

DEAR PARENTS, CAREGIVERS, TEACHERS AND COUNSELORS,

THIS RESOURCE IS DESIGNED TO ACCOMPANY MY PICTURE BOOK, AVOCADO FEELS A PIT WORRIED, ILLUSTRATED BY MONIKA FILIPINA AND PUBLISHED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION'S MAGINATION PRESS.

AVI, AN AVOCADO, STRUGGLES WITH WORRY AND DREADFUL WHAT-IFS. ISOLATING HIMSELF WORKS FOR A WHILE, BUT THEN HE FEELS LONELY. WHEN HE PLANTS AN AVOCADO PIT THAT FRIGHTENS HIM, HIS WORLD BEGINS TO CHANGE.

THINKING ABOUT WHAT-IFS IN A NEW WAY CAN CHANGE EVERYTHING!

LIKE ALL MAGINATION PRESS STORIES, THERE ARE STRATEGIES AT THE BACK OF THE BOOK THAT YOU CAN USE TO SUPPORT YOUNG CHILDREN AND THEIR SOCIAL-EMOTIONAL LEARNING AND MENTAL HEALTH.

THESE RESOURCE PAGES OFFER ADDED TOOLS FOR REFLECTION THAT CAN BE USED INDIVIDUALLY, IN GROUPS, OR IN WHOLE CLASSROOMS.

I HOPE YOU FIND THESE RESOURCE PAGES HELPFUL, AND I HOPE KIDS FIND THEM ENJOYABLE, TOO!

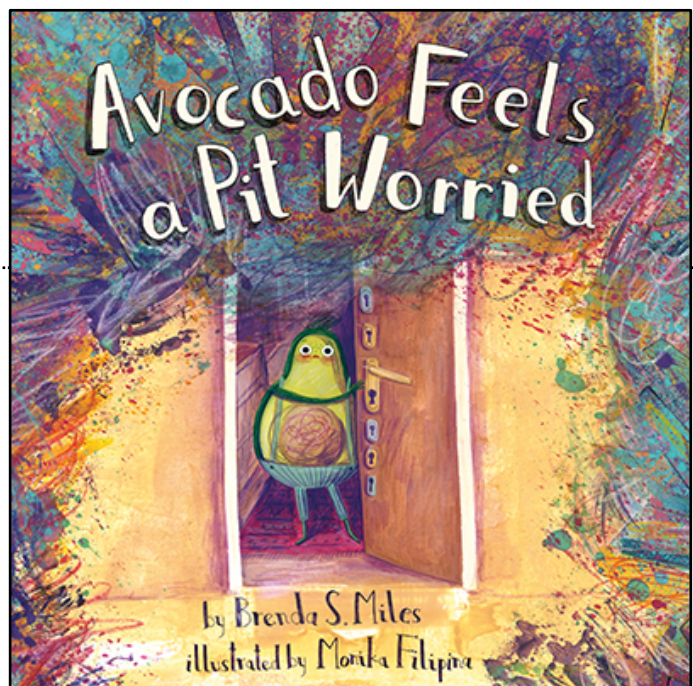
REMEMBER, WE ALL WORRY, BUT WE CAN LEARN TO THINK DIFFERENTLY IN WAYS THAT SUPPORT US!

CELEBRATING THE IMPORTANT WORK YOU DO,

BRENDA S. MILES, PHD

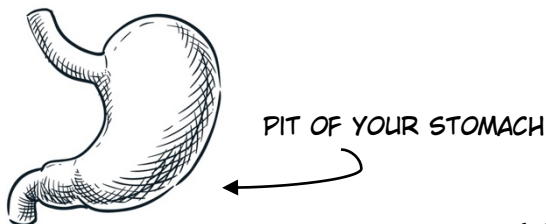
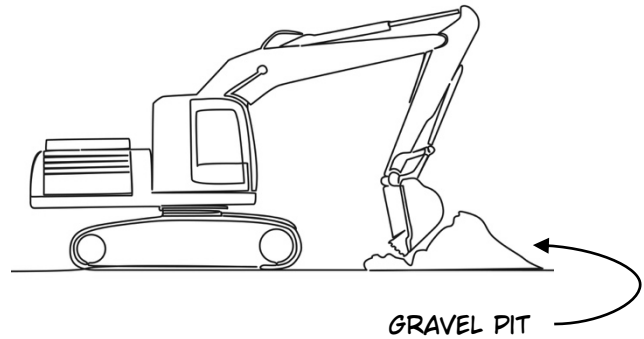
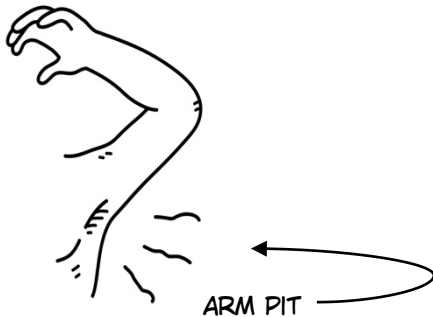
CLINICAL PEDIATRIC NEUROPSYCHOLOGIST

