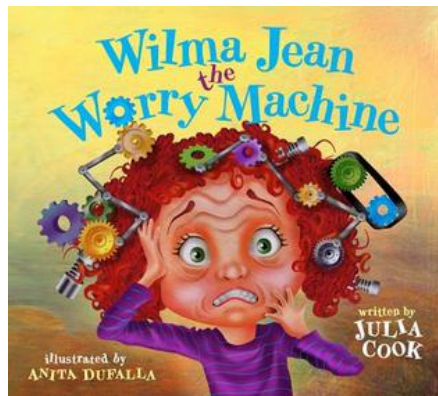




Wilma Jean the Worry Machine

Julia Cook , Anita DuFalla (Illustrator)

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(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather,) a worry hat is introduced. A fun read for Wilmas of all ages! Softcover, 32 pages.

Wilma Jean the Worry Machine Details

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From Reader Review Wilma Jean the Worry Machine for online ebook

Lori says

Loved it! I think kids need information about their own mental health, provided in a kid friendly format.

Ivy says

I found this book to be excellent for helping with all the anxiety that comes this time of year with testing. However, the illustrations are just okay and the text tries to rhyme and then doesn't and doesn't do that great of a job when it does. I found it odd that a child with so many worries soon describes herself as easy to fix. The kids liked this book.

JennE says

Wilma Jean apparently has anxiety. She worries about everything; her hair, if her friend has an orthodontist appointment and won't be at recess, if she misses the bus, if buttered carrots will be served in the cafeteria and especially worries about what others think of her. Luckily, Wilma Jean's mother talks to her teacher and they make a plan of things Wilma Jean can control and things she can't. Her teacher makes accommodations for Wilma Jean's worries, such as not getting a math problem correctly by knowing the problem the night before and having no one to play with at recess by making sure there is a structured team game planned that day to giving Wilma Jean the cafeteria menu so she can bring her lunch on the buttered carrot days. The only thing that bothered me a bit about this storyline was all of Wilma Jean's worries turned into perfect scenarios. Her worry about falling at the skating rink turns into only falling once and no one seeing her. Her worry about buttered carrots? They had buttered corn instead. Kids need to understand that every day isn't a buttered corn day. There will be buttered carrots day and learning to deal with them is part of life. All in all, this would be a good book for guidance counselors.

Richard Avalos says

This book is different from the aforementioned picture books because this book focuses on the disability of anxiety. The story of Wilma provides a fun and entertaining story of a young girl with anxiety and teaches readers how to overcome these struggles. The character development in this picture book is simple yet important because it allows readers to engage and connect with the character. Further, this is done by clearly outlining Wilma's traits and making the protagonist a child with childlike qualities. The theme of this book is dealing with anxiety by using different techniques to help ease these qualities. Further, the domination of this theme helps readers understand what life is like with anxiety and helps those who have similar tendencies connect with the main character. The tone of the book is humorous which allows its young readers to stay engaged while reading the book. Further, it takes away the stigma one may have towards anxiety by poking fun at the things that make one anxious. Overall, the book is a good tool to have for those who have anxiety or to teach your child about a loved one who has it. Further, it allows children to use the techniques introduced in this book to help alleviate these tendencies.

Nicola says

Miss 3 and I like to explore different books at the library and try to get different ones out every week or so; it's fun for both of us to have the variety and to look at a mix of new & favourite authors.

Miss 3 suffers from anxiety so I found this quite a useful picture book. I adapted some of the language a little around her feedback after the first reading and a couple of times she was able to talk about things she felt anxious about - like when the ambulance came in the night months ago, or all the dinosaurs being dead, or when she can't see me. I imagine this could be quite a useful text in a classroom.

Sadia Mansoor says

This is a great book to show how a little girl worries about every small thing, which is why she's called "the Worry Machine." Everything scares her a lot, she seems to overthink & get worried. This is actually how I used to be before in my study days & a bit now also. Thank God, I have gained control over it & I no more stress on everything around me. (the book quite relate to my situation too)

I love how they had shown a child's problems & how the mother & teacher came forward & solved all of the problems for her. They made sure that she feels comfortable telling all the problems & once she told, then they gave her solutions, peace & confidence. .

This is how one should deal with a child's problems.. Read the book to know more..

