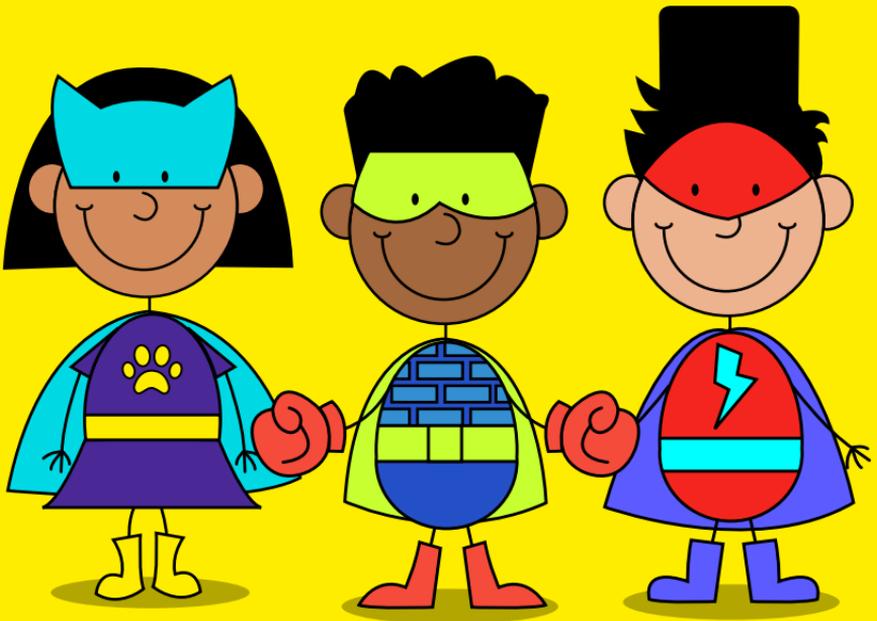




# SUPER 3

## AND THE WORRY WORM



Written by Garth Newman & Yumna Sadan



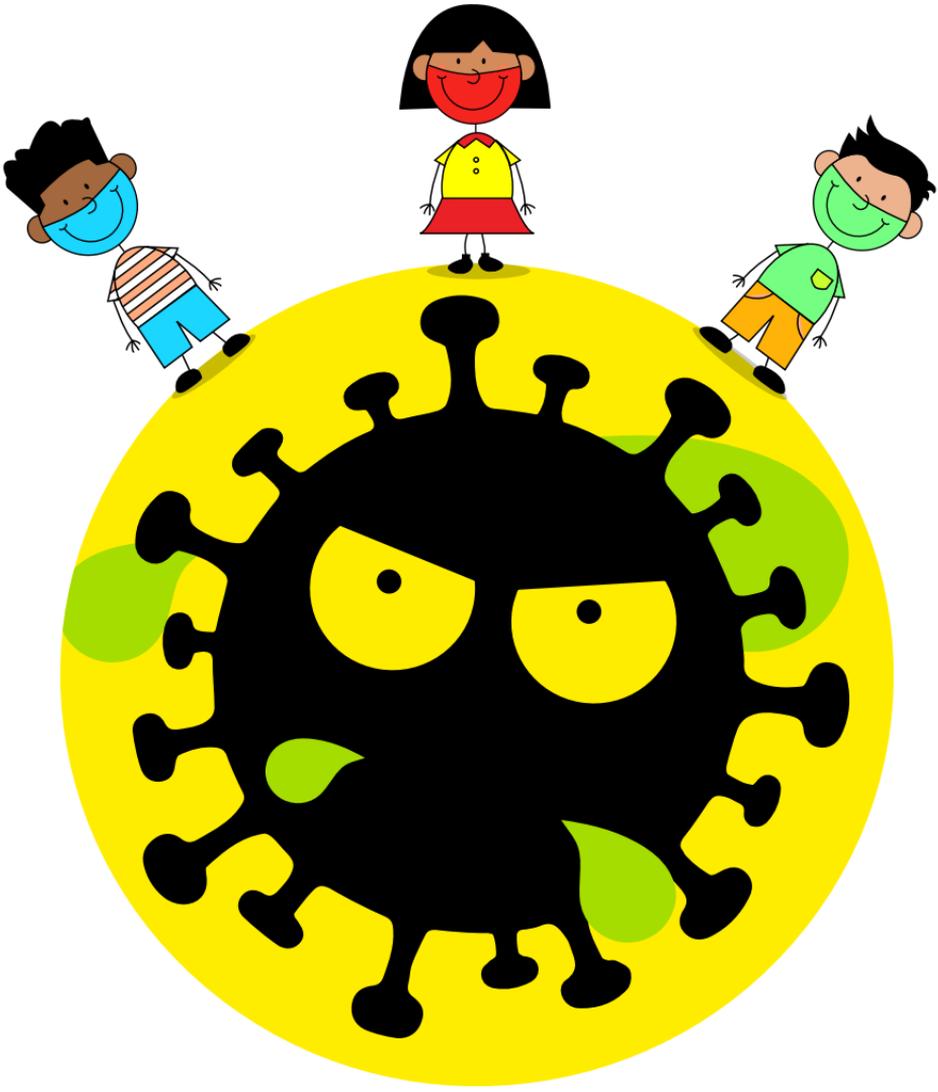
After many weeks Layla, Themba and George were excited to hear that they were finally going back to school.

