

A few ideas from our Barrow Hills Librarian for how to deal with the inevitable worries and anxieties that your children will be feeling at this strange, uncertain time.

The following are some good book suggestions for young children.

Ruby's Worry by Tom Percival. Everyone could learn from Ruby. She's a perfectly happy little girl, until she discovers a worry. The worry – depicted as a scribbly yellow shape – is hardly noticeable at first, but starts to grow and soon it's with her all the time, stopping her from doing the things she loves.

The Boy, The Mole, The Fox and The Horse has become a bestseller across the globe. It's a touching story of friendship, love and compassion accompanied by beautiful illustrations and little flashes of insight into the human condition: "*We have such a long way to go,*" sighed the boy. "*Yes, but look how far we've come,*" said the horse.

The Worrysaurus by Rachel Bright and Chris Chatterton perfectly visualises how a child's anxieties can grow and how they can learn to deal with them. The Worrysaurus is a lovable little dinosaur but he is a natural worrier finding it difficult to switch off and live in the moment.

Also attached below are a number of printable activities to cater for all different ages from across the School, which you may find useful.

The Worry Bully allows your child to draw a picture of who or what their worry is and give it a name. It's a great way to visualize the anxious thoughts and worries that are bothering your child so that they can tell that worry bully to go away.

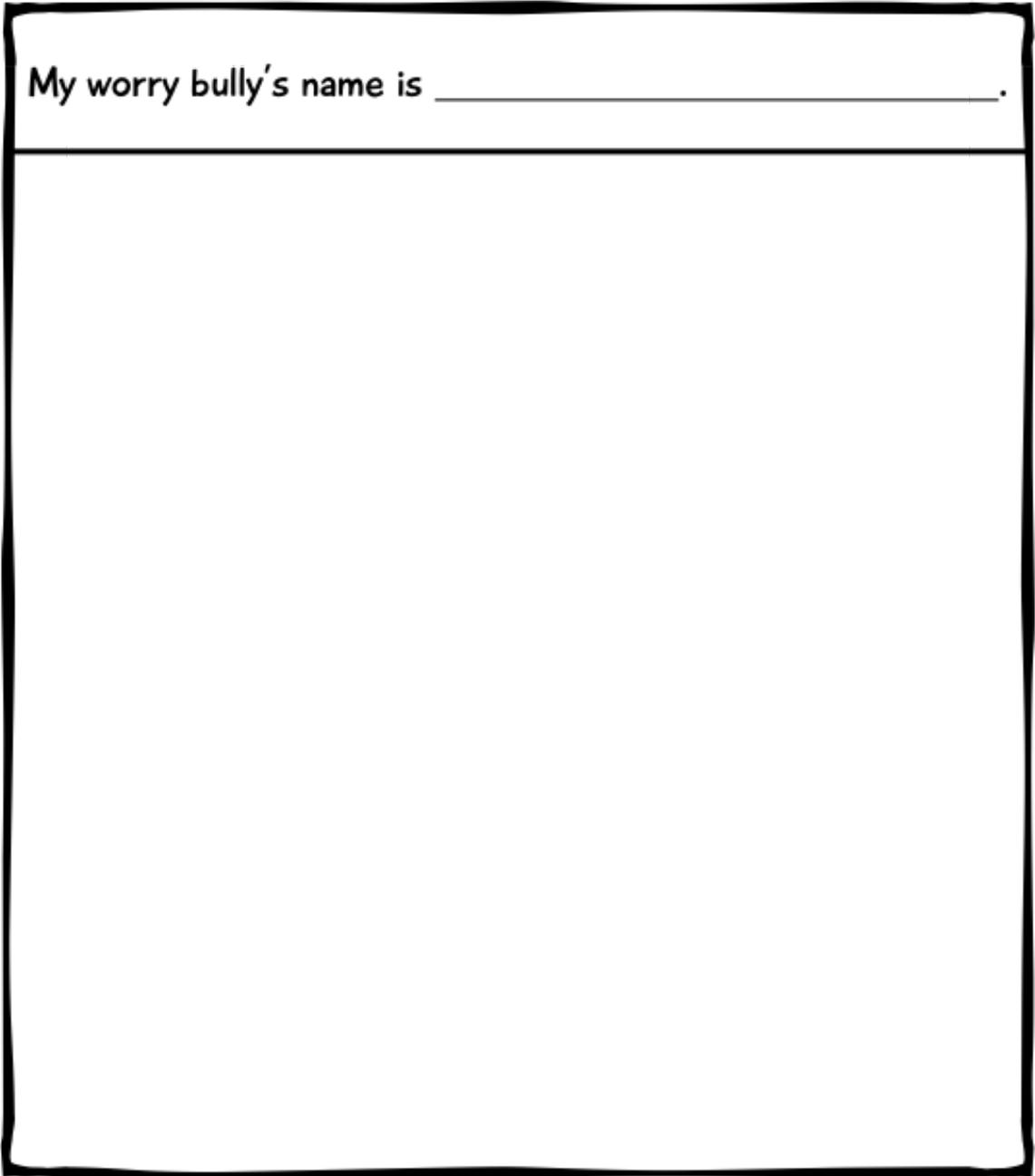
The Worry Tracker and The Worry Monster are a simple, yet effective way to keep track of all the worries you or your child might be feeling. You can use it to establish patterns and to determine what the most effective coping strategies seem to be when anxiety strikes.