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WHAT IS A PIT?

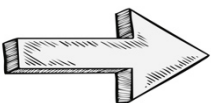
There are different kinds of pits!



PITS (WHICH ARE SEEDS) IN
AVOCADOS AND OTHER FRUITS

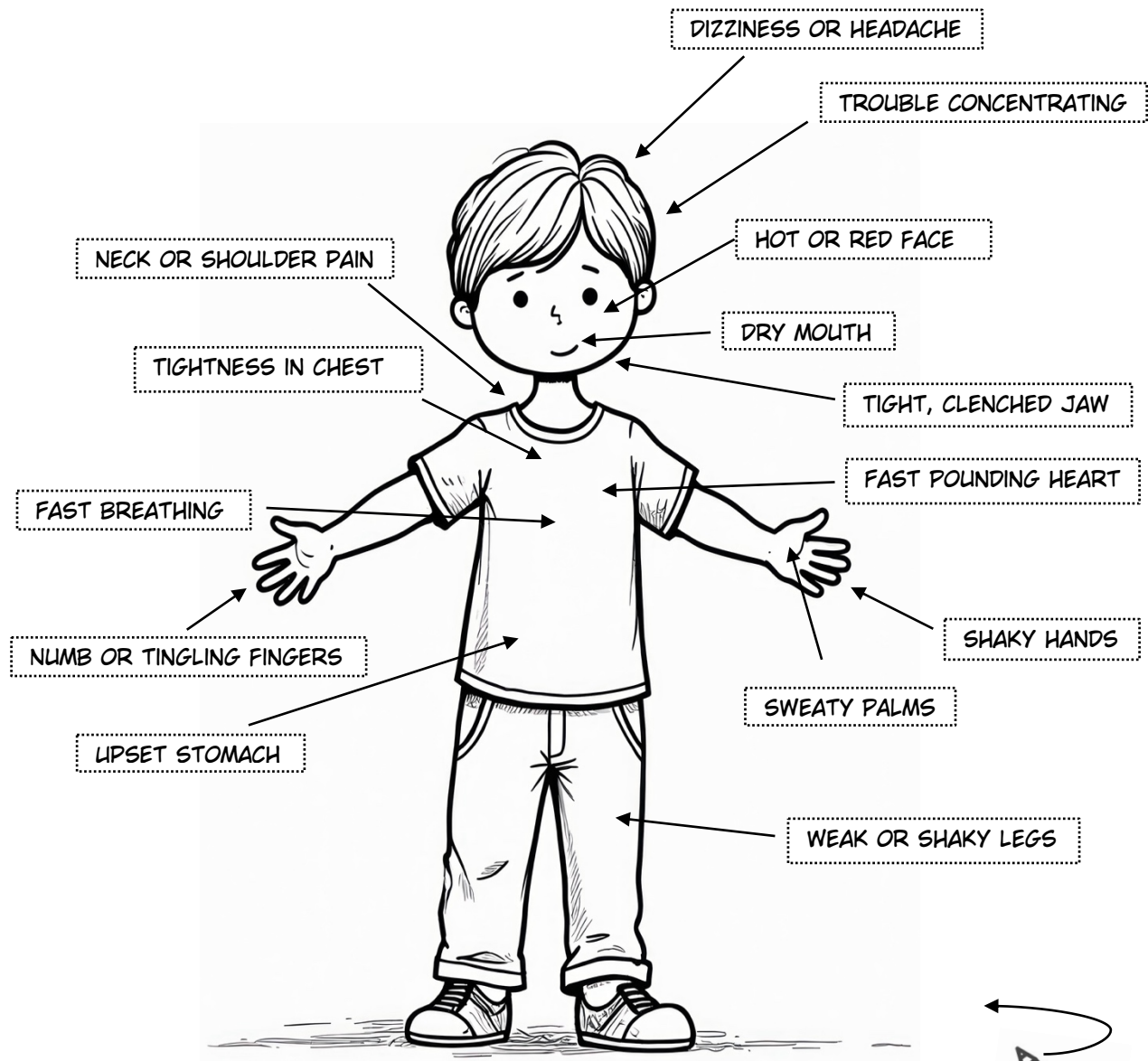


DOODLE MORE
FRUITS THAT
HAVE A PIT, LIKE
PEACHES AND
CHERRIES!



