**Worry Warriors**

K-1st Graders

Come one, come all, learn how to triumph over worries!

Kindergarten and first grade bring lots of challenges with them. Maybe you’re someone who feels a tingling in your belly before you get up on stage for the CASA play. Could be you notice your face flush when a teacher calls on you in class. Perhaps you worry about finding friends to play with on the playground. Or maybe you just have a friend or family member who worries too much and you want to learn some tools for helping them. Whatever your experience with worries, this group will transform you into a Worry Warrior who knows *just* what to do to knock those worries down to size. Say goodbye to those worry thoughts, boys and girls—they won’t be bothering you OR your friends and family anymore!