



Dina Draws Her Worry

Ages 6-9
A story and 9 activities



Dina Draws Her Worry

Dina's mother is going into the hospital for a small operation, and Dina can't stop thinking about it.

"It's routine," says Totty. "Mommy will be home in two days."

"Is she going to be okay?"

"The doctors are very good. She'll be fine."

But Dina's tummy is in knots. At school, she can't focus on her reading. At home, she paces from room to room. She doesn't want to talk. If she opens her mouth, she is afraid she'll cry.

On Tuesday, Morah Shaina hands out blank paper. "Today we'll draw something that's on your mind. It doesn't have to be pretty. It can be anything."

Dina stares at the page. What is on her mind? She picks up a black crayon and makes a dark scribble in the middle of the page, round and round, until it looks like a storm cloud.

She adds gray. Then purple. Then she makes a big dark shape beneath the cloud, and a tiny figure in the corner, small and alone.

When she finishes, she looks at it. It is messy and dark, but it looks exactly like how she feels.

Morah Shaina comes by. She looks at the page for a moment, quietly.

"That's a powerful picture," she says. "Can you tell me about it?"

Dina's throat tightens. "It's a cloud. A big worry cloud."

"What is it about?"

"My mother is going to the hospital. I'm scared."

Morah Shaina kneels down. "Thank you for telling me. That sounds really hard."

Dina's eyes fill up. "I didn't want to say it. I didn't want to cry."

"It's okay to cry. Feelings need somewhere to go. You put yours on the page. That's a great way to start."

"Does it make it go away?"

"Not exactly. But it makes it lighter. A worry that's inside is heavy. A worry on paper is something we can look at."

Dina looks at her drawing. The cloud doesn't look as scary on paper. It is just a big, scribbly cloud.

"Could you add something?" asks Morah Shaina. "What would help the little girl feel safer?"

Dina thinks. She picks up a yellow crayon. She draws a bright sun peeking out from behind the cloud. Then a house with a warm window. Then a figure in the doorway, with arms outstretched.

"Who's that?"

"Totty. He's waiting for her."

"And the little girl?"

Dina draws a line, from the girl to the house. "She's walking home."

"That's lovely," says Morah Shaina. "Would you like to show your father?"

That evening, Dina hands the drawing to Totty. She tells him everything, the knots in her stomach, the cloud, the little figure.

Totty hugs her. He has tears in his eyes, too. "I'm worried too, sweetheart. But we'll get through it together."

They tape the drawing to the fridge. Every time Dina walks by, she looks at the sun.

Two days later, Mommy comes home, tired but smiling, with a bandage and a bouquet of flowers.

"Mommy!"

"I'm home, my love."

On the fridge, Mommy sees the drawing. She looks at it for a long time.

"Who drew this?"

"I did."

"It's beautiful," says Mommy.

Dina hugs her tight. She feels her heart go quiet, like a cloud that has finally floated away.



Activity 1 of 9

Remember the story

1. Why is Dina worried?

2. What does Dina draw first?

3. What does she add to the drawing?

4. Where do they put the drawing?



Activity 2 of 9

Fact or guess? (circle one)

1. Dina shows the drawing to her teacher and father. Fact / Guess
2. Dina's mother is in the hospital for a month. Fact / Guess
3. Totty says he is worried too. Fact / Guess
4. Mommy comes home with flowers. Fact / Guess



Activity 3 of 9

Think and write

1. Is there a worry you could draw?

2. How does drawing help Dina?

3. Who could you share a drawing or feeling with?



Activity 4 of 9

Word search (find all 6)

Words: DRAWING, WORRY, CLOUD, SUN, CRAYON, HOSPITAL

J	A	A	W	R	D	O	G	T	I	U
G	L	P	J	W	D	D	C	T	I	T
F	L	A	J	E	T	O	N	S	K	L
D	D	I	H	O	S	P	I	T	A	L
V	N	R	K	C	F	G	D	Y	N	K
W	H	N	A	U	N	P	U	Y	T	L
W	N	O	W	W	D	O	O	I	P	A
O	H	Y	D	I	I	U	L	K	I	D
R	H	A	B	T	W	N	C	P	U	Y
R	R	R	F	H	I	U	G	J	U	M
Y	C	C	D	C	U	S	I	P	D	L



Activity 5 of 9

Scrambled words (from the story)

1. OWRRY = _____

2. DLCOU = _____

3. YCANRO = _____

4. PITOSHLA = _____

5. BOUTUEQ = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"I'm worried, and I want to tell you."

"Can I draw how I feel?"

