



PodPack

Worries

Season 1, Episode 15

Poems & Activities: *Little Dazzy Donuts*

Illustrations: *Dot Cherch*

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Worries



Every episode of *Kids' Poetry Club* comes with a free PodPack of activities based on that week's poems.

Just download it from kidspoetryclub.com, print it out, and join in the fun!

Check out the final page for information on how to submit your own poems and drawings to *Kids' Poetry Club*!

Activity 1: Your Worries

In the episode, Queenie talks about how she sometimes lies awake and worries, and that there is something about the night time that gets her mind racing.

She worries about big things, like the people she loves, as well as smaller things, like where her lost socks go. All of those worries get mixed up at night, and feel bigger than they do during the day.

Think about what worries you - big and small - and list them below. There are no wrong answers, so feel comfortable about listing whatever worries you.

Activity 2: Your Worry Box

In the episode, Queenie learns about how Little Dazzy Donuts keeps his worries in an imaginary box so they don't spread all over the day and night. That way, he can get them out and deal with them when he feels most able to.

In the space below, imagine what your Worry Box looks like, and draw it. Show how you keep it locked so that the worries can only get out when you want them to.

A large, empty rectangular box with a thin green border, intended for a child to draw their own 'Worry Box'.

Activity 3: Your Worry Sign

In the episode, **Sammy Showers** says that he knows that his worries are becoming too large when he can no longer think properly because his mind is full of worry. When **Queenie's** worries become too large, she can't sleep.

Think about how you know that you're worried.

- What changes in your body (perhaps a part of your body starts aching)?
- What changes in your behavior (perhaps you lose sleep)?

Draw arrows that point to the parts of your body that are most affected when you worry.



Activity 4: A Poem To Read

“My Worry Box”

Something started worrying me
that was really very small,
but the more I thought, the worse it got,
as that worry began to sprawl

all over my life, and before very long
it kept jumping in my head,
and at night I found I just couldn't sleep
when it jumped into my bed.

That worry started as something small,
but grew to such a size,
that my head was filled with scary thoughts,
my tummy with butterflies.

Until one day, I asked for help
and found it to be true
that the worry may get the best of one,
but not the best of two.

Then, I built a box inside my brain,
where I put my worries away,
and that's where my worries wait
so they don't fill all my day.

Now, when I'm lying in my bed
and a worry calls on me,
I lock it away inside my box.
and then throw away the key.



Activity 5: Your Worry Time

In the episode, Donna Worry suggests to Queenie that she picks a time each day when she will spend 15 minutes focused on her worries. Queenie picked 5pm, so after she finishes her hike and before she starts dinner.

Think about what time you would like to use for your Worry Time, and then draw a clock below that shows the time when you will start your 15 minutes of worrying.



Activity 6: Your Worry Distractions

In the episode, Donna Worry praises Queenie for going on a hike. She says that being active can help people who worry.

Think about all of the activities you can do to distract yourself from your worries, and then draw yourself having fun doing one of those activities.

A large, empty rectangular box with a thin green border, intended for a drawing of a person having fun doing an activity to distract themselves from worries.

Activity 7: Your Worry Helpers

In the episode, Queenie learns about how helpful it is to talk to somebody else about her worries.

Also, in the “My Worry Box” poem, Little Dazzy Donuts says that worries “may get the best of one, but not the best of two.”

Think about who you can talk to about your worries, and list them below. If you want, you can talk to these people during your Worry Time.

My Worries

My Worry Helpers



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Submit your own poems (including for the competition) and drawings using the website:
<https://www.kidspoetryclub.com/joinin>

Check out more of Dot Cherch's art and illustrations at:
<https://www.dotcherch.com>