

# Reading task

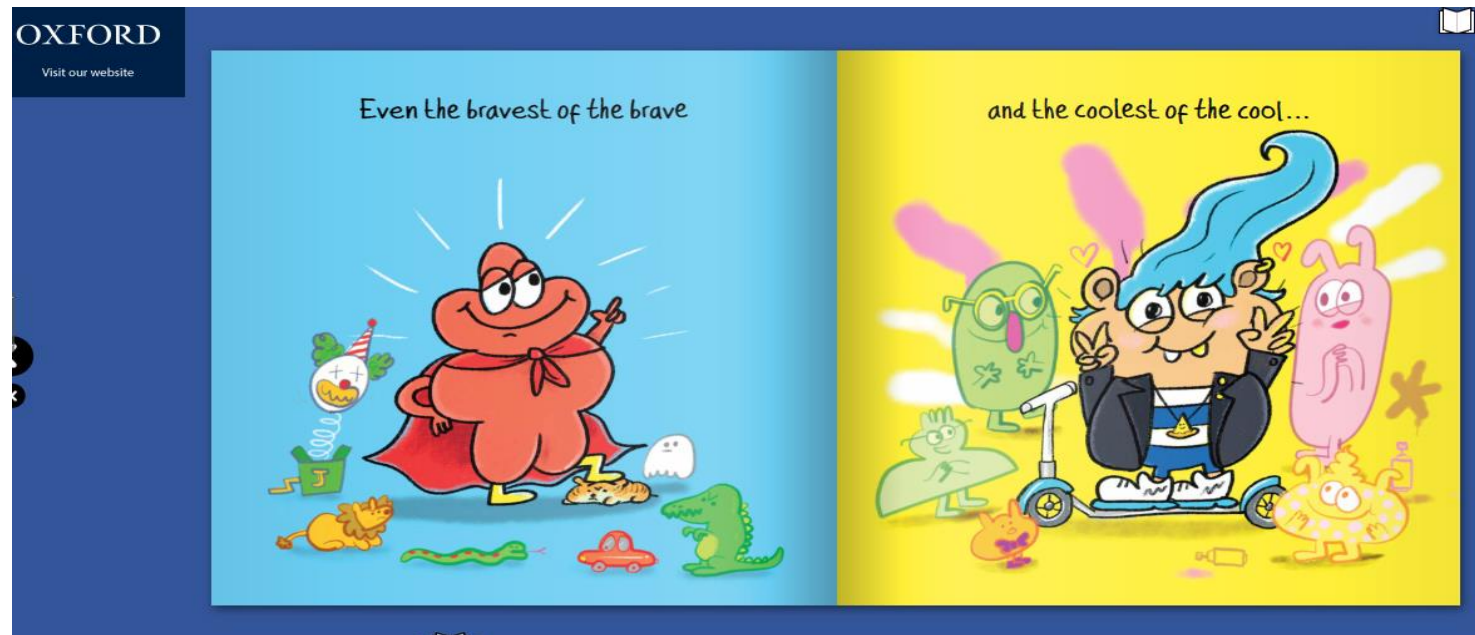
Today we're going to talk about worries.  
We are going to read a story and then  
answer some questions.

After you could have a go at completing  
some of Miss Sparkes' well-being activities.

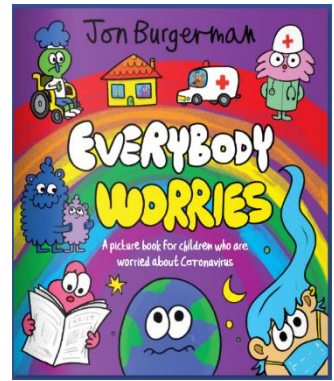
# Today we're going to read a book...

## Everybody Worries

- Everyone has worries and that is ok. If you share your worries it can help them to go away. Read the story – 'Everybody worries' by clicking on this link.
- <https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>



# Answer these questions about the text in your home learning book.



- 1. Does everyone worry about the same things?
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- 2. Fill in the gaps:

Even the \_\_\_\_\_ of the brave and the \_\_\_\_\_ of the cool can worry about something big or worry about something \_\_\_\_\_.

- 3. What made the noises in the dark?
- 



- 4. How might someone be feeling if they are worried about something? What effect might it have on your body?



- 5. Have you ever been worried about something? Tell me about it....

6. What can you do if you are worried about something? Give at least 3 different ways.





7. The author of this story draws all different types of worries as characters. Can you draw your own worry characters? You could label them with your own worries or give them names.

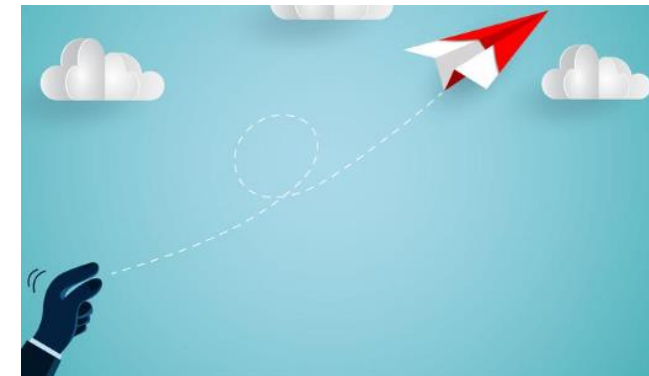
- <https://www.youtube.com/watch?v=ST3WHJt4fZw> Watch the author draw the characters here.