"Thank you for listening."



Activity 7 of 9

My chart

My Feelings Picture

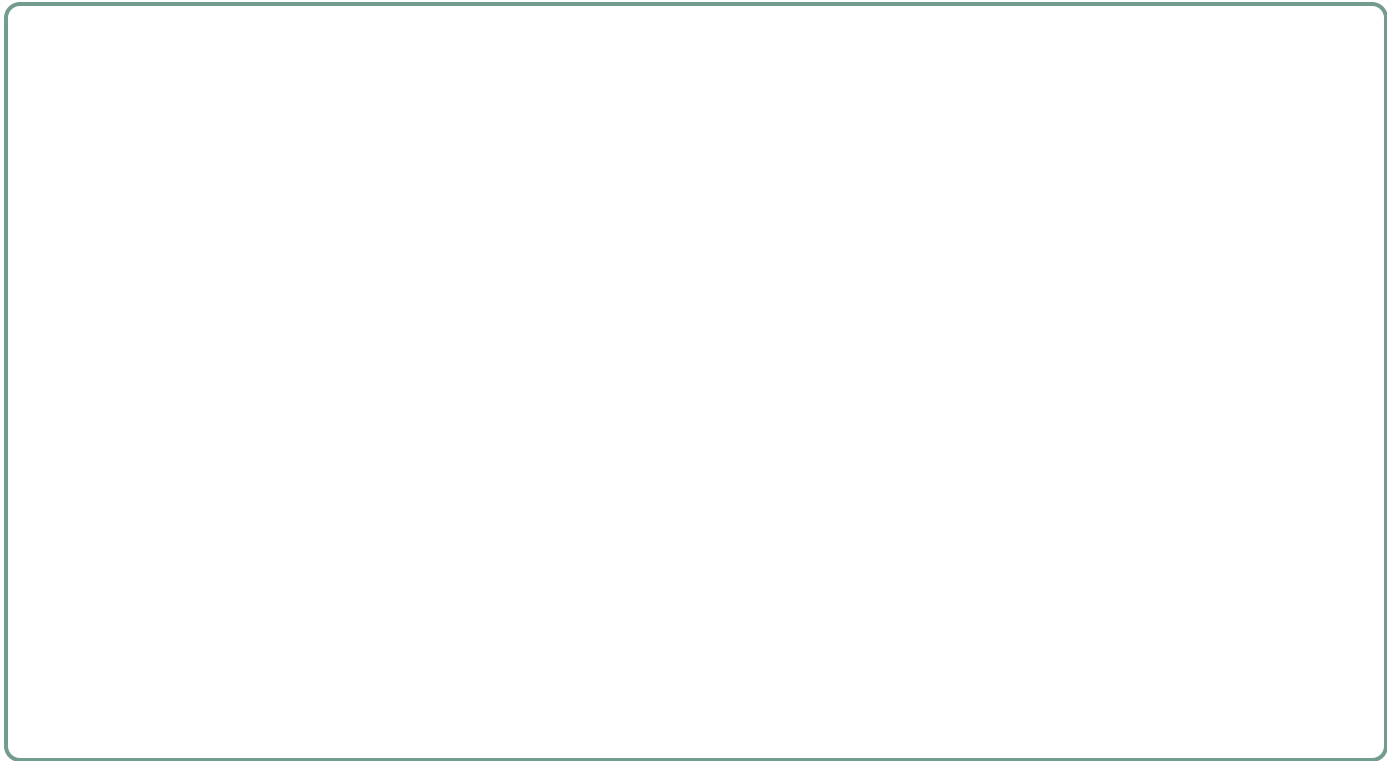
#	What I felt	Colors I used	What I added to help
Picture 1			
Picture 2			
Picture 3			



Activity 8 of 9

Draw it

Draw a big gray worry cloud with a bright sun peeking out and a house with a warm window.





Activity 9 of 9

Answers

Remember the story:

1. Her mother is going to the hospital
2. A dark storm cloud
3. A sun, a house and her father waiting
4. On the fridge

Fact or guess: 1 Fact; 2 Guess; 3 Fact; 4 Fact

Scrambled words: WORRY, CLOUD, CRAYON, HOSPITAL, BOUQUET

Think and write: answers will vary; talk them over together.