Another helpful tool might be the Worry Jar. Cut out the shapes, use them to allow your child to write down their worries and anxious thoughts as they come to them and post into an empty jam jar. Find a calm time to empty the jar together and discuss each worry and find a strategy for dealing with it.

MY WORRY BULLY

Draw a picture of what your worry bully looks like. Then give it a name.

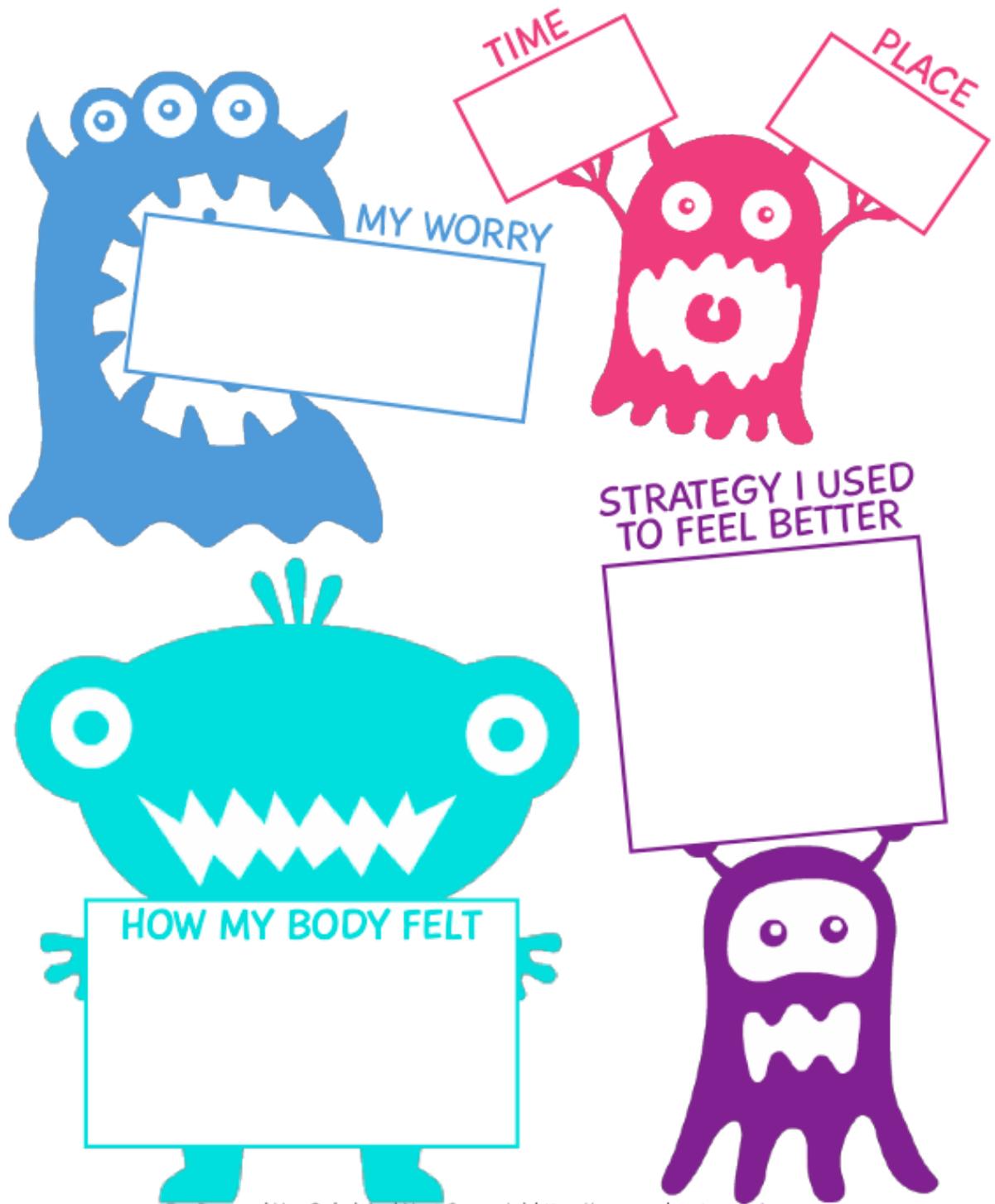
My worry bully's name is _____.



WORRY TRACKER

MY WORRY	
TIME & PLACE	
WHAT HAPPENED BEFORE MY WORRY STARTED	
HOW MY BODY FELT	
STRATEGY I USED TO FEEL BETTER	

MY WORRY MONSTER TRACKER



MY THOUGHTS & WORRIES

- Write or draw your worries or anxious thoughts in each bubble
- Once all of the bubbles are filled in, circle or star the biggest worry or thought
- Save your thoughts for sharing during worry time

