



wainwrightonwellness

Worry Woos

Description: Worry Woos is a program that teaches children emotional intelligence. Emotional intelligence can be defined as being able to recognize, understand, and manage our feelings. Worry Woos help build empathy, create a positive emotional understanding, improve emotional intelligence, and help develop a healthy social environment for students.

The Worry Woos program is presented to children through the Worry Woo monsters. These plush dolls (monsters) have individual books and activities that teach the students different emotions and ways of expressing/ coping with those emotions.

Purpose or goal of the program: The goal of the Worry Woos program is to help build students social and emotional learning skills.

Number of participants needed (max/min): Can be run with any number of students in a classroom

Materials & space needed: Worry Woos guide, plush dolls, worry woos monster books, and other supplies depending on the activity. The classroom is enough space.

Supervision needed: Recommended to have a minimum of 1 teacher and 1 facilitator

Time commitment: Nine to ten 80-minute sessions. The number of sessions will be dependant on time allotted, and the grade using the program.

Cost: Varies based on activities used