

It was a sunny fall day. Elizabeth was making a big leaf pile when her friend came to play.

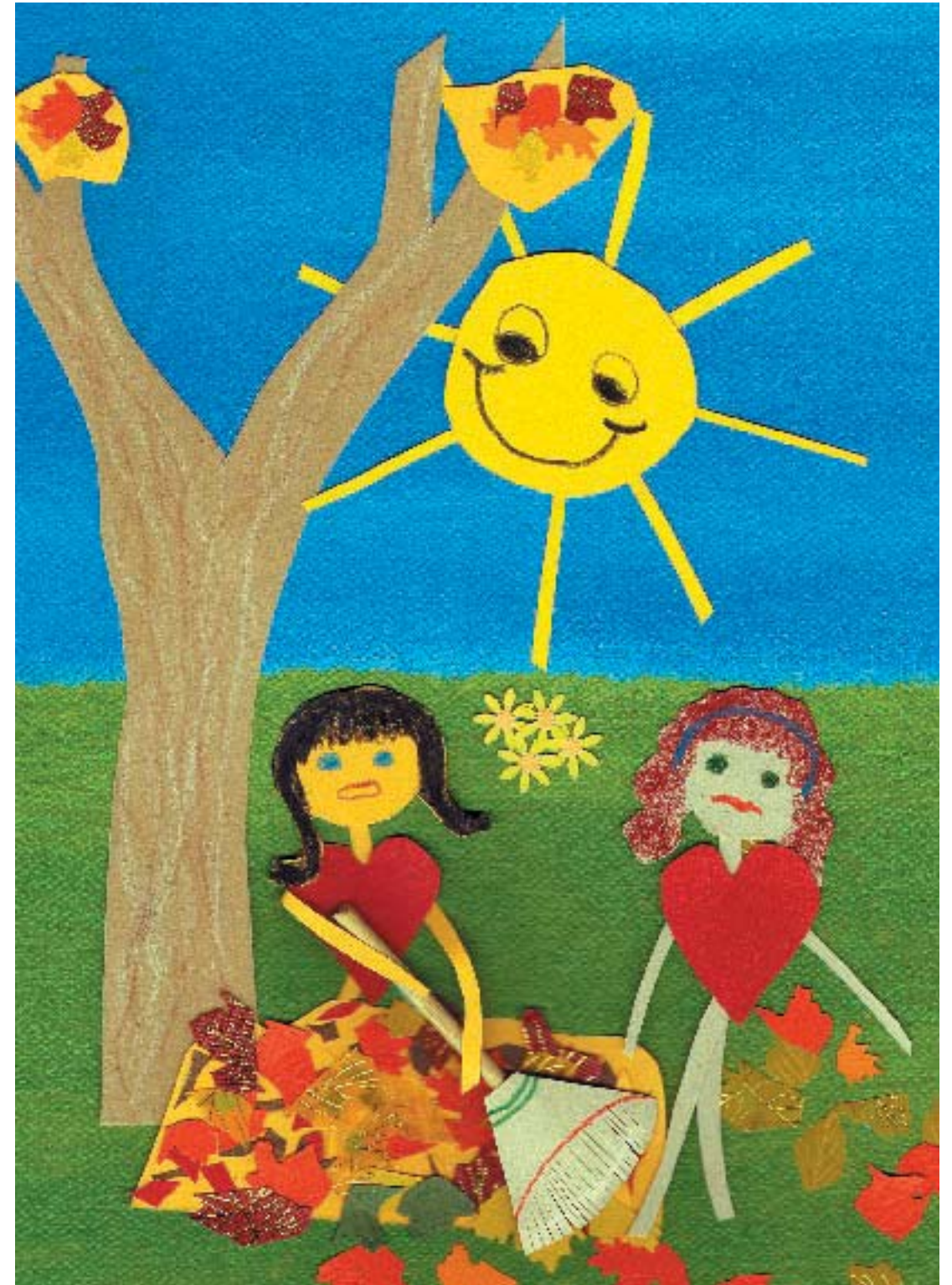
“Hi Elizabeth,” said Maria as she entered Elizabeth’s back yard.

“Hey Maria, what’s wrong?” asked Elizabeth, noticing that her friend seemed out of sorts.

“I don’t really know.” replied Maria, “I have a tummy ache and I know I’m not sick.”

“Did you tell your mommy?” asked Elizabeth, who was now concerned about her friend.

“Oh she’s busy; she said I just worry too much.”



“I sometimes get a tummy ache too, especially on Sundays,” replied Elizabeth as she handed her friend a rake.

“Why on Sundays?” asked Maria, taking the rake and helping Elizabeth with her leaf pile.

“Well, I am very anxious about school and some times I just can’t stop thinking that Monday is coming and I don’t want it to,” replied Elizabeth.

“What is anxious, that’s a funny word,” said Maria

“I know, isn’t it? I like it because it has the letter x in it, x is my favorite letter!” exclaimed Elizabeth. “Anxious is what you call yourself when you worry.”



“Really?” asked Maria.

“Yes, my mommy told me all about it because everyone gets anxious now and then and some kids are more anxious than others.” Replied Elizabeth as she took a running leap into the leaves.

“I didn’t know other kids worried too!” exclaimed Maria as she joined her friend, “What do they worry about?”



“Well,” paused Elizabeth, “I only know what I worry about.”
“What do you worry about?” asked Maria.
“I worry about making mistakes, being away from home, like at school or a friend’s house, thunder and lightning, if teachers are going to yell at me and.....
Wow, I guess I worry about a lot of things!” exclaimed Elizabeth after listing her worries. “What are you worried about Maria?”

