

# FULL STEAM AHEAD Compost Your Worries

Science technology art & math with the Woos

Adult Supervision Needed

## MATERIALS NEEDED:

- Plain paper or colored paper
- Drawing & writing supplies
- Large bowl
- Scissors
- Ice cube tray, seed pods or egg carton
- Wildflower or plant seeds
- Planter pots
- Soil

## STEP ONE: CREATE WORRY PODS

- On a plain piece of paper write down as many worries as you can think of.
- Thoroughly tear up the piece of paper into tiny strips- That's right rip up those worries! {Optional} Tear up one or two pieces of colored paper to add color to your pod!
- Put the paper in a bowl then ask an adult to add hot water to the bowl.
- Let the paper soak for at least 30 minutes until it becomes soft and pulpy.
- Once cool, drain out the excess water and continue to shred the paper until it is "mushy."
- Push shredded paper into egg carton, seed pods or ice cube tray so each section is full.
- Add a few seeds of your choice on top.
- Firmly push the seeds down into the pulp.
- Pat dry with a paper towel to remove excess water.
- Let it sit for about 24 hours

## STEP TWO: PLANT WORRY PODS

- Pop the paper pulp out of its container.
- Fill one quarter of the planter with soil.
- Add one pod.
- Cover with soil.
- Water thoroughly.
- Place in a sunny area.

## STEP 3: WATCH YOUR WORRY PLANT GROW

- Continue to water as needed.
- Once sprouts have grown, plant in an outdoor space or keep in a pot as a reminder you can turn those feelings into something amazing!



\* Make sure paper is cool before putting hands in bowl.



**CONGRATULATIONS YOU HAVE SET YOUR WORRIES FREE AND TURNED THEM INTO A BEAUTIFUL PLANT!**

\* This project was originally created by Melanie Mancini from @PrimaryASD for use with the WorryWoos. Photo of Wince & Flower Pot by Melanie Mancini.

# Wince's Word Search

Directions: Look at the words in the following list and try to find where they are hidden in the puzzle. Circle each word.

Y Y Y W B R A B R D A G G U P N C E H Y E  
G M I R Y W T U G I W A U W P A T U N A N  
Z A L E C C R Z P P O S N A I O W B O E W  
C Z W L T P I Z D W A P G E D N A P Y C P  
U C R A A T P I I G T E W H I N R N U B W  
P T W R A U D N R Y C D E S I E S O Y Y O  
T O R T E Y N G E A T D R R Z H T P S O R  
R L L U O W T D S T O R P N E A B N Y U R  
L D G I E W O R R Y A G T U M U Y C R Y Y  
C E G O T T I L E Y T S E Z T L E A O T B  
A C R A N E S N D O G G R I O A S T E W U  
B I W C A O L I C B S U S R A T A A G U G  
S A G S D I M Y T E E L R S T A O P N G T  
I T G T T A S Z B A S T D G G G B U Z A L  
C L A H E O I B R S A Y T O L Z L L A E Z  
Y R U O D W M Z S T E W S L W E A T H E R  
T E L U A R G P I Y P R U Z T E D O A U G  
S G Y R G A R E E T E E G E A U W R D W E  
R N R G G A S U L D D E H L R P T R A S Z  
N I P N T S L E Y G R A P H N B H S T C A  
A W E G C S D P L R C D U B P G D R R B U

