

Link to PDF of actual Book/ Please reach out because I self-published and am selling copies:  
<https://www.theworrywags.com/>

Book Manuscript: (The Worry Wags)  
Tenth Draft:

**Research/references:**

**Coping mechanisms/techniques:**

- five things anxiety
- taking deep breathes/breathing techniques

**Inspirations:**

<b>Books:</b>	<ul style="list-style-type: none"><li>-Fancy Nancy Series By Jane O'Connor</li><li>-The light in the attic by Shel Silverstein</li><li>-Dork Diaries By Rachel Renee Russell</li><li>-Diary Of a Fly By Doreen Cronin</li><li>-Fancy By Holly Hobbie</li><li>-The English Rose By Madonna</li><li>-Pinkalious By Victoria Kann</li><li>-I Like Myself! By Karen Beaumont</li></ul>
<b>Movies:</b>	<ul style="list-style-type: none"><li>-Sandlot 1&amp;2</li><li>-Dazed and confused</li><li>-Now and Then</li><li>-My Girl</li></ul>
<b>Real Life experience/ Preface:</b>	<p>- Little children who suffer from anxiety can form and develop without healthy coping mechanisms, stopping them from achieving their fullest potential and trying new things without their parents or guardians.</p>
<b>Poems:</b>	
<b>Songs:</b>	<ul style="list-style-type: none"><li>-Sunshine, Lollipops By Leslie Gore</li></ul>

	-Sugar Sugar By The Archies
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**The character's characteristics: (don't have to follow exact points or characteristics!)**

Characteristics:	Honey:	Frankie:	MaryLou:	Poppy:
Eyes:	-Brown	-Green	-Big blue eyes with red Glasses that her eyes are the most significant point	-Brown (Very sensitive looking like that one emoji lol) -long eyelashes
Hair:	-French bulldog fur -golden color -white/black color	-Red, Curly, Wild hair (Always in a crazy hairstyle that makes people's heads turn)	-dark hair -opposite to Frankie -Maybe some braids or headband	-Golden Labrador or Golden Retriever color
Clothes:		-red rain boots	-green eyeglasses	-pink leash
Personality/Activities They enjoy:	-dressing up in Halloween costumes -eating pickles	-passionate about school -reads stories to poppy -good at sports -kind of good at everything, lol -very funky personality	-loves to read -very shy -kind of worries like Poppy	-cuddling up with Frankie -Kraft American cheddar cheese -playing in the mud -loves to meditate

**Setting:**

-1970s/1960s Hippie colorful vibe

- Parent Trap summer camp 'friendship' type of vibe
- Beach bikes
- juxtaposition of characters' clothing from each other
- colorful, whimsical clothing

- feather boa
- overalls
- Red cowboy boots
- funky sunglasses

**-Midwest Neighborhood**

- culdesac
  - two houses: Frankie and Mary-Lou
  - 70s print flowers
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- park
- On top of a hill
- Bus stop

**About the Authors/illustrator:**

- it would be cute to illustrate ourselves in the same style as the characters in the book.
- One part would be from when we were little
- Another of ourselves now

The Worry Wags

By Kiki Pape & Illustrated By Ellyana Wills

“A *tail* about an emotion we all experience.”

**REVISED Accreditations:** Valerie Timko, MS, LLP, PC

**Page One:**

*WOOF!* My name is Poppy. I am a two-year-old golden retriever who can't stop eating my favorite food: cheese slices.

**Page two:**

My owner, a spunky red-haired 10-year-old named Frankie, gives me cheese after I beg with a big smile. Frankie is the best owner, and she helps me with everything, from always helping me wash my fur when I play in the mud, taking me on walks, and feeding me. She also helps me when my tail wags too fast and my heart starts to race, and I can't control it.

**Page three:**

We live on Sunshine Street, and the sun shines daily. I wake her with my kisses every day before she goes to school. I love living here with my family and taking walks down our sidewalk. It annoyed Frankie that I sniffed every bush down the street, but she still gave me a cookie when we got home.

**Page four:**

Sometimes, my tail wags when my owner goes to school, and I miss her.

Sometimes, I don't know why I have the worry wags at all!

**Page five:**

Frankie just told me that my tail wags fast because I worry a lot, which can be called anxiety. She tells me it is okay to worry sometimes.

**Page six:**

*What?* I thought in my head,

What does that word even mean?

