

Tommy the Turtle

Educating Children About Anxiety



Shelly Weiss
Ed.S, LMHC, CRC

Illustrated by Christopher Harmon

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Childswork
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Tommy the Turtle: Educating Children About Anxiety

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The stories and opinions expressed herein are solely those of the author. We do not attempt to give medical advice but address the emotional health of the subject based on best psychological practices. Please consult a medical professional with your questions and concerns.

INTRODUCTION

Dear Readers,

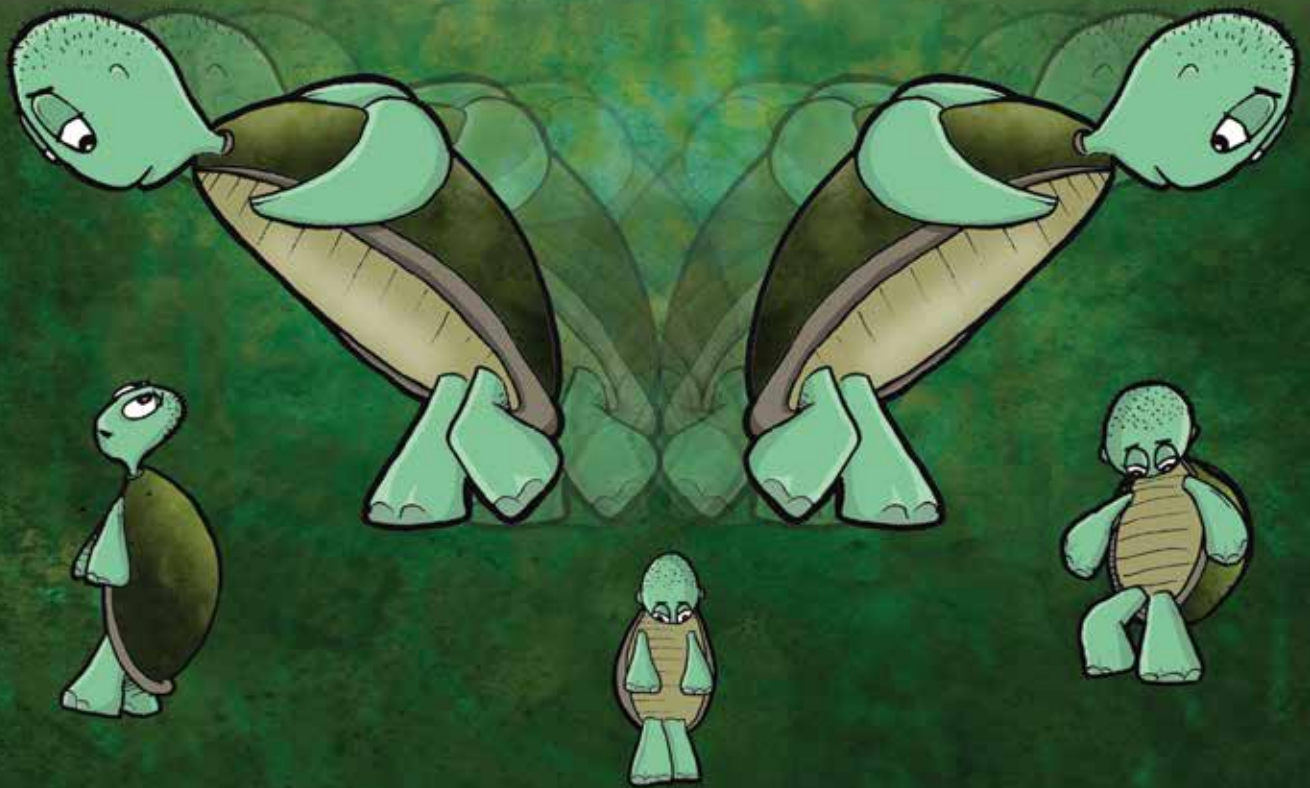
My name is Shelly and I was born different from most babies; I was born with cerebral palsy. My speech is slurred and I have a crooked walk because of the cerebral palsy. I wrote this book to help others understand that the world is full of people who have various medical conditions, gifts, talents, personalities, and appearances. Tommy is a character who, despite various challenges, maintains a positive attitude and stays determined through it all! I hope you enjoy Tommy's story.

Your Friend,
Shelly

Why am I so cranky? Why can't I sleep?
Lately, all I do is weep.



Worry, worry - My heart keeps racing.
Days are filled with endless pacing.



Panic and fear of things unknown,
I'm even scared inside my home.



