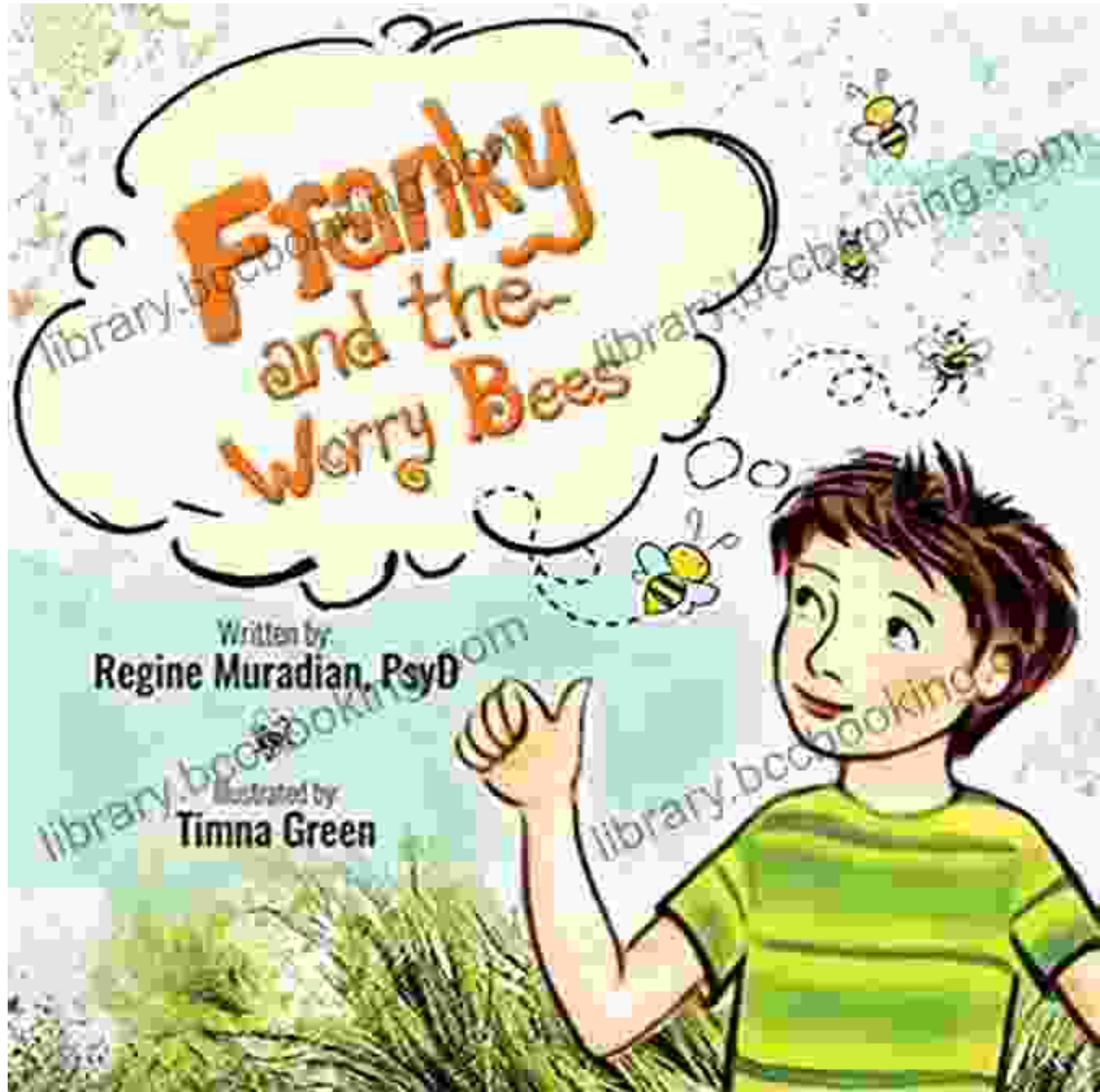


# Bessie the Worried Bee: Help Your Child Manage Their Worries and Fears



## Bessie The Worried Bee

★★★★★ 5 out of 5

Language : English

File size : 3587 KB

Print length : 25 pages



Lending : Enabled



**Bessie the Worried Bee** is a heartwarming and educational children's book that helps kids understand and cope with their worries and fears.

Bessie is a little bee who is always worrying. She worries about everything, from getting lost to not being good enough. But one day, Bessie meets a wise old owl who teaches her how to manage her worries and fears.

Through Bessie's journey, children will learn:

- What worries and fears are
- How to identify their own worries and fears
- How to talk about their worries and fears with others
- How to develop coping skills to manage their worries and fears

**Bessie the Worried Bee** is a valuable resource for parents, teachers, and counselors who want to help children cope with their worries and fears. It is a gentle and reassuring book that will help children feel less alone and more confident in their ability to handle whatever life throws their way.

**What people are saying about Bessie the Worried Bee**

"**Bessie the Worried Bee** is a wonderful book that helps children understand and cope with their worries and fears. My son loves Bessie and her adventures, and he has learned a lot from her about how to manage his own worries." - Sarah, mom of a 5-year-old boy

"**Bessie the Worried Bee** is a great book for kids who are anxious or worried. My daughter has always been a bit of a worrier, but after reading this book, she has started to open up about her worries and fears. I'm so grateful for this book!" - Emily, mom of a 7-year-old girl

"**Bessie the Worried Bee** is a must-read for any child who struggles with anxiety or worry. It's a heartwarming and educational story that will help children feel less alone and more confident in their ability to handle whatever life throws their way." - Dr. Jennifer Hartstein, child psychologist

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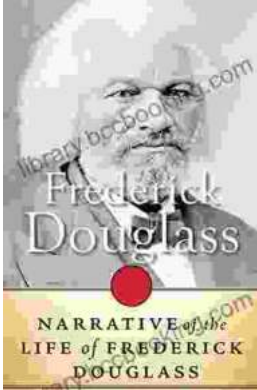
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