The title **Avocado Feels a Pit Worried** is what writers call a “play on words.”
Avi has a pit which is a seed, but he also feels nervous in the pit of his stomach!

SIGNS OF WORRY IN THE BODY

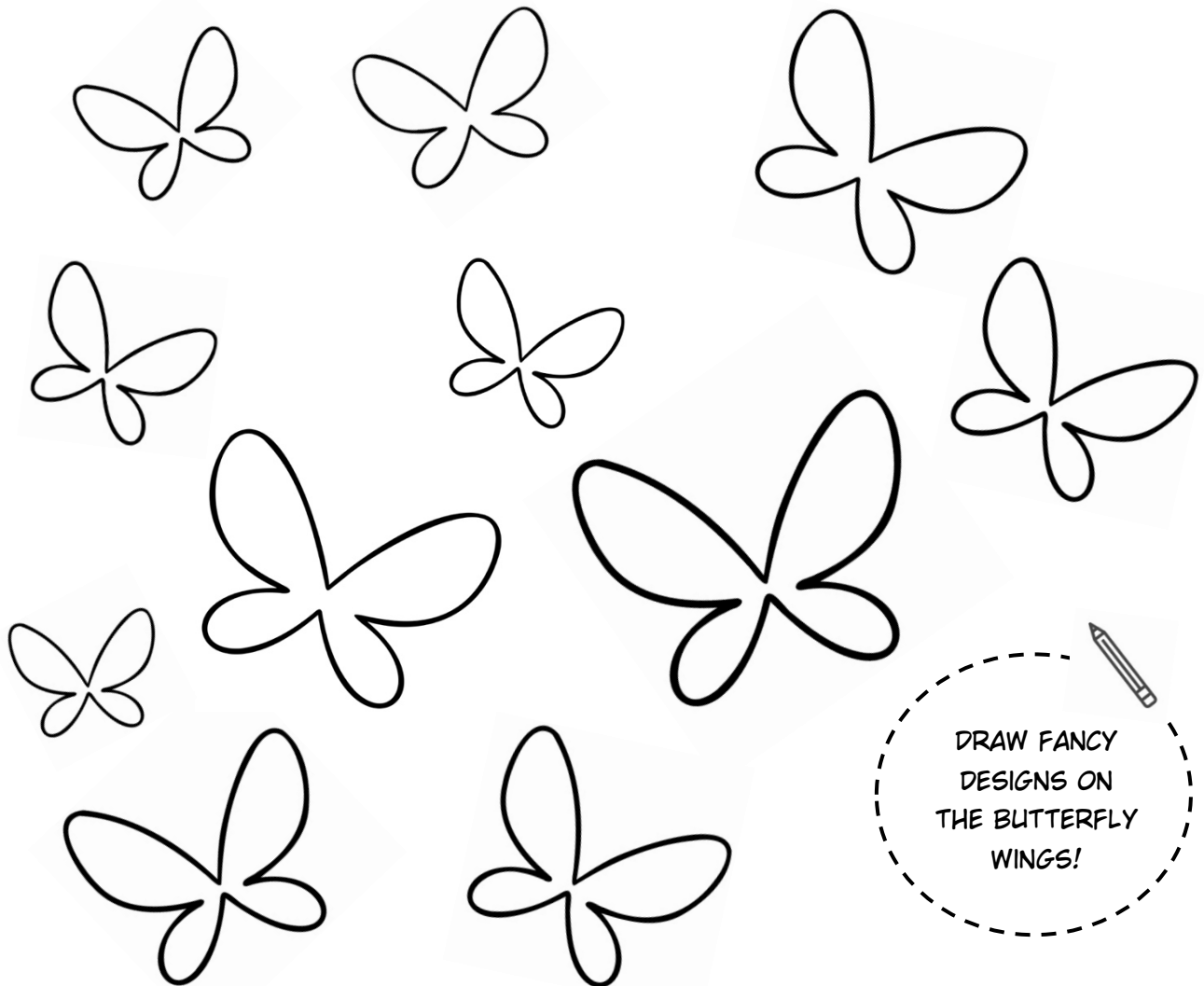


Circle the signs of worry you feel in your own body when you are anxious.