**Page Seven:**

But Frankie gave me back rubs and belly scratches and told me it was okay and there were ways to control this feeling. My tail stopped wagging as fast. She is my best friend!

Page 7: When I have these feelings, Frankie teaches me special tools to help me feel less anxious, like taking deep breaths, in through my mouth and out through my nose, and focusing on the things I can sense around me.

**Page eight:**

Frankie puts on her red squeaky rain boots, then grabs my bright pink leash and opens the door. I lift my tiny head toward the sun and breathe deeply through my little nose. The smell of fresh-cut grass and the scent of other dogs' butts lifted my spirits—I couldn't wait to see my best friend, Honey.

I walked along with Frankie, knowing nothing could go wrong when we were together.

**Page Nine:**

I bark loudly to let Honey know I am outside. Frankie looks down at me and tells me to hush as she knocks on the door.

“Mary- Looooouuuu.” She sang.

A small girl appears around the corner, wearing bright red circular glasses.

“What's up, Frankie?” she hollered as she opened the front door.

Mary-Lou is the shortest in the third grade and dislikes that everyone points it out when they first meet her. She looked at me on her tippy toes.

**Page ten:**

“Do you want to play on the playground before school?”

“Of course! Let me grab Honey's leash.” Honey appeared under Mary Lou's legs as she heard the word 'leash'.

Honey and I first greeted each other by sniffing each other's butts because, as dogs, we both needed to communicate where we had been and what we were going to do today. This makes us dogs feel comfortable and safe with our friends!

**Page eleven: (The page of honey with the boa and glasses and fancy outfit)**

Honey is a very bold and outspoken dog compared to me, but she encourages me to step out of my comfort zone and try new things. Honey's favorite holiday is Halloween; she loves dressing up every year!

**Page Twelve:**

My paws bounced against the sidewalk, matching the skip of Frankie in her boots. The world felt like peanut butter cookies, full of possibilities. The neighborhood was alive with sounds—birds chirping and children's distant laughter—but all I could think about was playing with my best friend, Honey. My heart raced with excitement.

As long as I walk beside Frankie, I know everything is alright.

Nothing can go wrong when we are together.

**Page Thirteen:**

As Frankie and Mary-Lou went to play on the playset, we began to bark about the neighborhood drama.

Even though Honey is near me, I am nervous because I cannot see my owner, Frankie. But I trust my friend and myself that I will be okay.

**Page fourteen: (cloud shapes that look like cheese or girly stuff or toys or food)**

We both lay down on the grass and talked about the cloud shapes we saw. But as I sat there, I felt increasingly panicked and tried to look for Frankie. Even though being with Honey was safe, I didn't like to be away from her.

**Page fifteen:**

I decided to think of what Frankie told me when I felt this way: to sniff in through my snout and out through my mouth.

In and out through my nose and mouth.

My tail stopped wagging less before I knew it.

**Page sixteen:**

“Would you like to play with me on top of the hill, and then we can roll down it?!?” said Honey excitedly.

“I don’t know, Honey; Frankie told me not to go far.”

But I saw Honey’s short legs running towards the hill before I knew it.

“Yippie!!” said Honey.

I had a funny feeling in my stomach that made me feel sick. I went through my mind and thought of what kind of kibble I ate that could make me feel this way, but this feeling felt different than being sick. I ran after Honey before telling Frankie where I went.

**Page seventeen:**

We ran super fast up the hill and felt the beating sun on our fur. That feeling in my stomach felt better after I distracted myself and ran up the mountain with Honey.

“I love the sun!” screamed Honey as she started rolling around in the grass.

“Me too!” I said as I lay down in the grass.

“I wish we didn’t have to go home and wait for our owners after school,” said Honey.

“Me too; I always feel so nervous when Frankie leaves for school,” said Poppy.

“I also miss Mary-Lou when she goes to school, but it is important to remember our owners always come back, and we will be okay!”

After Honey told me, I started to feel a lot better. I will remember to say to myself that when I miss Frankie.

.”

**Page eighteen:**

I looked down at the playground to see Frankie’s glimmering red hair in the sun. But I couldn’t spot her, and that funny feeling filled my stomach again. My tail started wagging wildly and as fast as a helicopter, and my heart was beating as fast.

