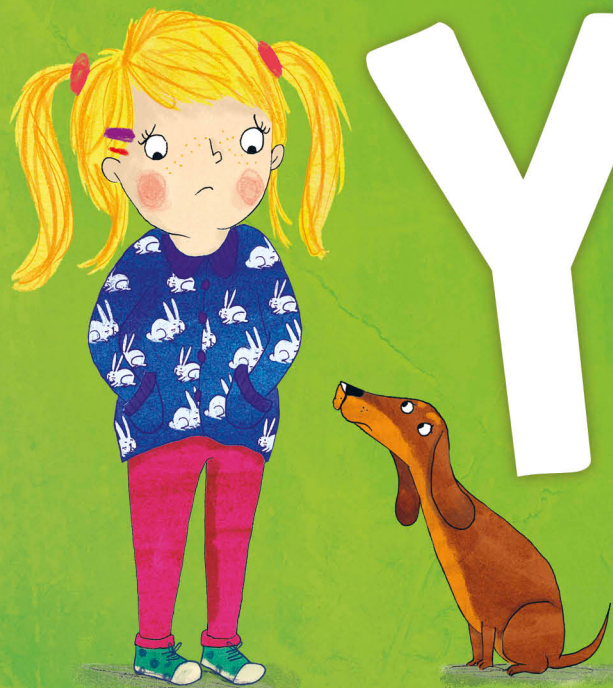




What's Worrying You?



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BLOOMSBURY

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For my wonderful friend Sallyann
who makes light work of worries and is fantastic at perspective.



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What's Worrying You?

Before you read this book, just remember that
EVERYONE worries about things – even grown-ups!

Worries are unhelpful thoughts that go round and round in your head and can make you feel sad, angry, jealous, embarrassed and (of course) worried!

This book is about all sorts of things that you might worry about. It's full of things you can think about and do to make you feel better and stop worrying so much!



It's good to know...

If something is worrying you that this book doesn't help with and you can't sort it out by yourself, you need to talk to adults you trust until one of them helps you find a solution.

What's in this book...



When you get
told off...

Turn to page 6.



When you get
a new teacher...

Turn to page 8.



When you see something
horrible on TV...

Turn to page 10.



When your
parents argue...

Turn to page 18.



When you're scared of
things that are not
dangerous – like harmless
spiders or the dark...

Turn to page 20.



When someone
else has something
you want...

Turn to page 22.



When you find
something difficult...

Turn to page 12.



When you fall out
with a friend...

Turn to page 14.



When someone
picks on you...

Turn to page 16.



When you feel nobody
is listening to you...

Turn to page 24.



When you don't have
friends to play with...

Turn to page 26.



When you get ill...

Turn to page 28.

When you get told off...

How you might feel

- ★ Tearful ★ Angry ★ Guilty
- ★ Embarrassed ★ In a panic
- ★ Ashamed ★ Misunderstood
- ★ Shocked ★ Annoyed

What you might be thinking

It's not fair.
I didn't mean to do it.
But I only did it because...
I wasn't the only one.
Other people did it too.

When you get told off, try and find out what you need to do to make things better.

Think about what you did. Did it harm anyone or anything? What could you do to put it right?

I need to buy you another pencil.

Do you need to say sorry to someone? (This will probably make you and the other person feel better.)

Sorry.

Things to remember...

Stop playing that. I have a bad head!

Was the person who told you off having a bad day? (This is sometimes why children get told off. It's not fair but adults don't get things right all the time.)

Sometimes it helps if you explain exactly what happened and why you did what you did. (It's best to do this when everyone is calm.)

I took a shortcut across the grass because I was late.

When you get a new teacher...

How you might feel

- ★ Sad ★ Anxious ★ Upset
- ★ Insecure ★ Worried
- ★ Uncertain ★ Nervous
- ★ Butterflies in your tummy



What you might be thinking
But I liked my old teacher.
I don't know the new teacher.
What if the new teacher is horrible?
I like things to stay the same.

When you get a new teacher,
say hello and smile the first time
you meet them. They might
be nervous too.

We don't sit
on the carpet
now we're in
Year 1.

When something changes,
we worry that we'll lose
the things we like and
there'll be new things
we don't like.



We often worry about changes more than we need
to. It might only take a few days to get used to a
new teacher.



I like
our new
teacher
now.



Things to remember...



Having different teachers in each class makes
school more interesting and gives us lots of
different experiences.

There will be lots of things
your new teacher does
that you'll like a lot.

Look Mum,
I got a sticker
from my new
teacher.



When you see something horrible on TV...

How you might feel

- ★ Worried ★ Sad ★ Scared
- ★ Confused ★ Stressed
- ★ Shocked ★ In a panic



Remember that what happens on TV isn't always real.



When you see something shocking, it can be scary and stay in your head going round and round. If that happens talk to an adult you trust.



Things to remember...



Your parents/carers and teachers do lots of things to keep you safe and away from some of the dangerous things that you might see on TV.

The News reports the most shocking events from all over the world. It can seem like only bad things are happening, when actually lots of good things are happening too.