BUTTERFLIES

Some people say they feel “butterflies” in their stomach when they are worried because their belly feels fluttery inside.

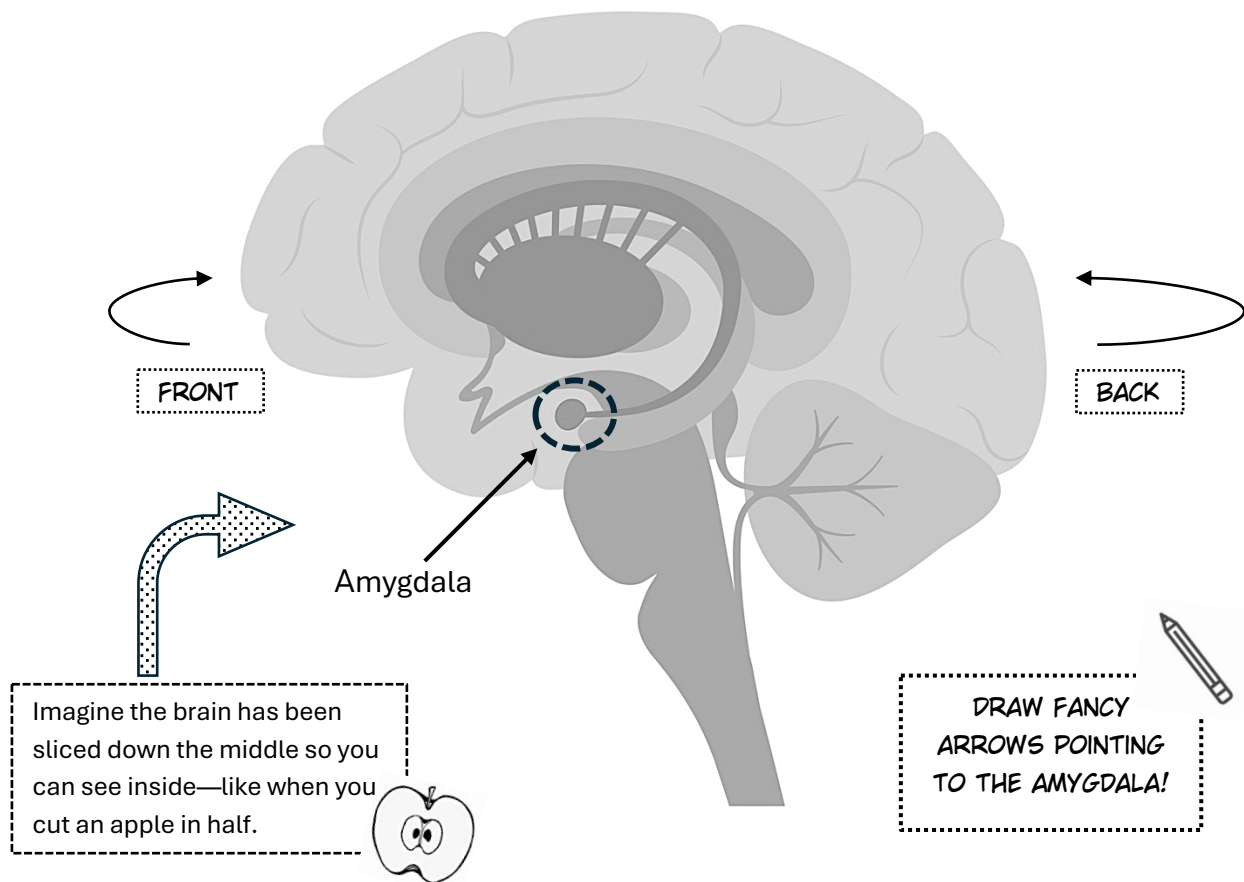


Do you feel butterflies in your stomach when you are nervous?