**Page Nineteen: (another scene of Poppy looking around worried and suffocating with thoughts scene)**

*I thought Frankie wouldn’t leave me. She wouldn’t forget about me? I had no idea what to do!*

**Page Twenty,**

I started to remember what Frankie told me to do in these situations:

I grounded my four paws and closed my eyes. I breathed in my snout and out through my mouth.

Frankie told me when I felt this way:

1. Focus on five things you can see.

I saw the tall green trees,

Kids playing on the playground,  
funky little daisies,  
the ice cream truck,  
and my best buddy Honey by my side, holding my paw.

2. Four things I can touch:

I can feel my heart beating fast,  
touch my paws on the grass,  
my friend's paw in my paw,  
and feel the sun on my fur.

3. Three things I can hear:

Frankie and Mary-Lou talking about school lunch,  
Honey's panting tongue,  
and the voice inside my head telling me it would be okay.

4. Two things I can smell:

I could smell an ice cream man down the street  
and fresh flowers.

5. I can taste the American cheese slice I had this morning.

**Page twenty-one:**

Immediately after I finished the steps, I felt calmer. I knew that if I started to feel more relaxed, I could find my owner much better.

**Page twenty-two:**

I spotted Frankie and Mary Lou by the bus stop. Honey and I looked at each other and started running down the hill as fast as possible to our owners. I felt so much better that I could find my owner, and now my wags are not because of my worries. They are because I am so happy!

**Page Twenty-three:**

“Poppy, I am so happy to see you. I was so worried about you and couldn’t find where you guys were!” said Frankie.

“I was worried too, but I did what you told me to do when I felt my tail out of control.”

**Page Twenty-five:**

Frankie bent down and hugged me, “I am so proud of you, Poppy! And it is so normal to feel that way sometimes. Did you try the helpful tips I told you about?”

“Yes! I felt so much better, and it was easier to find you and Mary-Lou.” I said, wagging my tail.

As she waited for the bus, Honey and I stayed with our owners until they went to school, and we both had a great day.

**Page Twenty-six:**

The end! Woof!

## Page Twenty-seven:

### About the Creators!

Woof! My name is Kiki Pape, and I am an author who is passionate about all things books related, fashion, animals, and taking care of your mental health. While attending the University of Colorado Boulder, I wrote this book about my Late dog, Abby, and the support she brought through my mental health journey. I love sharing my writing and helping in the mental health community. I hope you enjoy my book and feel inspired to share your versions of assisting your own ‘worry wags.’



A cartoon of these outfits would be adorable!

My talented illustrator, Ellyana Wills, Has been around in my life since we attended Way Elementary School, and we have been friends ever since! From taking photos for my photography class, doing an art project, or playing on the golf team together. I always knew that Ellyana needed to illustrate my books! Learn more about her:

(your paragraph here!)

Back side description:

**The Worry Wags By Kiki Pape & Illustrated by Ellyana Wills is a heartwarming children's book series that takes young readers on exciting adventures while addressing important topics like anxiety and mental health. Our stories provide a relatable and comforting resource for parents and children, promoting emotional well-being and mindfulness.**



### About the Creators:

Woof! My name is Kiki Pape and I am an author who is passionate about all things books related, fashion, animals, and self care. While attending the University of Colorado Boulder, I decided to write this novel about my late dog Abby and the support she brought through my mental health journey. I hope you enjoy my book and feel inspired to share your own versions of helping your own 'worry wags'.

My talented illustrator, Ellyana Wills, has been around in my life since we attended Way Elementary school and have been friends ever since! From taking photos for my photography class, doing an art project together or playing on the golf team together. I always knew that Ellyana needs to illustrate my books! Learn more about her:

Hi! I am a young artist who loves to paint, draw, sculpt, sew, do graphic design, and pretty much anything else creative. I love all things pink, vintage fashion, food, and art! It has always been a goal of mine as an artist to illustrate a children's book and I am so proud of Kiki and myself that we have made it happen! As someone who also has struggled with anxiety, it meant so much to me to be able to be apart of such a wonderful and educational purpose behind this book. You are never alone in your anxiety and I promise you it can get better!



The Worry Wags Song page:

Ideas:

-70s type vibe

-groovy song

-easy beat

-very short

Inspirations:

-shel silverstein

-jack johnson

Verbal notes from class:

- The last group image looks a little messy
- Anxiety bubble
- Cramped writing
- Emphasizes the duality of people
- Separate the words in the sections of the steps
  - Spend more time in this section visually
-