Go through the book to try to find words that describe when the character is feeling strange inside. They are not good or bad words but they tell us that they are feeling different. For example, ‘tizzy’. Fill up the raindrops with all the different words you can find. Think about and discuss the following:

- Are some words easier to find than others?
- Do you know what all the words mean?
- Are all the words around anxiety ‘bad’ can you think of examples when being anxious is good?
- When does anxiety become bad?
- Do other feelings look like something else when it is really anxiety that the core feeling?
- What terms do you use when describing your emotions?