WORRY IN THE BRAIN

A small structure deep in the brain called the **amygdala** helps us feel fear when there is danger so we can stay safe.



If a tiger jumped out at you, your amygdala would react—like a barking dog—and you would feel fear right away. You would probably run, too!

Worry is different than fear.

Worry happens because your amygdala keeps reacting, telling you there is danger when there really isn't. Homework might cause you lots of worry—but it isn't dangerous like a tiger!

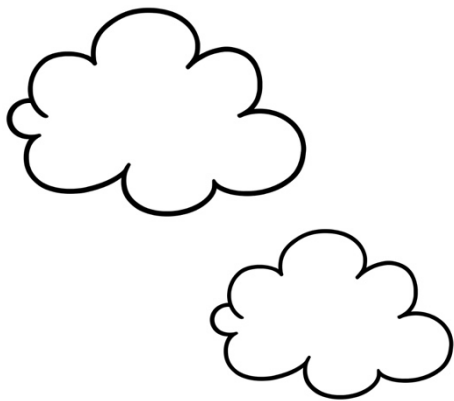


CALM YOUR AMYGDALA

Slow, relaxed breathing can help you reset and feel calm.



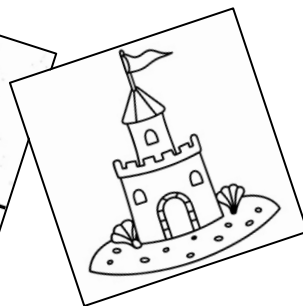
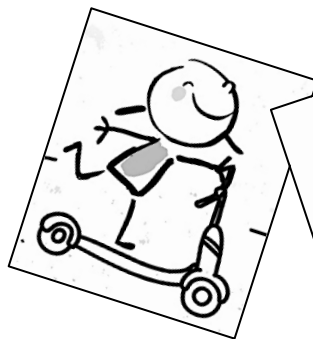
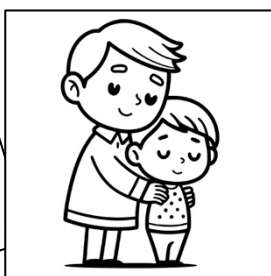
- Keep your eyes open or closed
- Breathe in slowly through your nose
- Feel your belly rise as it fills with air
- Breathe out slowly through your mouth
- Feel your belly move back down as you breathe out



- If worryful thoughts come into your mind while you are breathing calmly, try not to give them much attention or emotion
- Instead, just notice the thoughts calmly
- Then imagine putting the thoughts on clouds and watching them float away

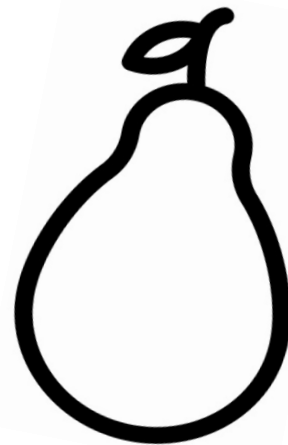
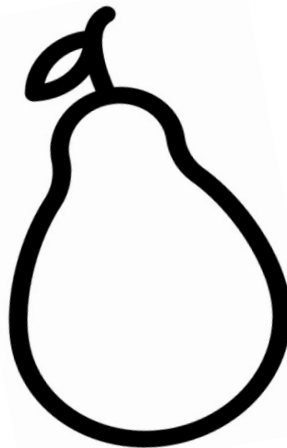
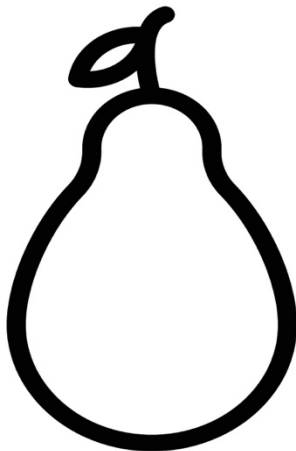
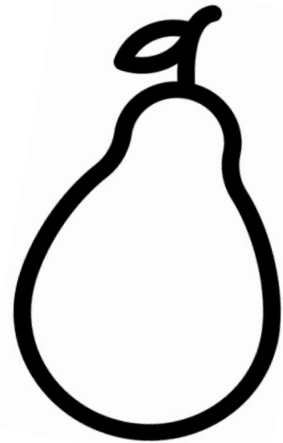
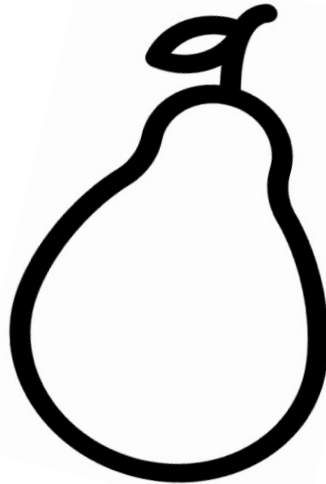
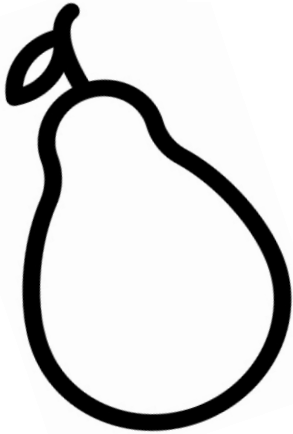
WHAT HELPS YOU FEEL CALM?

