

I Think I Think a Lot



Jessica Whipple • Illustrated by Josée Bisailon



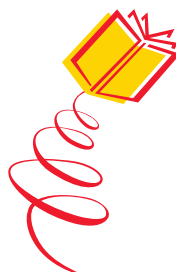
I Think
I Think a Lot



Jessica Whipple

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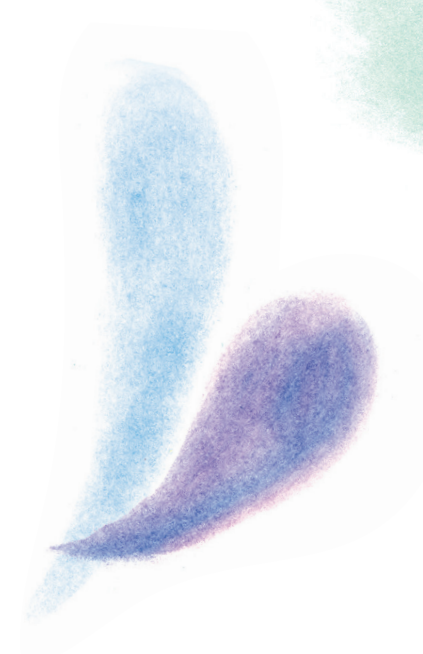
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To my parents.
—J.W.

To my younger self.
—J.B.



I think.



I think a lot.



I think I think a lot.



More than most other kids.



I know this because of Caleb.

When he paints his pinch pot,
his brush is quick and confident,
like he's conducting an orchestra
and it's the fast part.



I wonder if he's been planning it out all morning.
Does he worry about getting it just right,
like I do?

Discussing the Story

Worry and Anxiety

- Do you ever worry? What do you worry about? What does worry feel like for you?
- When you feel worried, what helps you feel better?
- Talking about worries can help them feel less overwhelming. Who are some adults you can talk to?

Discovering the Good

- Think of a time when something good happened because of something troubling. What happened?
- Think of a time when you had to do something difficult. What is one good thing that came as a result?
- What do you like about yourself?



Empathy and Understanding

- Are there ways that you are similar to the main character in this book? How are you different?
- Think about one of your friends. What are some things that come easily to you? What are some things your friend excels at? How do you feel about these differences?
- How could you help someone who is worried?



A Note About OCD

OCD is an anxiety disorder that's characterized by bothersome and unwanted thoughts/feelings (called obsessions) and actions performed to relieve the distress from those thoughts/feelings (called compulsions). These obsessions and compulsions are time-consuming, cause the person extreme distress, and get in the way of important things in their life. This book is not meant to diagnose or treat OCD. If you believe your child might be suffering from OCD, reach out to your pediatrician or a qualified therapist. You can find a list of therapists who specialize in working with people with OCD, as well as OCD information and resources, at the International OCD Foundation website (iocdf.org).