Here is the book... <https://www.youtube.com/watch?v=gpAij...>

Tandria says

Wilma Jean the Worry Machine is a great picture book for elementary school kids. I actually enjoyed reading it myself. It is a rhyming book and younger kids love words that rhyme. The book is fiction but anxiety disorder is real. This book gives the readers and listeners something to think about when they are dealing with their own worries at home or at school. It is important to always let someone know when you have these problems so help can be provided right away. The plot was good. She worries, she states what she's worried about, and then she gets help to fix all of her worries. The illustrations are accurate in terms of setting, plot, and characters. They correspond to the text and they definitely will hold the children's interest while the text is read. There are plenty of illustrations in the book and the colors are very nice and vibrant. I would also say that they enhance the story. The characters in the story does provide and variety of cultural groups. That is another thing I liked about the book, it provided characters of different ethnicities and backgrounds. The story does not display any stereotyping. And most importantly, the author of the book relates to this story. Julia Cook was a former teacher and guidance counselor. Her inspiration for her stories come from working with children and parents. She writes to help other be "better". A lot of times anxiety disorders in children are misdiagnosed so they suffer with something for a while before they are actually given help. The good thing about this story was that, not one time did I read Wilma Jean was being picked on or laughed at about her disorder.

Kelly says

Wilma Jean is a little girl who worries a lot...so much that it makes her sick. So many of her worries are unfounded, and her teacher offers her tools to help her cope. The illustrations are really good, and they capture what anxiety in a child could feel like.

Madi Ekholm says

Wilma Jean the Worry Machine is about a little girl that worries everyday before school. So much so she tries to stay home and not go to school altogether. When she talks with the teacher, she makes accommodations to Wilma Jeans worries so she doesn't have to worry about that much anymore. I picked this book for my text set not only for its humor but also because her worries we very similar to those of an actual grade schooler. This isn't a book about fears, but anxiety. And that's why I thought it would be such a good addition to the text set.

Danielle says

I myself struggle with anxiety and I look forward to trying some of the activities listed to help reduce anxiety. Especially writing them all out and then putting them into the worries I can control and the worries I can't control because like Wilma I bet that majority of my worries can be controlled.

Marcie says

This would be good for use eith individual students or to provide for a parent to share with individual children.

mary dewley says

I am a professed worrier and so is my daughter. I don't think that Wilma Jean's mother or the teacher actually helped with the situation, other than the teacher showing Wilma Jean how to decipher between worries she can and can't control. The two women seemed to be more of enablers than anything and you could tell that Wilma Jean had inherited her anxiety from her mother's own behavior. The teacher also offered to give math problems before hand and extra time on tests which is way unfair to the other children in her class.

Mckenzie Francis says

Anxiety is such an issue right up their with depression. I like how it introduces anxiety gently and not just shoving it at people or writing off this girl for being "overly emotional." I respect this book a lot for how it invests the reader and helps them make connections in their own lives where they may have felt anxiety.

Pawsitive School Counselor says

This is one of my favorite books to use for stress. It was perfect for my small group this year. Julia also has an activity book to go with this.

Debbie Smith says

Wilma Jean wakes up each school day worrying and pretending to be asleep. Her anxiety begins when she thinks about her upcoming spelling test. "What if I forget how to spell? What if everyone finishes before me?" She worries about every possible thing that could happen during the day. But her mom doesn't fall for letting her stay home, "If you don't stop worrying so much, you're going to make yourself sick again."

Everything went fine at school, but the minute she gets home she realizes that her best friend is having a birthday skating party the next day, so the "what if" thoughts begin all over again. But on Monday Wilma Jean's mom drives her to school early so they can have a meeting with the teacher. **Spoiler Alert** Wilma Jean's teacher wants to help solve the worry problem so she asks Wilma Jean to name everything she is worried about at school and she will write them all on note cards. She names tests, lunch, hair, math, and weather. Her teacher helps her put the cards under Worries I Can Control and Worries I Can't Control. Then the teacher began solving everything that worries her except, of course, the weather. As an example, "When we take tests, I will be sure to give you a little bit of extra time if you need it." She also tells Wilma Jean that if she plans to pick her to do a math problem at the board that she will give her the problem the night before so that she can practice doing it at home. Plus, her teacher's sister is a hair stylist and she will be coming to school for career day to teach the class how to make their hair look better. And lastly, the teacher tells her to put on a worry hat and think all of your worries that you can't control into the hat. If you need to pick it back up later and think about them again, you can. According to Wilma Jean, "Believe it or not, I was easy to fix."

Cons: I was greatly concerned with the way this book approached worrying. When Wilma Jean listed her worries, she was only asked to address school worries. These were all things that her teacher could take responsibility for and "fix" for Wilma Jean. Regarding the skating birthday party, Wilma Jean was worried about wiping out and everybody laughing at her, among other things. Would it then be her mother's responsibility to get her skating lessons or tell the kids not to laugh at her? There needs to be a coping mechanism otherwise children will wait for adults to help anticipate worries and to fix them. This sends the message that someone will take that fear away. Even a hat, won't fix the normal worrywart. I was also concerned that mom says, "If you don't stop worrying so much, you're going to make yourself sick again." That saying alone can make a child with anxiety worry more since they now have to be concerned that worrying will cause sickness, yet they don't know how to stop the things that run rampant in their head.

Pros: There is a note to parents and educators at the back of the book that offers some tips for dealing with the anxious child.
