



# Anxiety/Worry Puppet Program (Virtual!)

Suggested Number of Students: 25  
Program Length: 40 minutes

## Virtual Program Synopsis

This program will begin with a live introduction with a puppet and a person, include a professionally filmed skit, and end with a live Q&A with a puppet and a person!

Natalie doesn't like how her body feels when she is worried. Adam explains that worry is normal, but sometimes it can become a problem. They talk to Natalie's worry, which takes the form of a red octopus. They try out tools to deal with worry including: Stand Up to Worry, Busy Mind, Calm Breath, Talk to a Grown-up, and Move My Body. They encourage students to find the right tools for them. Puppets will be available for emailing with students after the show.

## Key Program Points:

- Worry is normal; everyone experiences it.
- Our bodies have built-in alarm systems that tell us when there is a problem. But sometimes our alarm system goes off too often or when it is not necessary. That can make it hard to do the things we want and need to do.
- There are lots of ways we make worry smaller, so it doesn't get in the way. It won't disappear completely because it is a normal part of life.
- Worry tries to boss us around, but we can boss worry back and be *empowered!*
- There are many tools we can use when worry feels big. It is good to have many tools, different tools work for different people at different times. The tools we will talk about are: Stand Up to Worry, Busy Mind, Calm Breath, Talk to a Grown-up, and Move My Body. You may come up with ideas of tools that work for you.

## Resources:

[The Child Mind Institute](#)

Anxiety and Depression Association of America ([ADAA](#))

[Anxiety Canada](#)

Vermont Family Network's informational PDF about [Anxiety Disorders in Children](#)

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Have a good resource you'd like to share? Email Karen at: [karen.sharpwolf@vtn.org](mailto:karen.sharpwolf@vtn.org)