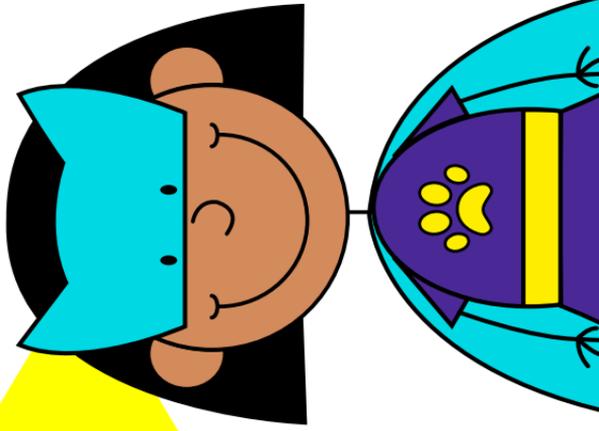
They had been at home for a really long time because of a scary, invisible monster called the coronavirus.



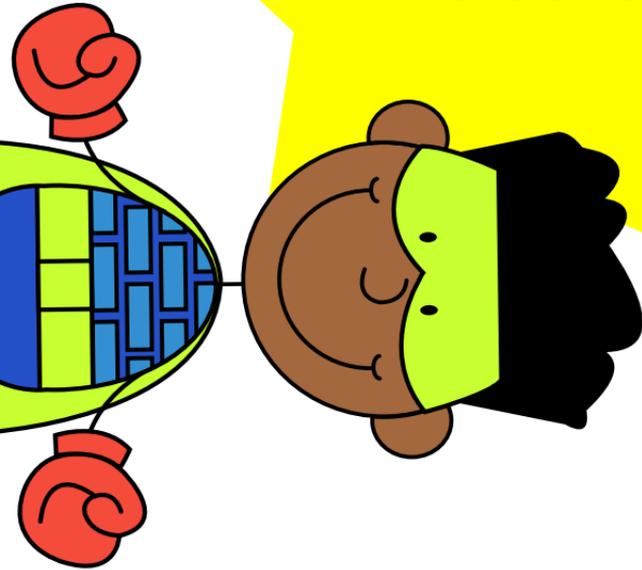
They had done such a super job of washing their hands, wearing their masks and playing on their own that they stopped the monster's droplets from spreading even further. This meant that the friends would be able to see each other once again.

It also meant that...

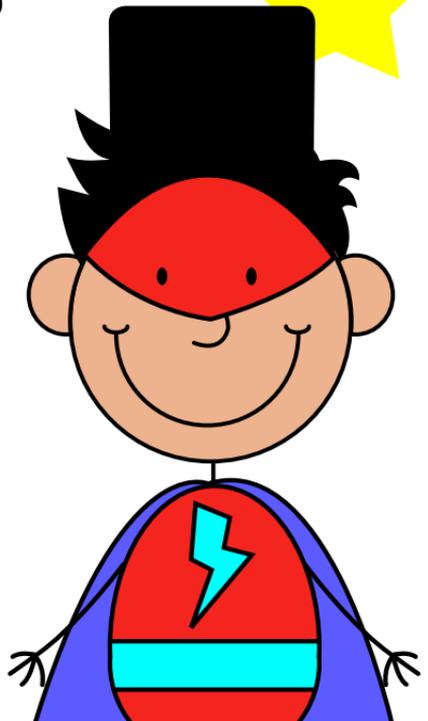




The Super 3 would  
be reunited!

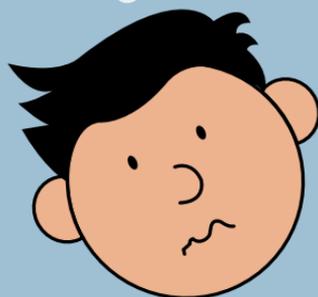


Woohoo!



