Parent and Carer Leaflet

‘Never be afraid to ask for help; it’s one of the bravest things that you can ever do. You are never alone.’

Nicole Lyons

Promoting Emotional Health & Well-being

Parent and Carer Leaflet

‘Never be afraid to ask for help; it’s one of the bravest things that you can ever do. You are never alone.’

Nicole Lyons

Promoting Emotional Health & Well-being

Talk Things Over

Challenges or setbacks can cause us to worry. Feeling worried about things that have happened or will happen is a normal part of life. When we worry, things go round and round in our head. If these feelings are not dealt with, they can sometimes get out of control. However the good news is that eventually these feelings will pass.

Through this unit, children will learn how worries affect our wellbeing and what we can do to deal with them to stop them escalating. This includes strategies like writing them down, talking them over, realising things will pass and asking for help.

In this unit, Skipper is worried there is a monster in the river. Skipper helps the children to learn that there are ways to manage worries. Sometimes we can't deal with worries by ourselves, so we need to ask for help.

In this unit, we will be learning that:

- At times we all feel worried
- If worries are not dealt with, they can sometimes get out of control
- If you are struggling, it is important to ask for help

Talk It Over:
Share a story with your child about a time you needed help because you didn't know how to do something. Who did you talk over your worries with? What difference did talking about it make?

Home Activity:
Together create a 'Worry Monster'. You may want to give it a funny name and an unusual personality. Encourage your child to bring their monster into school to share with their class.

Key Book: *The Huge Bag of Worries* by Virginia Ironside

Talk Things Over

Challenges or setbacks can cause us to worry. Feeling worried about things that have happened or will happen is a normal part of life. When we worry, things go round and round in our head. If these feelings are not dealt with, they can sometimes get out of control. However the good news is that eventually these feelings will pass.

Through this unit, children will learn how worries affect our wellbeing and what we can do to deal with them to stop them escalating. This includes strategies like writing them down, talking them over, realising things will pass and asking for help.

In this unit, Skipper is worried there is a monster in the river. Skipper helps the children to learn that there are ways to manage worries. Sometimes we can't deal with worries by ourselves, so we need to ask for help.

In this unit, we will be learning that:

- At times we all feel worried
- If worries are not dealt with, they can sometimes get out of control
- If you are struggling, it is important to ask for help

Talk It Over:
Share a story with your child about a time you needed help because you didn't know how to do something. Who did you talk over your worries with? What difference did talking about it make?

Home Activity:
Together create a 'Worry Monster'. You may want to give it a funny name and an unusual personality. Encourage your child to bring their monster into school to share with their class.

Key Book: *The Huge Bag of Worries* by Virginia Ironside