People do different things to calm their worry.
Draw or write down some strategies that help you.



WONDERFUL FRIENDS

Draw some avocado friends for Avi.



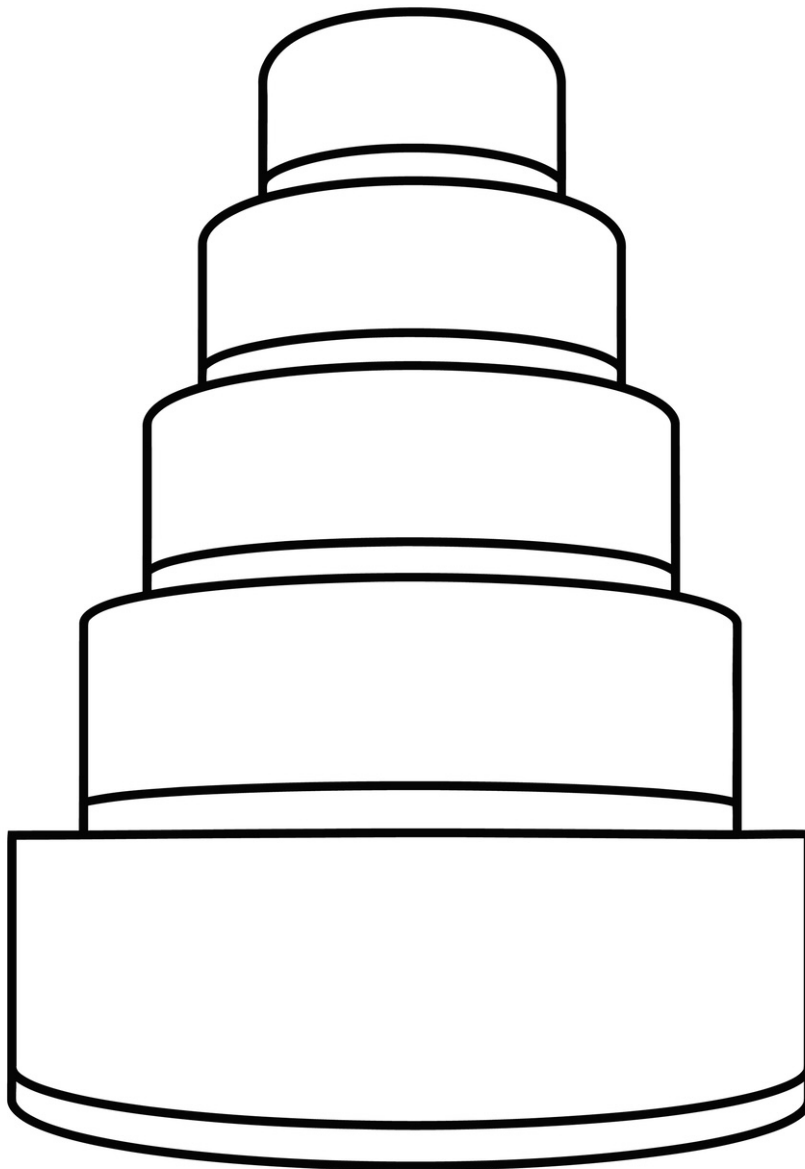
Friends remind Avi that life can be filled with wonderful what-ifs!

