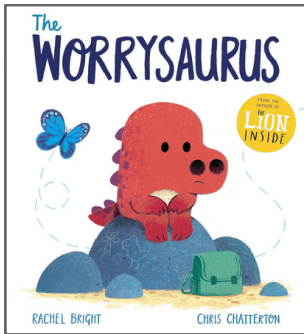


Book Review



Books for children



The Worrysaurus
Rachel Bright, Chris Chatterton
Hachette
Age: 3-6

This is a great introduction to thinking about feelings and exploring worry, for younger children. The rhyme is fun to read aloud, the artwork is beautiful and little Worrysaurus is very loveable!

Like lots of children, Worrysaurus has a tendency to overthink and worries about lots of things that **might** happen. His worry is described as a butterfly in his tummy which is a great way of beginning to bring a little curiosity to what different emotions might feel like in our bodies. With some brilliant strategies explored along the way, such as using a 'happy kit', this a brilliant story to help children begin to explore this big feeling of worry and consider how to journey well with it.

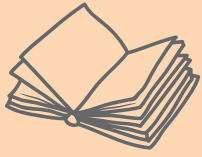
Particularly great for 'over-thinkers' but wisdom that is helpful for us all!



Family Time



Books for children



The Worrysaurus
Rachel Bright, Chris Chatterton



Bible Verse

'... be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.'

Joshua 1:9



Wonder

- Worrysaurus thought worry was like a butterfly that flittered in his tummy when he was worried. If worry was a different animal, what animal might it be and why?
- Worrysaurus nearly missed his picnic because he was worried about it. Is there anything you have wanted to do but couldn't because you were too worried?



Do

Make a 'Happy Kit'!

When Worrysaurus was worried, he used his Happy Kit - looking through and holding his special things helped him to feel calm.

Why not make your own Happy Kit?!

Find a box or a bag and place 3 or 4 of your special things inside. It can be helpful to think about things that we like to look at, things that make a nice sound, things that smell nice and things that feel lovely to hold.

When you feel a worry butterfly in your tummy, get your Happy Kit out and spend a few moments quietly looking at and holding your special things.



Pray

Our bible verse reminds us that we don't need to be afraid because God is always with us. Draw around your foot - and then draw a bigger foot around it to remind you that wherever you stand, God stands there too.

Write or draw a prayer on your footprint, asking God to help you with something you are worried about.



Listen

What do you think might be in God's Happy Kit? Ask Him about it!



wonderfulme.org.uk

