

Mindful Bea and the **WORRY Tree**

Children's / Emotions / Mindfulness
Ages 4-8

Silver • Höllbacher

Mindful Bea and the **WORRY Tree**

*What if my friends don't like the games?
What will I do if they call me names?*

Bea's anxiety threatens to ruin her birthday party...can she get it under control before her friends arrive?

Includes a Note to Parents & Caregivers by
Ara J. Schmitt, PhD, with more information on
helping children cope with anxiety and worries.



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Mindful Bea and the **WORRY Tree**

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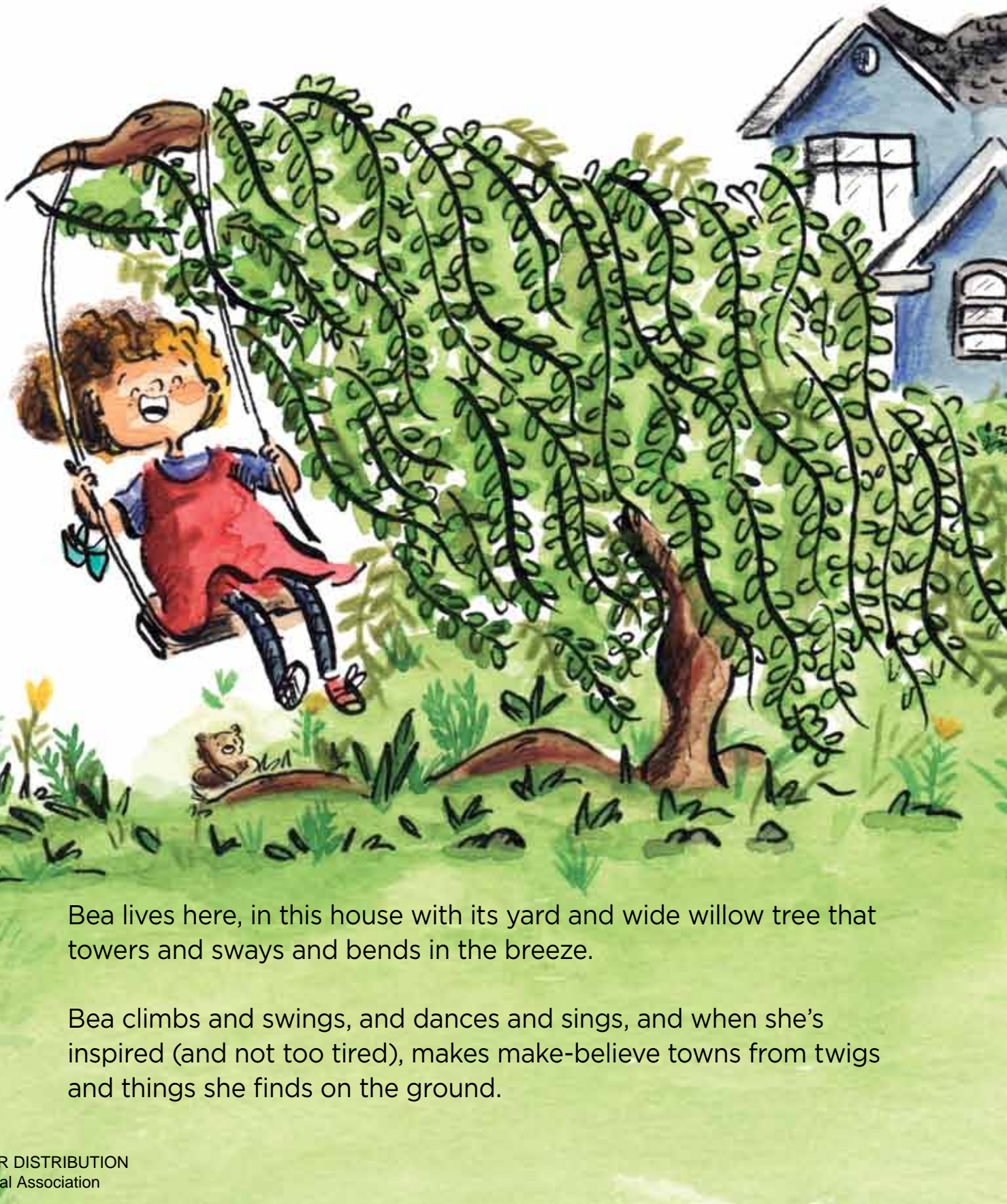
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Bea lives here, in this house with its yard and wide willow tree that towers and sways and bends in the breeze.

Bea climbs and swings, and dances and sings, and when she's inspired (and not too tired), makes make-believe towns from twigs and things she finds on the ground.

But today, the swing is still. The air untouched.
Twigs and things are strewn around.
There's no singing or dancing. Today there's no sound.



Except for the one from inside the home.
It's a soft and steady, whimpering groan.

If you look through the window, you can see Bea.
She's curled up in bed with a case of—well, come and see.



"It's time for your party," Bea's mother says.
Bea moans and quivers and shakes her head.

"What's wrong?" Mama asks, though she already knows.
She's seen before how this thing grows—on Bea's skin and in her hair.
Soon it will be everywhere.

Like a seed from underground,
It sprouts alive, unleashed, unbound.

With gnarled roots, this kind of tree feeds
on thoughts...

"IT'S MY ANXIETY," sighs Bea.
She lifts her head and worry peaks.
Worry springs. Worry speaks.



WHAT IF
my friends don't
like the games?



**WHAT WILL
I DO IF**
they call me names?

WHAT IF
we didn't bake
enough cake?

WHAT IF
the piñata
doesn't break?

WHAT IF
no one plays
with me?