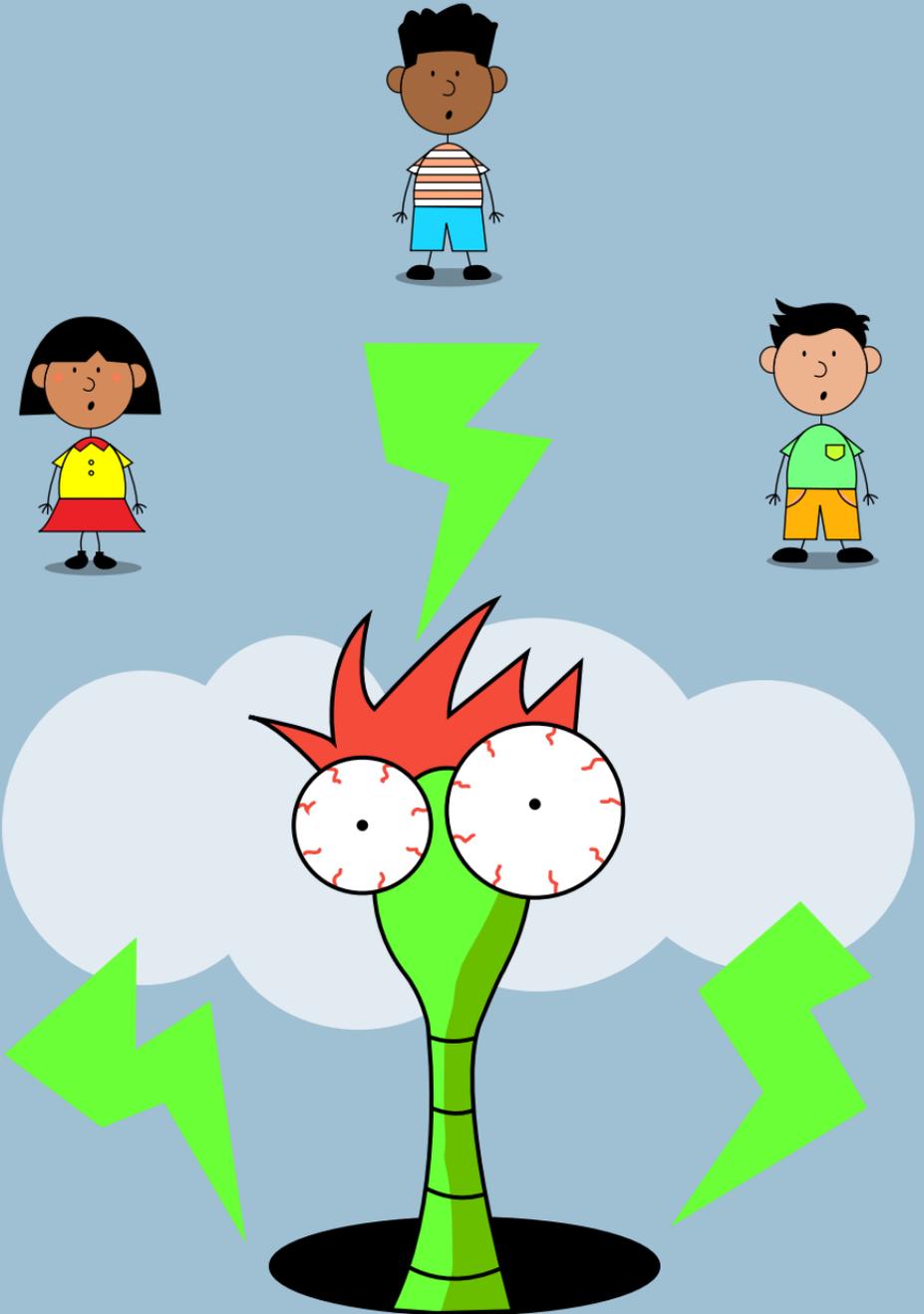
**But something didn't feel right.**

The thought of going back to school made Layla's heart beat faster. It made Themba's knees grow wobbly and it gave George knots in his tummy.