WONDERFUL WHAT-IFS

Think of a time when you were scared to do something, but you did it anyway—and it was wonderful!

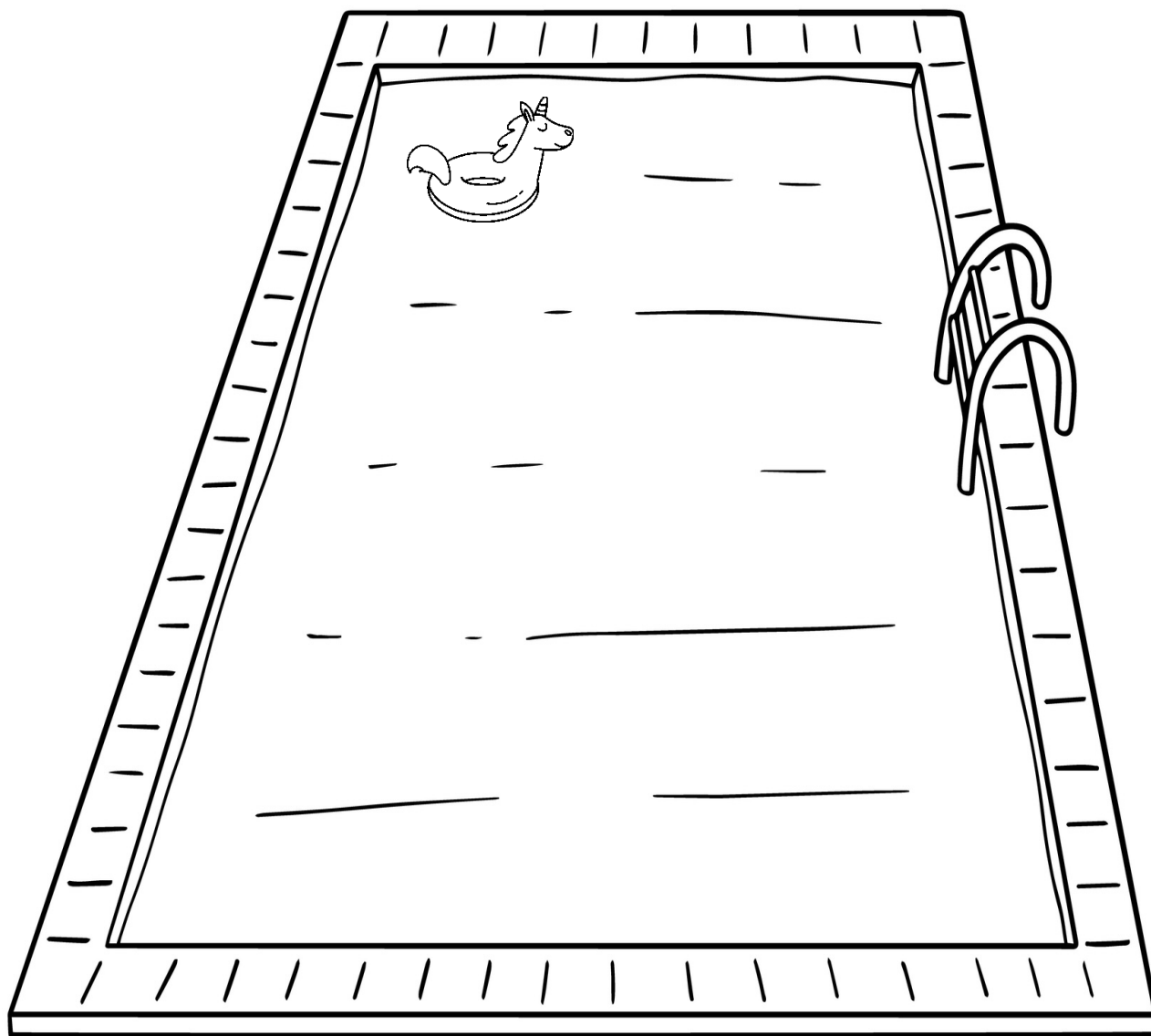


Celebrate your bravery by decorating this very large cake.



