



## A Wallop of Worries

by Alyssa Hurley, Vicky Kuhn



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Children - Social Issues

32 Pages

Reviewed on 09/17/2023

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### Book Review

**Reviewed by Doreen Chombu for Readers' Favorite**

A Wallop of Worries is a children's picture book by Alyssa Hurley with illustrations by Vicky Kuhn. The book is a guide with exercises to help children overcome their fears. Whenever children feel trapped, and their minds are filled with scary thoughts, the author advises them to control their breathing and remember that they are safe and loved. The tips include using positive affirmations and sensory redirecting tasks, focusing on things that make kids feel peaceful and calm, and knowing that their worries will eventually pass and that they will be okay. Get a copy of this book and teach your kids how to overcome their fears.

Everyone suffers from stress. It does not matter whether you are an adult or a child, we all have fears. In A Wallop of Worries, Alyssa Hurley helps young readers understand their feelings and gives them advice on how to control their emotions. She uses poetic narration and provides excellent descriptions of how we can recognize when we are scared. The feeling of being gripped by vines, a racing heart, and being small and out of control are all signs of fear. These will help children to be aware of their feelings and encourage them to carry out the mental exercises included in this book. Children's minds are fragile, and teaching them to cope with their emotions can help their mental growth. I enjoyed reading this book and loved the beautiful illustrations that corresponded with the text perfectly. The natural surroundings and calm color tones give the narrative a tranquil vibe, which aligns with its message. I recommend parents and caregivers read this book with their children and learn how to control their concerns together.