

Don't Worry, Mason



by Molly Smith • illustrated by Helen Poole



SET THEME: I Have Feelings

Build Social and Emotional Intelligence

When children feel worried, encourage them to:

- Talk about their worries.
- Take deep, controlled breaths.
- Get physical exercise.
- Deal with the causes of worry that are within their control.
- Express themselves using sentence frames, such as:

I feel worried because _____.

I would feel less worried if _____.

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How to Read This Book with Children

1. Read aloud the title. Discuss what it means to feel worried.
2. Read aloud the book with children.
3. Talk about the characters' actions as you read.
4. Ask children to describe how characters feel and explain how they can tell.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



Mason

“Good morning, Mason!” said Dad.

“What’s going on here?” I asked.



“I’m making your snack, buddy!”



“You can’t use peanut butter!” I said.

“Jacob is allergic! Mom knows that.”



“Mom has a bad cold,” Dad said.
“She can’t even go to work today.
I’m staying home to help out.”



Dad helped me get ready for school.

“I have to wear sneakers,” I told him.



At drop-off, Dad forgot to sign me in.

“It’s okay,” said Miss Sarah.

“You can sign yourself in today.”



Real-World Wrap-Up

My Thoughts:

Why might this boy feel worried?



My Feelings:

What makes you feel worried?



Don't Worry, Mason

When Mason's mom gets a bad cold, Mason's routine is turned upside down. He's worried that everything will go wrong. Some things do, but Mason learns to work through his worry.



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

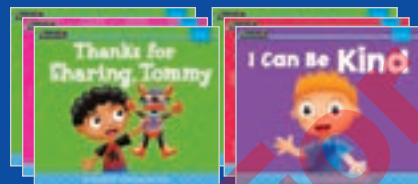
I Have Feelings

The books in this set help children recognize and understand feelings.



Look for the other sets in this series.

I Get Along with Others



I Am in Control of Myself



I Believe in Myself