**Just as they got used to being at home,  
they would now have to get used to  
being back at school again.**

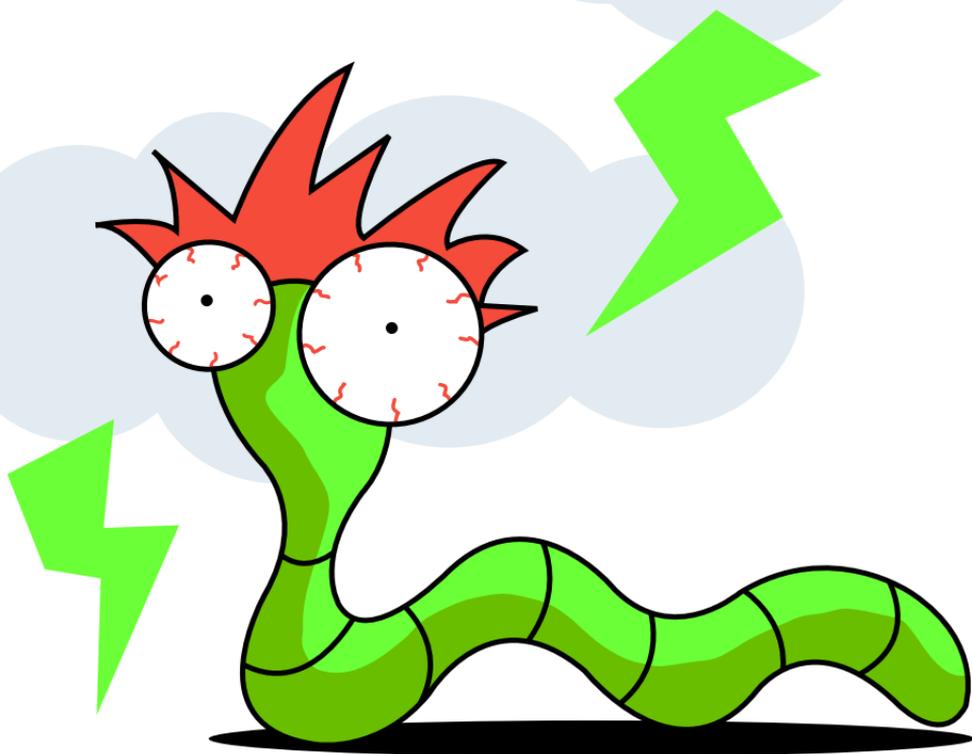
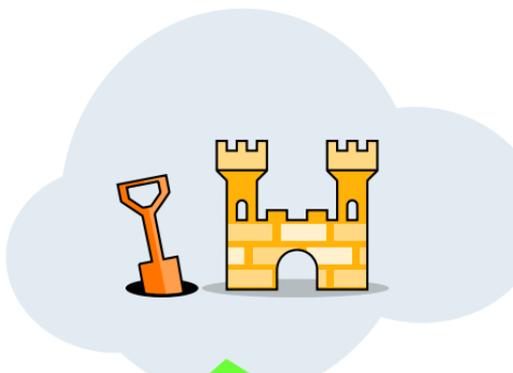
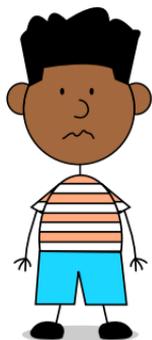
Even though they were excited to see each other,  
**a Worry Worm kept popping out of nowhere**  
**making them feel super stressed!**



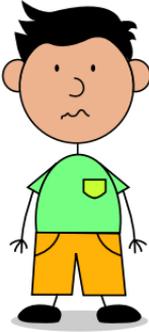
Layla would be happily daydreaming, but then her mind would wander to thoughts of her granny getting sick... and suddenly the Worry Worm would appear, making her heart race.



Themba would be building sandcastles in his backyard and a thought about heaps of homework would pop into his head. Suddenly the Worry Worm would appear out of nowhere and steal all of his energy.



George would happily be enjoying his ice-cream cone, but out of nowhere thoughts about his mom and dad looking sad would pop into his head... and POOF! The Worry Worm would make his appetite disappear.



The Worry Worm was stealing their fun and filling their heads with lots of questions.

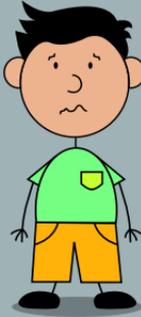
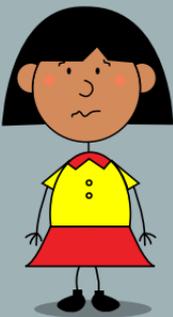
Was it safe to go back to school?

What would it be like leaving home?

Would they still have other friends to play with?

