

Think and write

Activity 1 of 3

Yossi and the Wobbly Voice

Ages 9-12 | Do it on your own or with a grownup. You can leave anything blank.

1 Write something you want to do that makes you nervous.

2 Why does it matter to you? Who or what is it for?

3 Write the very first small step you could take.

Your answers are yours. Share them only if you want to.

Grownup conversation guide

Activity 2 of 3

Yossi and the Wobbly Voice

Read the story together first. Take turns. Listen more than you advise.

- 1 Why did trying to push the feeling away make it louder?
- 2 What mattered most to Yossi?
- 3 Share something you did while nervous that you are glad you did.
- 4 What can we say to each other when one of us feels shaky?
- 5 Is there something coming up where you would like company for the first step?

Tip: let your child pass on any question. Praise the effort of noticing, not a perfect answer. If worry, anger or sadness stays strong for weeks or gets in the way of daily life, talk with your child's doctor, school or a trusted professional.

Yossi and the Wobbly Voice

Cut out the card, or copy it onto an index card, and keep it where you will see it.

Yossi's Take-It-Along Tool

1. Notice the feeling. Say, "I notice I feel nervous." You do not have to fight it.
2. Ask what matters. Why do you want to do this? Think of the person or the value that makes it worth it.
3. Let the feeling come along. A nervous feeling can ride in the back seat. You are the one who picks the next step.
4. Take one step that matters. Start with the first sentence. Then the next. Shaky is okay.

You can feel nervous and still do what matters to you.

Draw a time you could use this tool: