



When something is bothering Portico, he gets a terrible case of the Frets. That's his name for feelings that cause worry, fear, and anxiety. We have all experienced the Frets at one time or another. Answer the questions below about experiences you might have had with the Frets.

1. Can you describe a time when you felt the Frets?

2. What are some things that cause you to have the Frets?

3. In the novel, Portico describes the Frets as having the worry wiggles, grumpy jumpies, or hairy scaries. How does your body feel when you have the Frets?

Tips for Tackling the Frets

- ☐ Talk with a parent or trusted adult
- ☐ Talk with a friend
- ☐ Sing and dance
- ☐ Listen to music
- ☐ Write in a journal
- ☐ Go for a walk



This Is How I Felt...

Portico and the other characters in *Stuntboy, in the Meantime* experience all sorts of emotions. Review the list of emotions on the left. Then answer the questions to explore some of your feelings.

- Choose a positive feeling from the list: _____
A time I experienced this emotion was when: _____
- Choose a feeling from the list that might cause you to have the Frets: _____
A time I experienced this emotion was when: _____
- Portico's best friend, Zola, shows him how meditating and yoga can help him calm down when he feels anxious. What are some things that might help you when you have the Frets? Write about them on the back of this sheet.

For After School

Talk with a trusted adult or grown-up you know if you are dealing with big emotions and need help. You can brainstorm more tips for tackling the Frets together.