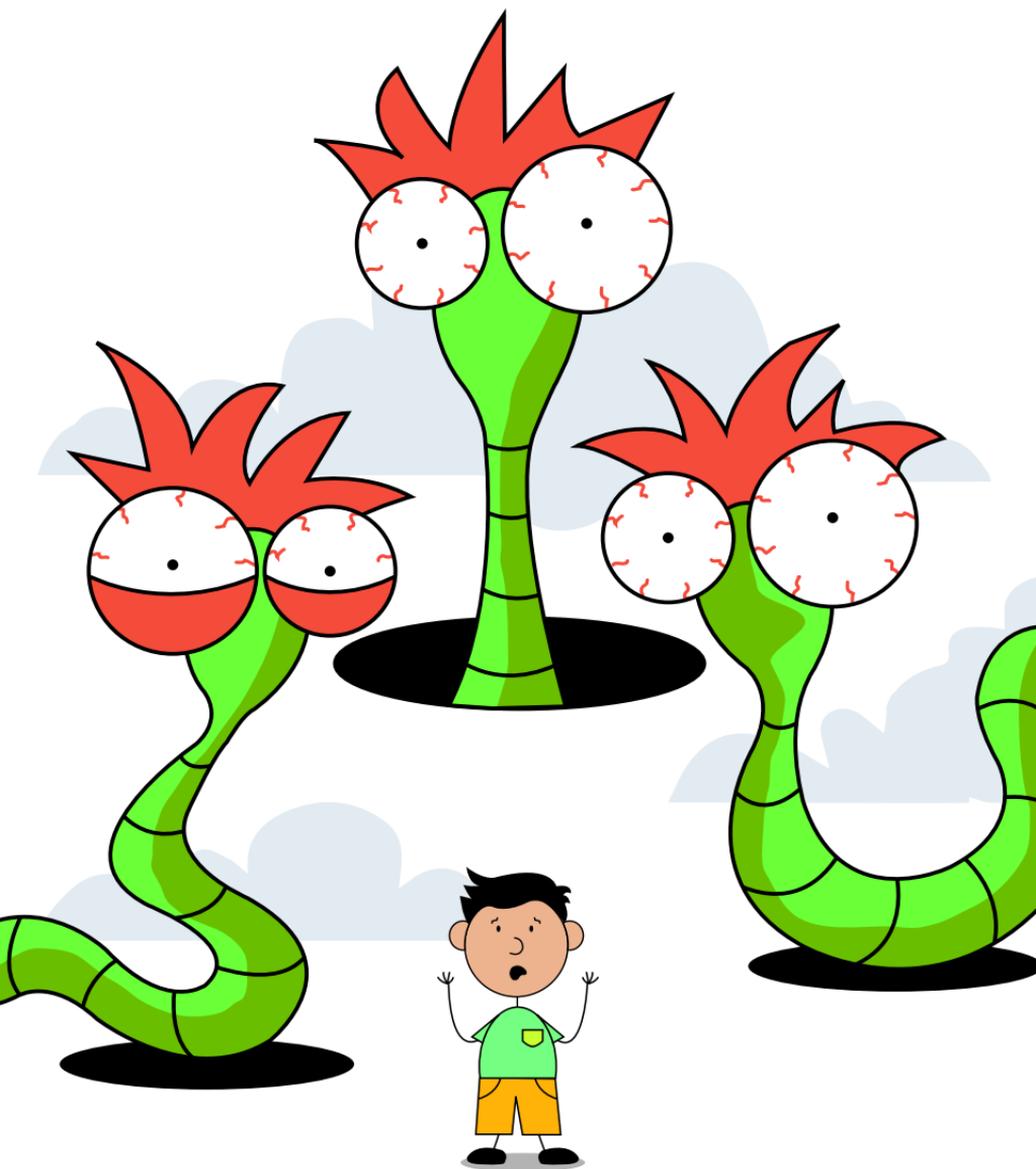
Would their families be okay?

When would these worries go away?

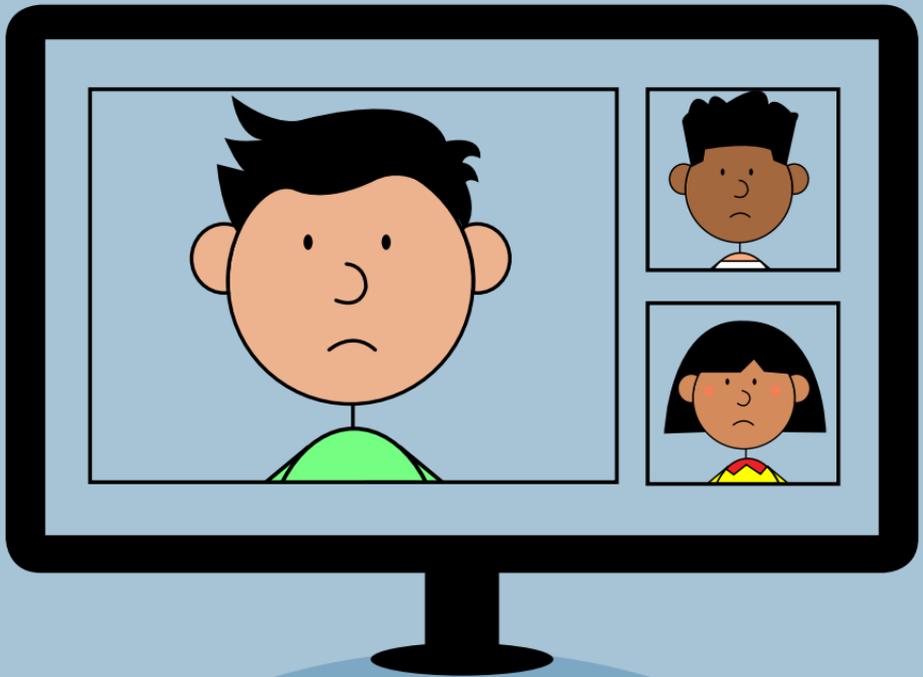


One day, while George was watching his favourite TV show, the Worry Worm arrived with a flood of scary thoughts.

