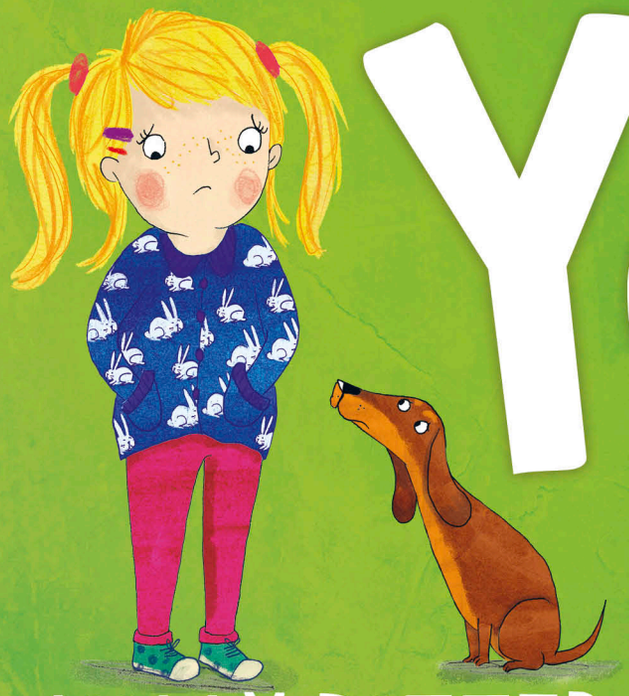
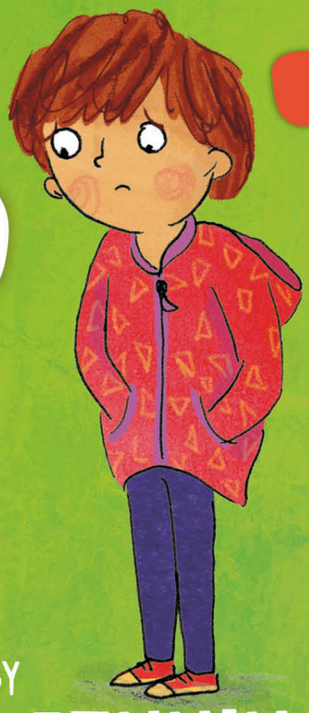
A Let's Talk Book

What's Worrying You?







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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 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 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 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



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?

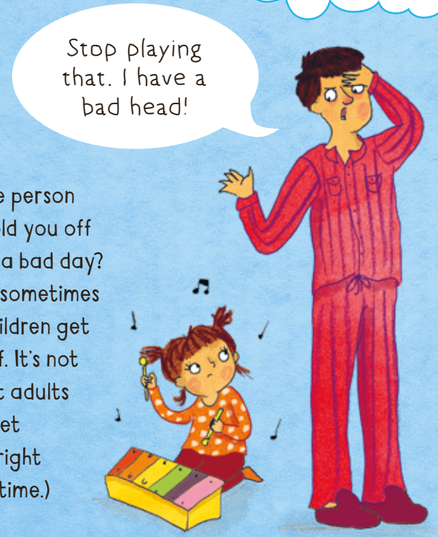


Do you need to say sorry to someone? (This will probably make you and the other person feel better.)

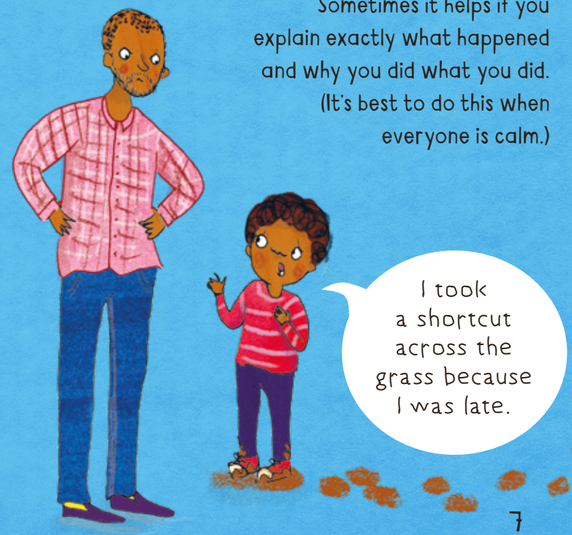


Things to remember...