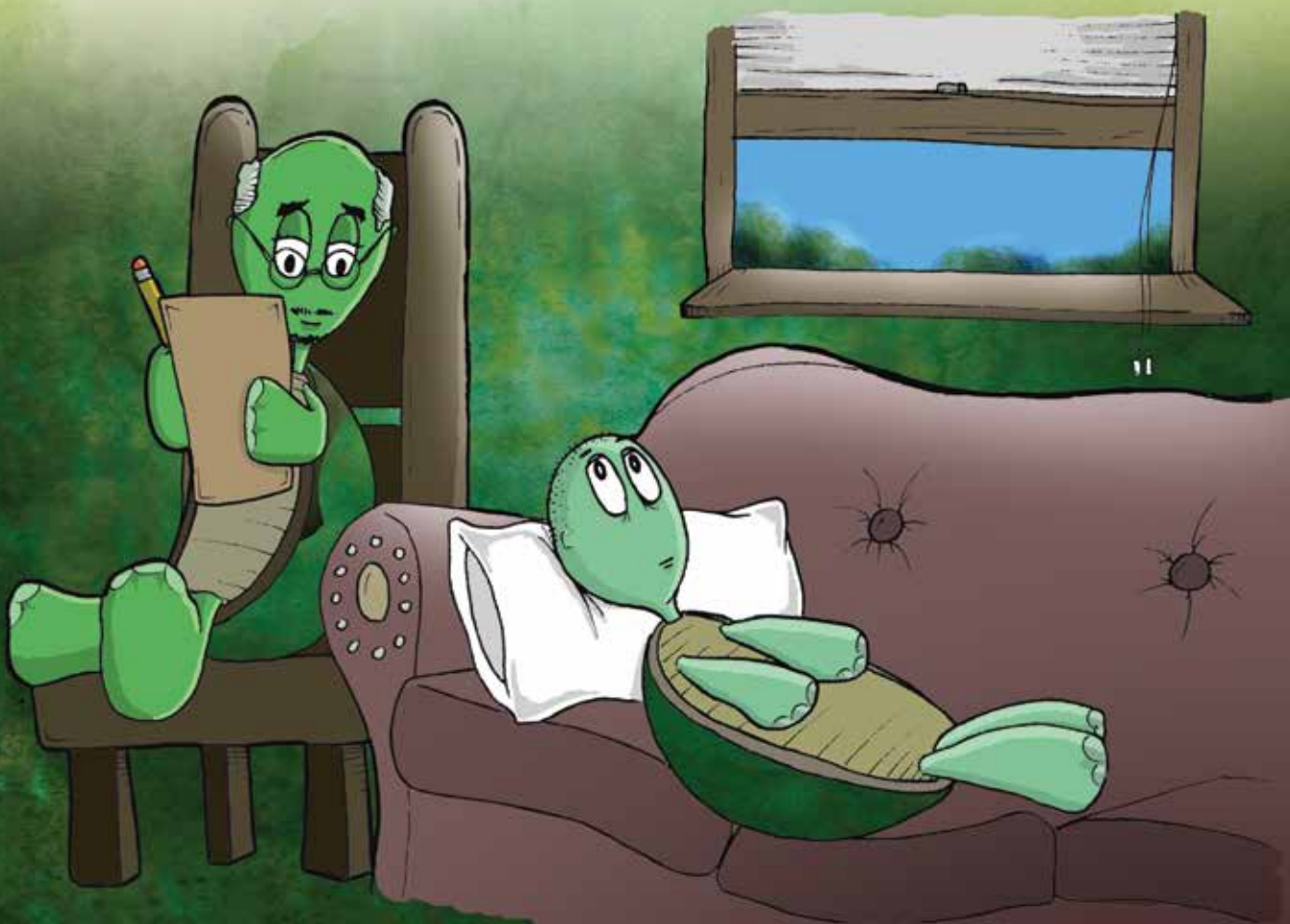
I can't do my work or even play,
boy, it's tough to feel this way!



Anxiety describes the way I feel,
seeing troubles that aren't even real.



I must change my thoughts with my counselor's aid,
and try to let my constant worrying fade.



It does no good spending days in bed,
feeling so helpless to the thoughts in my head.



My fears may sound silly, but to ME they are real!
Panic and terror are the things that I feel.



I write in my diary on things my mind dwells.
With counseling and patience, I'll come out of my shell.