George suddenly felt his head pounding, his heart racing and his tummy turning all at once. He got really scared, thinking it would never stop!

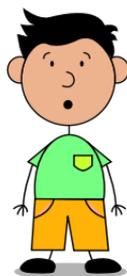
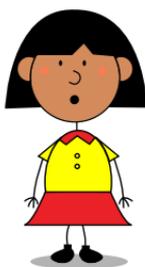
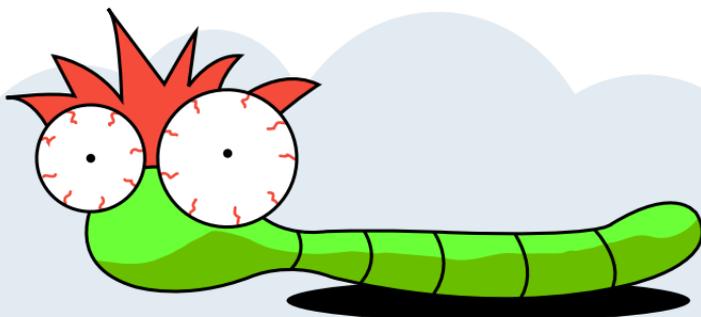


Eventually those feelings went away and the Worry Worm left, but George wanted to make sure that it never happened again. He sent an emergency message to Layla and Themba, asking for an urgent meeting.



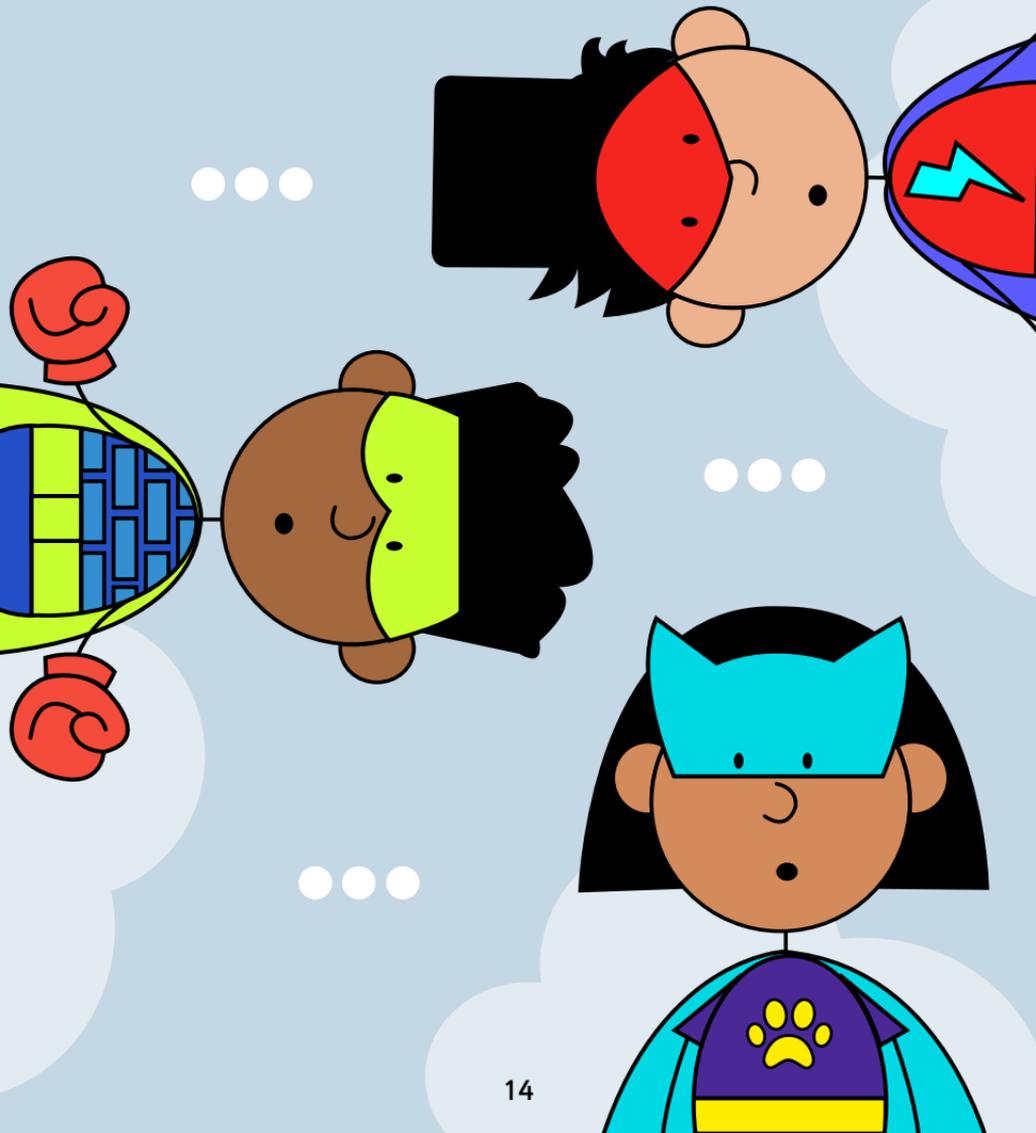
The Super 3 had a video call. They decided to come up with a plan to defeat the Worry Worm.

