

Worry Wart Wes  
Teacher Overview K-5

Worry Wart Wes is an ideal book that allows you to help children get a grip on handling stress and anxiety. The story gives the reader concrete steps for managing emotional well-being while hearing Wes's story unfold.

Health Literacy Strategies:

Children will acquire knowledge about emotions and learn management skills to cope with stress and anxiety.

Develop awareness of stress in everyday life.

Learn about mental health and its effects.

Establish ways for parents and teachers to recognize symptoms of stress.

Vocabulary Development:

Words in Story

broccoli

ache

prickly

advice

herbs

breath

Words from Smartie

bogeyman

experience

subside

anxiety

deteriorate

technique

Language Arts:

Compound Words

Homographs

Poetry

Punctuation

Reading:

Phonics

Comprehension-main idea-understanding

Fluency

Enjoyment

Content Area:

Science

Mental Health: Stress, Anxiety, Support Systems

Medicine: Viruses, warts

Developing Interest in Book:

Have students make a poster or mural of subjects that they worry about.