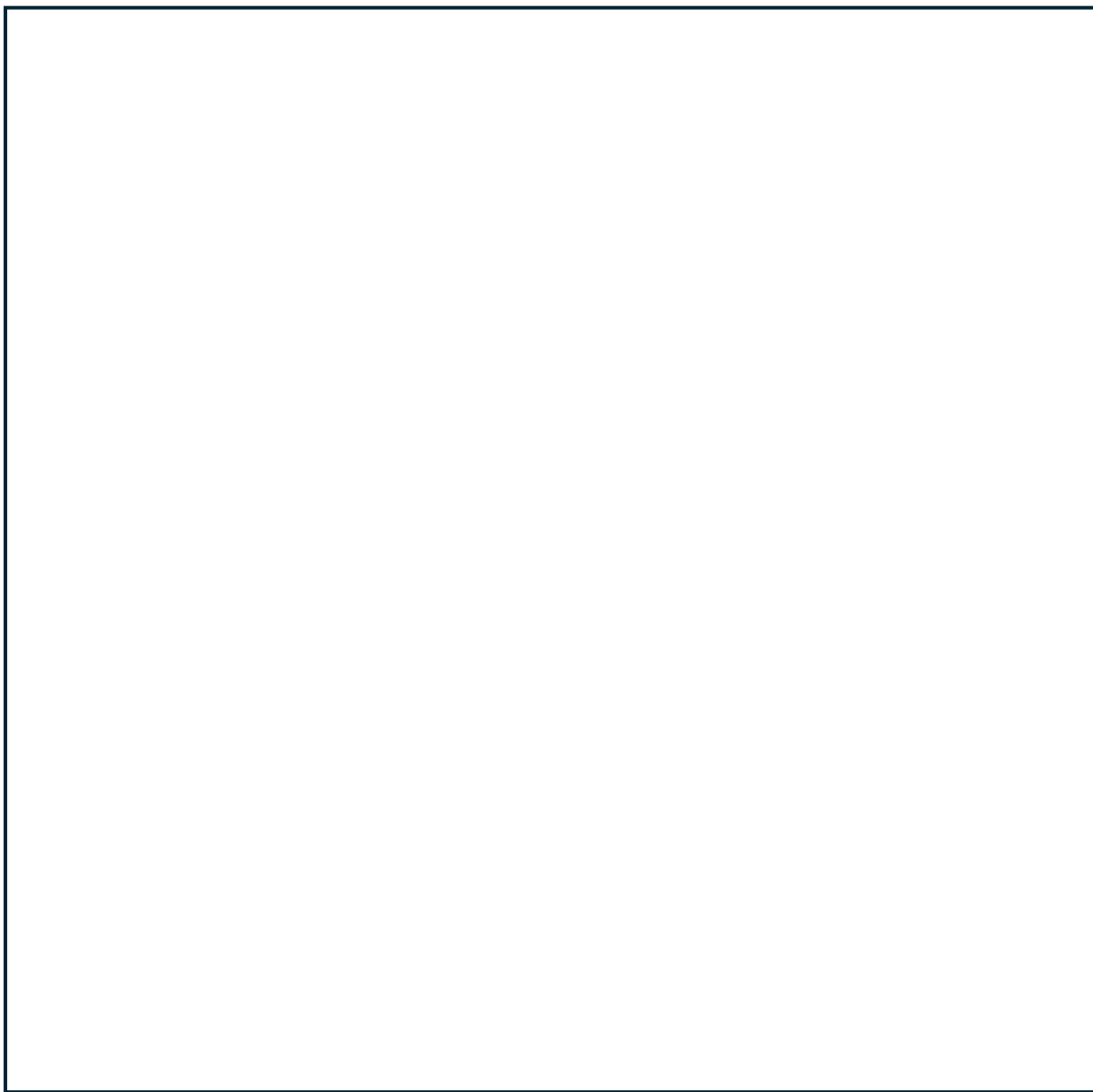
WONDERFUL POOL PARTY

Draw Avi and his avocado friends having fun!



WHAT IF THE BOOK HAD A NEW COVER?

Imagine what a new cover would look like and draw it!



Questions About the Book
Avocado Feels a Pit Worried
 by Brenda S. Miles

What is the name of the main character?	
At the beginning of the story, what is something the main character worries about?	
What happens when the big round and worryful thing is buried?	
What is something Avi tries with his new friends even though he is worried at first?	
What wonderful thing does Avi do at the end of the story with all his friends?	