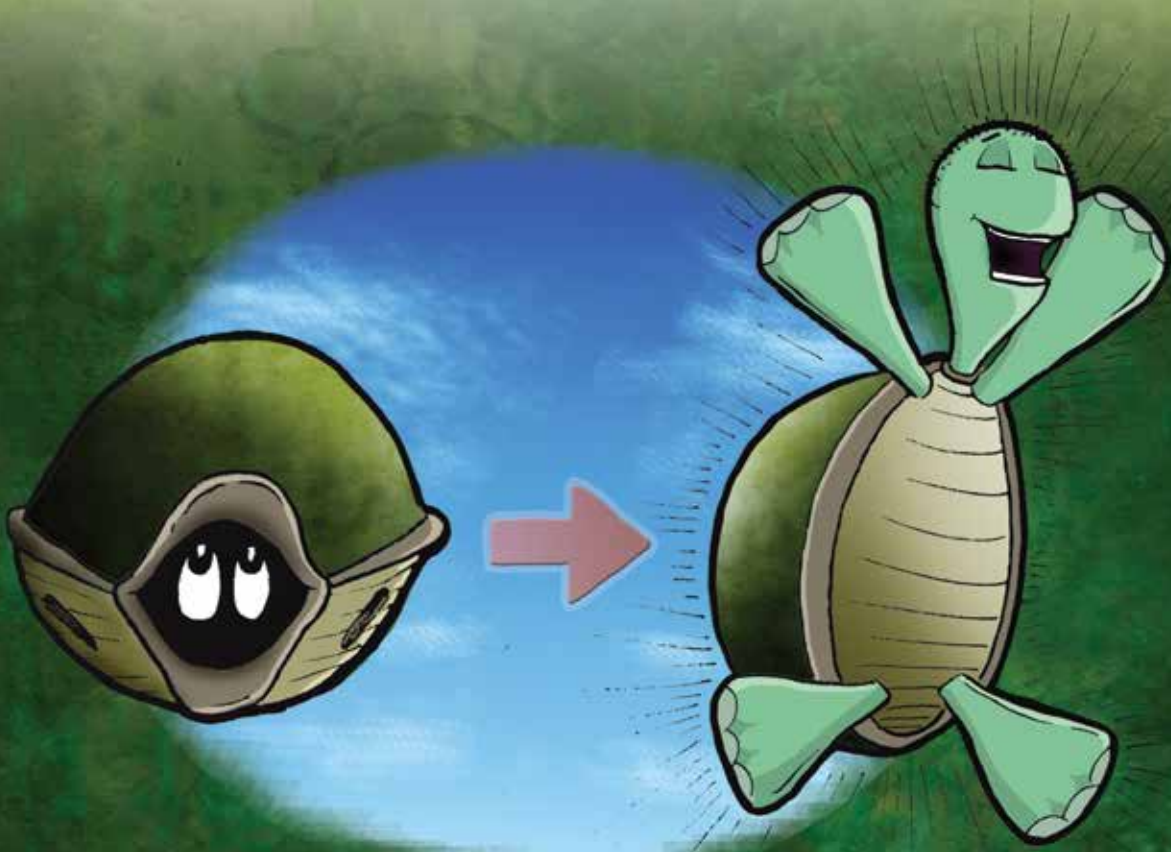
I remember the nightmares that didn't come true,
not worrying is easier to say than to do.



One day at a time, I'll try to find peace.
One day at a time, my fears they will cease.



Anxiety and worry I must try to make disappear.
Replacing them with peace and confidence is my goal
for this year.



Discussion questions for the child who has anxiety:

1. How do you cope when you are feeling anxious?
2. How do you act differently when you are anxious?
3. What's the hardest thing about making new friends?
4. What would you tell people about yourself that you think they do not know?
5. What is your favorite thing about the character in this book?

Discussion questions for the child who does not have anxiety:

1. How would you feel if you found out one of your friends has anxiety?
2. Have you ever known or do you know someone who has had anxiety? If so, what was/is that experience like?
3. What can you learn from people who have anxiety?
4. What questions do you have about people who have anxiety?
5. What is your favorite thing about the character in this book?

NOTE: All questions should be reviewed before use. All questions may not be appropriate for every child and one should use their discretion as to which questions are appropriate to use.

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About the Series

Dillon and His Exceptional Friends is a book series featuring animals with various conditions aimed at educating children ages 4-8. The stories explain medical conditions in kid-friendly language in hopes of demystifying perceived differences to readers so they can comfortably and freely interact with others who are unlike themselves without fearing the unknown. Educating children early in life will help them appreciate diversity and acceptance.

About the Author

Shelly Weiss is a Licensed Mental Health Counselor and Certified Rehabilitation Counselor who has various disabilities including cerebral palsy, A.D.D. and major clinical depression. As a result, she has dedicated her life to disability awareness.

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