# Well-being time.... Activity 1

1. We would like you to write down any worries you have on a piece of paper. It might be about school, about lockdown or about when you will return to school. Perhaps it might be about being in a new classroom or group. It could be anything! Remember everyone worries and people will have different worries. Now share your worries with your trusted adult. You could send them to us if you wanted by email.
2. Now turn your piece of paper into a paper aeroplane. Take 3 big breaths and let your worries fly away. Throw your paper plane and let your worries go.....





# Now get creative! You could make your own worry monster....

## My Worry Monster

If you sometimes worry about things like Milton, you may like to make your own worry monster.

Worry monsters are great because they read your worries and munch them up so you no longer need to worry about them!

Follow the instructions below, write down your worry on a piece of paper and put it in your worry monster.

### You will need:

- A disposable drinking cup
- Coloured paper/felt
- Pipe cleaners
- Googly eyes
- Pom-poms
- Sticky tape
- Scissors
- Glue

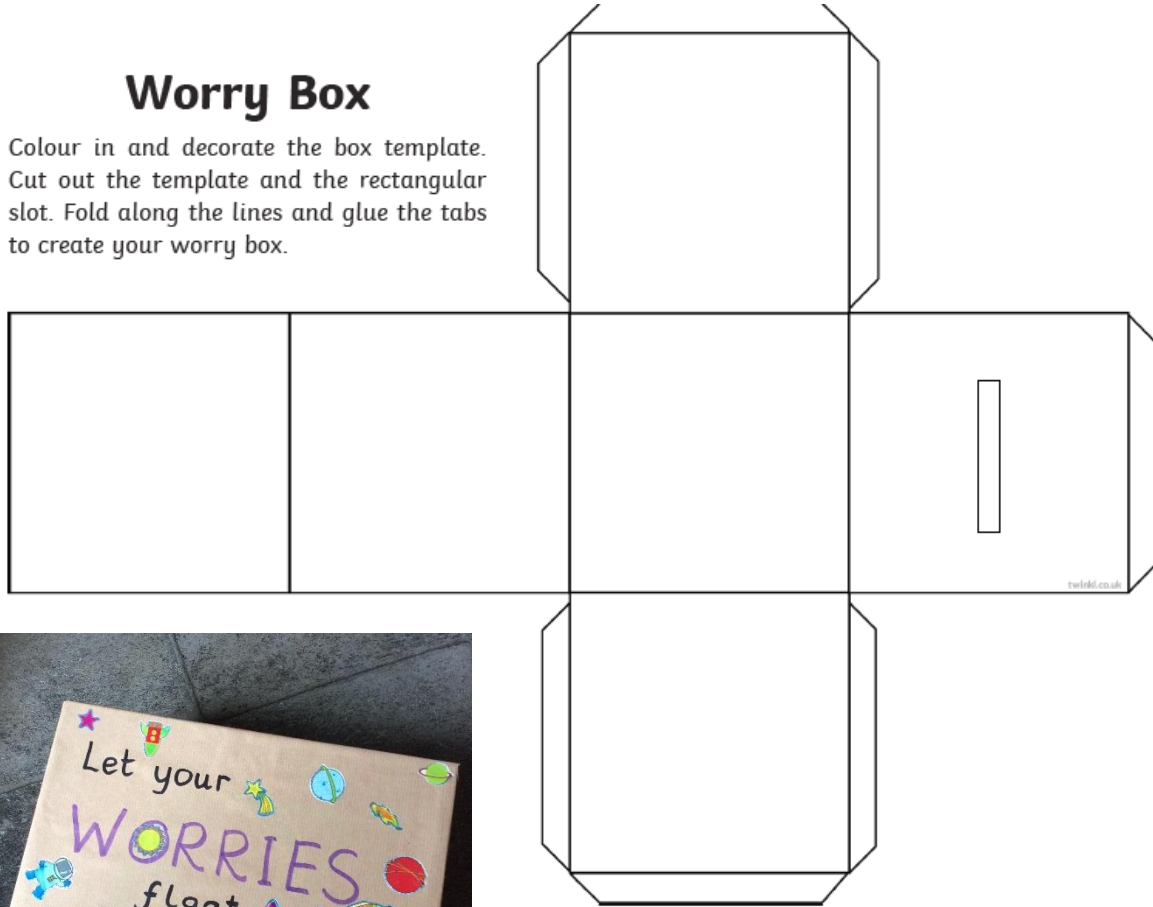




# Make your own worry box or doll.

## Worry Box

Colour in and decorate the box template. Cut out the template and the rectangular slot. Fold along the lines and glue the tabs to create your worry box.



## Instructions for a Worry Doll

### What to Do:

- Use glue to attach a large cotton wool ball to the top of a wooden peg. This will be the doll's head.
- Use felt tips to draw the facial features or use sticky eyes and felt.
- For the hair, you could attach strands of wool to the cotton wool ball.
- Use fabric to make the clothes - a triangle makes an excellent dress, a square can be used for a top and two rectangles make a brilliant pair of trousers!

### Equipment

- Large wooden peg
- Cotton wool ball
- Felt tip pens
- Pieces of felt
- Sticky eyes
- Glue
- Pieces of wool

