



Host a storytime featuring *Desi, Mami, and the Never-Ending Worries*, the deeply relatable picture book from renowned actress Eva Mendes about a little girl learning to face her never-ending worries—with the help of her mami, of course!

Before Reading

Ask your young readers some pre-reading questions, such as:

- Looking at the cover, what do you think this story might be about?
- What does “Never-Ending Worries” mean to you? Do you ever have worries that seem scary?
- What do you do when you have worries? And if you have worries, how can I help you through them?

While Reading

Pause on pages where Desi describes her worried feelings—have your readers ever felt like Desi does?

Practice some of the techniques that Mami suggests along with Desi!

- Can your readers send a positive thought to their brain instead of a negative one? Have them brainstorm some positive thoughts together.
- When Desi and Mami blow away the scary monster, invite your readers to help them too. Fun note from Eva: Her kids don’t like breathing exercises, so this is a fun, subtle way to get them to take a few deep breaths essential for calming.

After Reading

Ask your readers what they can do if they feel worried like Desi. This is an opportunity to remember the advice from the story, but also ask if they have other ideas to face their worries.

Invite readers to blow away their own monsters and/or their worries with the **Drawing Activity** in this kit. Readers can also test their knowledge of Spanish with the **Word Matching Game** and see if they can **Spot the Difference** between two images of a memorable scene from the book. Provide art supplies and empty tissue boxes (or ask attendees to bring their own) so attendees can **Make Their Own Worry Box** to take home.



Desi, Mami, and the Never-Ending Worries
by Eva Mendes; illustrated by Abbey Bryant

Also Available in Spanish!

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WORD MATCHING GAME

Draw a line to match the English word to the Spanish translation.

Brain

Calm

To breathe

Nightmare

Mom

To relax

Anxiety

Head

To imagine

Thought

Night

My love

Monster

El monstruo

La ansiedad

Relajarse

El cerebro

La noche

El pensamiento

Mami

La pesadilla

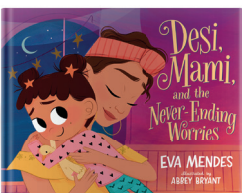
Respirar

Mi amor

La cabeza

Imaginar

La calma



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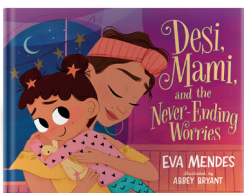
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SPOT THE DIFFERENCE!

Can you spot the differences between the two pictures? (Hint: there are four!)



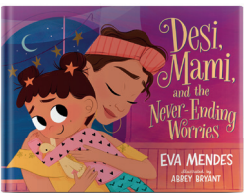
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DRAWING ACTIVITY

Face your fears by drawing your own monster or worries on the cloud below.
Then take a deep breath and blow the monster or worries away!
You can do this as many times as you need.



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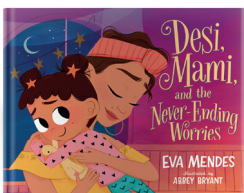
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MAKE YOUR OWN WORRY BOX

With the help of an adult, cut out the pieces below and stick them on an empty tissue box to make your very own never-ending worries box! You can also add pictures of things you love or other images that make you feel calm and happy!

Before you go to bed, write down your worries on a piece of paper and put them in the box to help clear your thoughts.



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ABOUT THE AUTHOR

Eva Mendes began writing in kindergarten after a short career in scribbling. She pursued many endeavors at a young age, including hall monitor, student government (however short-lived), and at age fifteen she obtained her workers permit so that she could finally work at “like, most every shop” in the Glendale Galleria. Her early acting credits include Fairy Godmother (third grade), one of the three kings in We Three Kings (fourth grade), and star dancer on the drill team.

She lived in Los Angeles for many years but has since left to concentrate on following one of her non-Hollywood dreams—raising her two children, Esmeralda and Amada, with partner Ryan Gosling. Oh, and from time to time she acts in some pretty cool movies with some pretty cool, creative people. She also runs different businesses and loves to make things more beautiful.

With *Desi, Mami, and the Never-Ending Worries*, Eva poses the very comforting concept that the big scary monster under the bed is just a monster in your head.

📷 @evamendes



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