As they spoke, they realised that they had all been visited by the Worry Worm! So it was normal to feel nervous sometimes – especially when things were about to change.



They needed to find ways of keeping the Worry Worm at bay and not feel so anxious.

Layla, Themba and George asked themselves... **What would our superheroes do?**





Suddenly, all at once,  
the Super 3 had some  
amazing realisations!

Layla was Cat Fantastic! And like any curious cat, she could shake off those worrisome thoughts by keeping her curious mind busy. Painting and drawing made her feel calm and happy.



Themba was Brickslayer! He could exercise and practice his karate to fight off those uneasy feelings. Exercising not only made him fitter and stronger, but also made him feel really good.

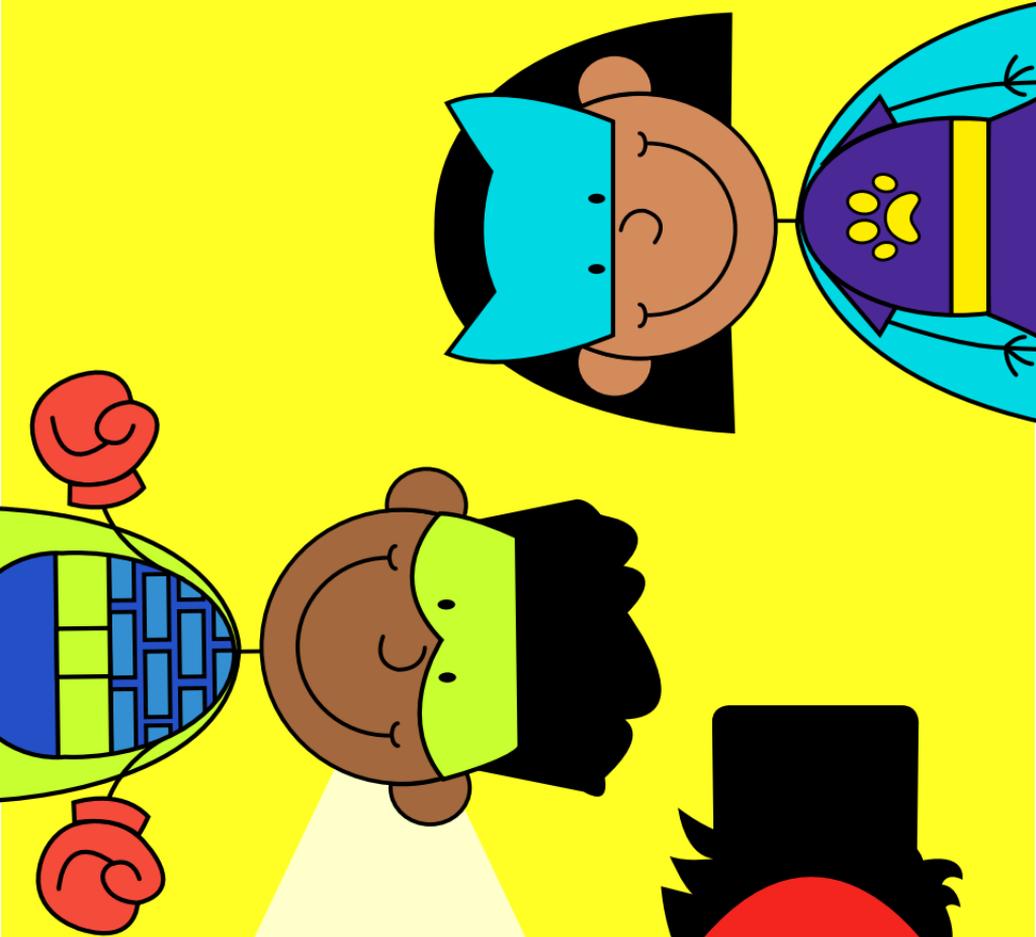


George could practice his magic tricks.  
When he was doing something he loved,  
his worried thoughts would disappear. Poof!



