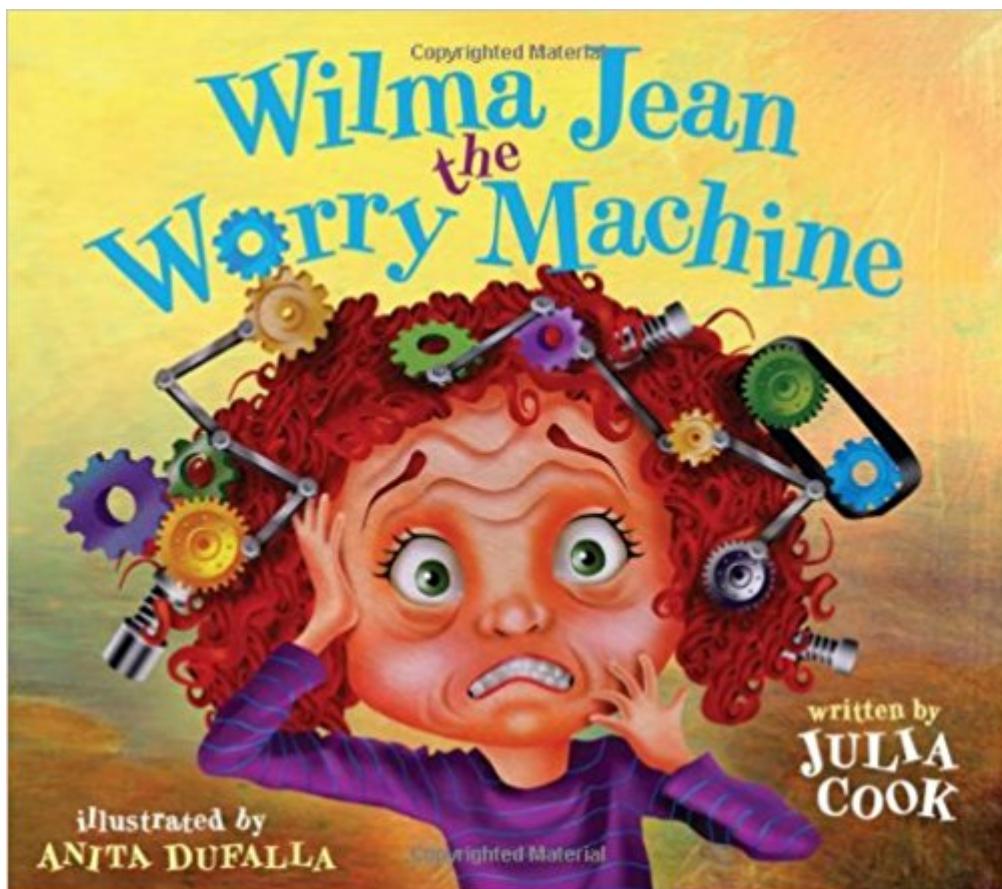


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# Wilma Jean The Worry Machine



## **Synopsis**

(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyones control (i.e. the weather,) a worry hat is introduced. A fun read for Wilmas of all ages! Softcover, 32 pages.

## **Book Information**

Lexile Measure: 630 (What's this?)

Paperback: 32 pages

Publisher: National Center for Youth Issues; 1 edition (January 15, 2012)

Language: English

ISBN-10: 1937870014

ISBN-13: 978-1937870010

Product Dimensions: 7.7 x 0.2 x 8.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 160 customer reviews

Best Sellers Rank: #1,624 in Books (See Top 100 in Books) #37 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #419 in Books > Reference

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## **Customer Reviews**

Julia Cook was born and raised in Salt Lake City Utah. While living in Utah, she became actively involved in teaching children how to ski. That experience led to a love of teaching in general. Julia now lives in Fremont, Nebraska and has a Masters degree in Elementary School Counseling. While serving as a guidance counselor, she often used childrens books to enhance her classroom lessons. Julia is now a nationally recognized award-winning childrens book author who has written more than a dozen books on behavior and health for children as well as several activity books for

teachers. Her light, humorous approach keeps kids laughing while they're learning good behavior skills. The goal behind all of Julias books and efforts is to actively involve people into her fun and creative stories and teach them to become life-long problem solvers. Inspirations for her books come from working with children and carefully listening to parents, teachers and corporate leaders. Julias books have been referenced in such publications as Parents Magazine, The New Yorker, and babyzone.com. In her spare time, Julia enjoys spending time with her husband and family. In order to teach a child, you must enter their view of the world. - Julia Cook

Worked great with a young client who was very avoidant of discussing her anxiety. Opened the door for discussion in a low-pressure manner.

My daughter needed this. Also, the title is my grandmother's actual name!

I tried this book out on my own 10 year old daughter before using it during therapy sessions with children. It was a hit, all the kids loved it and could relate to the character's issues. I recommend this book.

I bought this hoping it would be about childhood anxieties. This is only for school related fears. The solutions are superficial and the fact that Wilma Jean gets better so quickly is not believable either.

This book is so helpful to children who suffer from anxiety or excessive worrying. I have read this book to many children, ranging in age from 5-12, who were relieved to read that Wilma Jean (main character) experiences some of their symptoms, such as pretending to be sick so won't have to go to school. This activity book was so useful in developing coping skills to manage anxiety.

Great kids book, but wish the parts of the book that rhymed had some better follow thru (a few sentences rhyme then a non-rhyme sentence, then back to a rhyming sentence in the same paragraph... not that I expect the book to rhyme). I like how it has a good overview of kids anxiety & how it can be dealt with.

This book is not only adorable, but it's also incredibly useful. I used it teaching stress management techniques to primary school children and they were able to easily relate and understand its key points. I've checked out several other children's books with similar themes and not found anything

else this good.

My only complaint is this is a bit long for the shorter attention spans. I found this book because it was geared more to my older child, he does worry before things happen, especially at school which this story focuses on. It helps you understand the worrisome mind of a child just like Wilma, comes up with solutions to help cope during those times, not just for Wilma but for her mom and teachers and concludes with a less worrisome character. As a mom, this helped me too.

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