## Word List

WINCE

BEAST

WORRY

WEATHER

LAUNDRY

GASPED

POLITELY

GURGLED

STEW

CRANES

CATAPULT

STOMPED

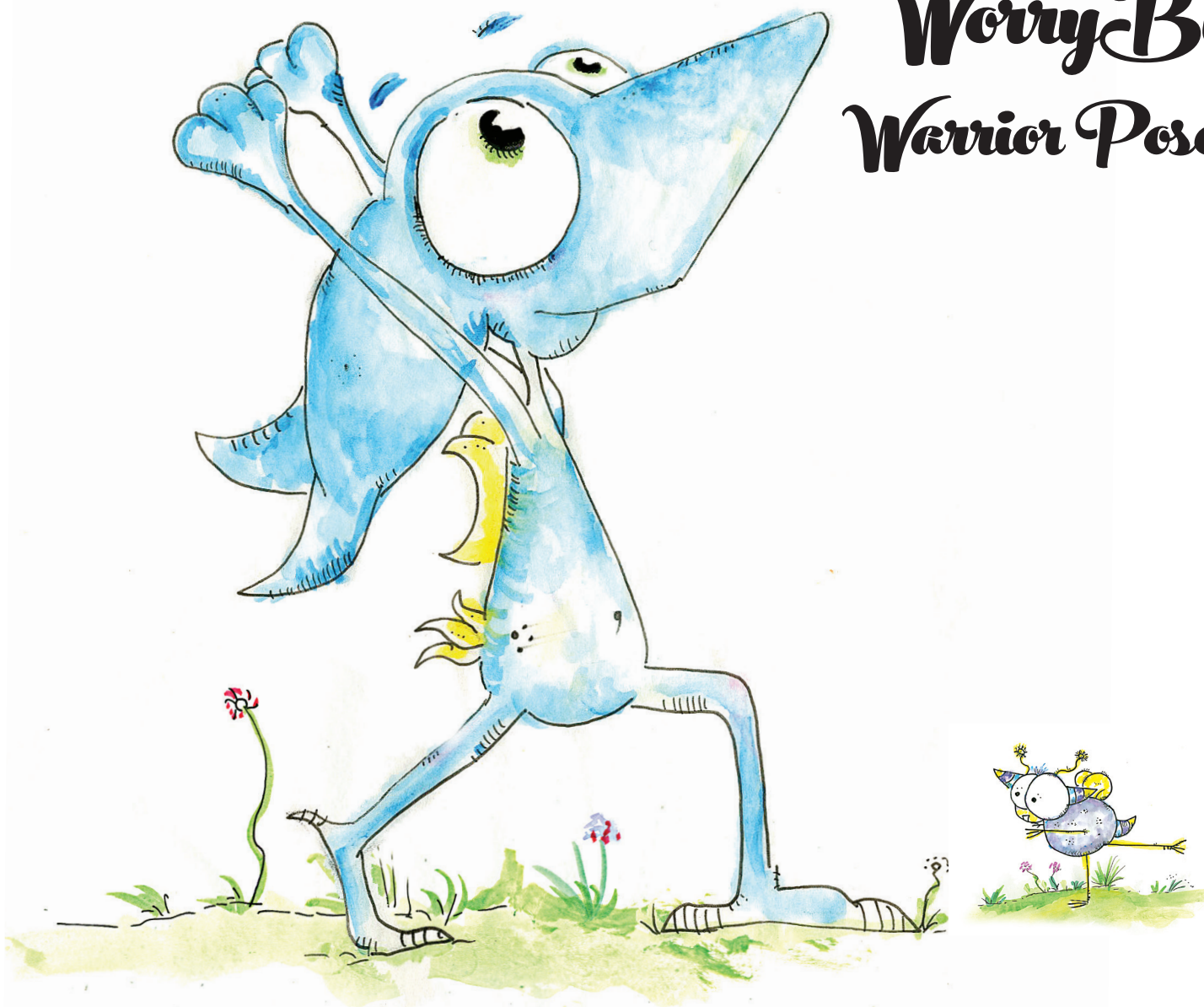
GRAPH

WORRYBUG

BUZZING



# Wince's WorryBug® Warrior Pose



## **WorryBug® Warrior I Pose**

1. Bring one leg straight back, while the other is bent in a lunge with the front knee over the front ankle.
2. Reach your fingertips up to the sky with the palms facing each other.
3. Lift up through your chest.

***Remember you are a powerful warrior, not a worrier!***