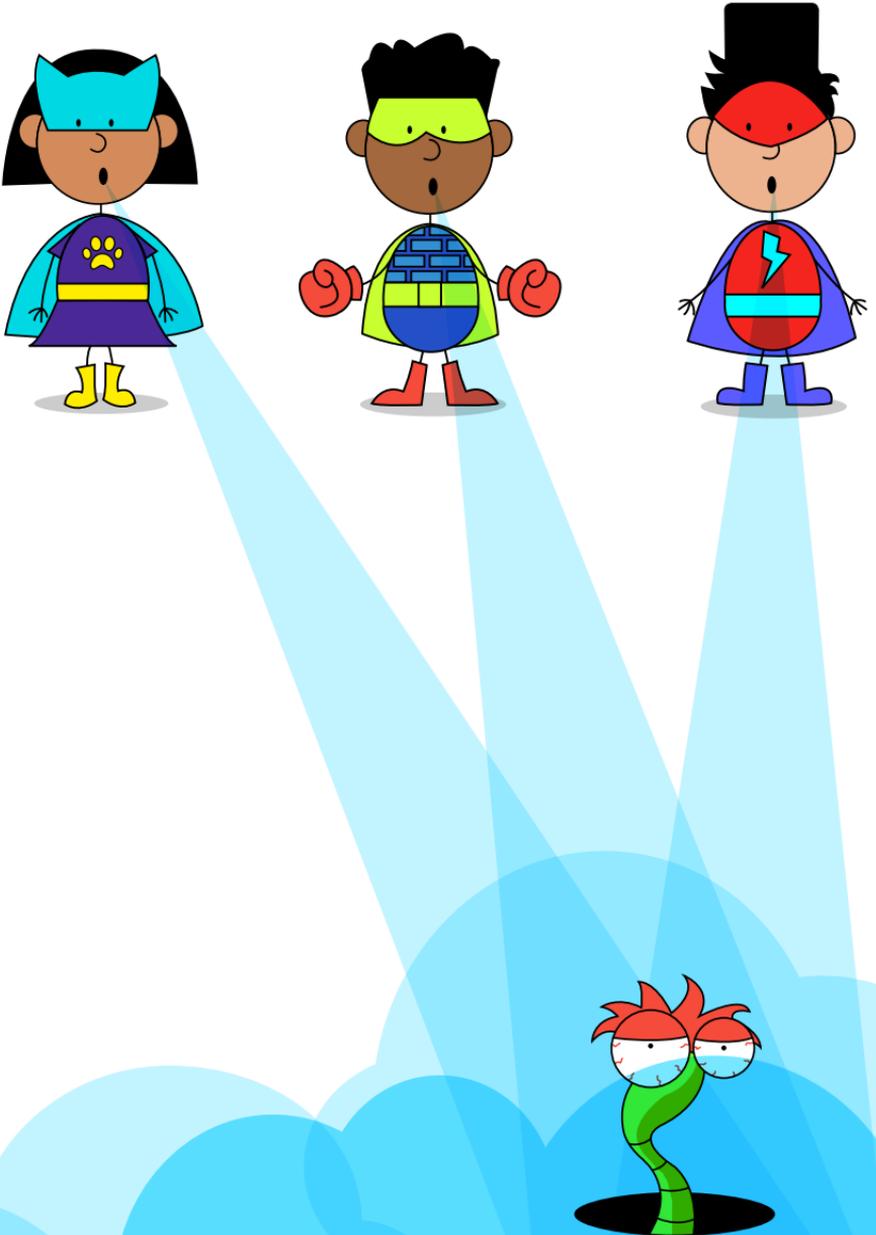
Together the Super 3 realised that they would be okay and that the **Worry Worm** could come and go, just like feelings.

They had the power to make it less scary.



Besides, the Super 3 had a super secret weapon...

Whenever they felt nervous, they could stop,  
take a few slow, deep breaths in and out  
and blow the Worry Worm away!

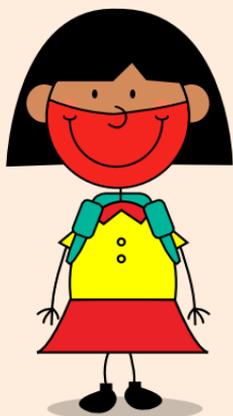




And with this secret weapon,  
the Super 3 could calm their  
worrisome thoughts.

They bravely went back to school  
knowing that their new skills  
could defeat any Worry Worm  
that wiggled their way.

The End.





**SUPER 3**  
**AND THE**  
**WORRY WORM**

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Illustrations by Yumna Sadan

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