

Let's Teach worry

Each of us **WORRY** about something at some point. It's okay to **WORRY** and some of us **WORRY** more than others. The word **WORRY** is an emotion that can be taught at a young age.

Feeling **WORRIED** is different than feeling sad or scared. Recognizing when our children feel **WORRIED** will help teach this common emotion.



FIND

Find the word on the device. **WORRY** is a verb.

If you can't find **WORRY**, use the Word Finder or Find Word feature to learn where it is. Learn more about how your language system is organized with these guides.

[WordPower](#)

[Unity](#)

[LAMP Words for Life](#)



INTRODUCE

Use **WORRY** in context and try to explain it at the learner's level. Modeling, touching the word in the vocabulary as you say it, may help.

Here's an example: "**WORRY** is when you think something bad happened."



MODEL

Model the word throughout the day, touching **WORRY** in the vocabulary anytime you say it.

"What are you **WORRYING** about?"

"Don't **WORRY**."

"She is **WORRIED** about her friend."

"They **WORRY** about her health."

"His greatest **WORRY** is that the dog will get lost."



ENCOURAGE

Create activities to provide lots of models and practice with **WORRY**.

Book: Wilma Jean the **WORRY** Machine, by Julia Cook

Song: "Don't **WORRY**, Be Happy"

Activity: Draw faces with different emotions, including **WORRY**.



EXPECT

Create opportunities for the learner to say **WORRY**. Make sure to wait and look at them so they know it is expected.

Recognize when someone feels **WORRIED**. Encourage expression of this emotion, "I'm **WORRIED**."