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.)



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.

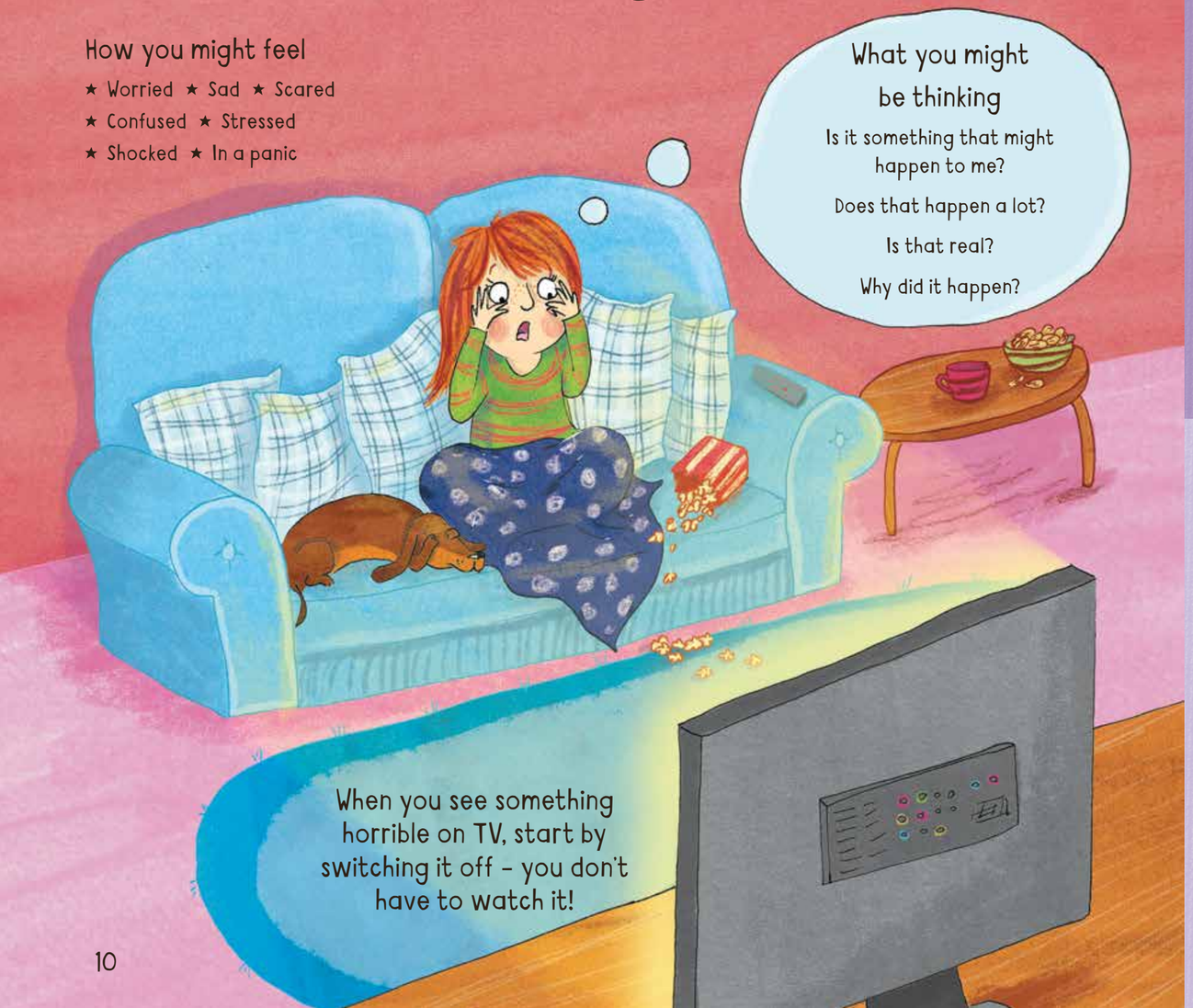
Look Mum, I got a sticker from my new teacher.



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.

