

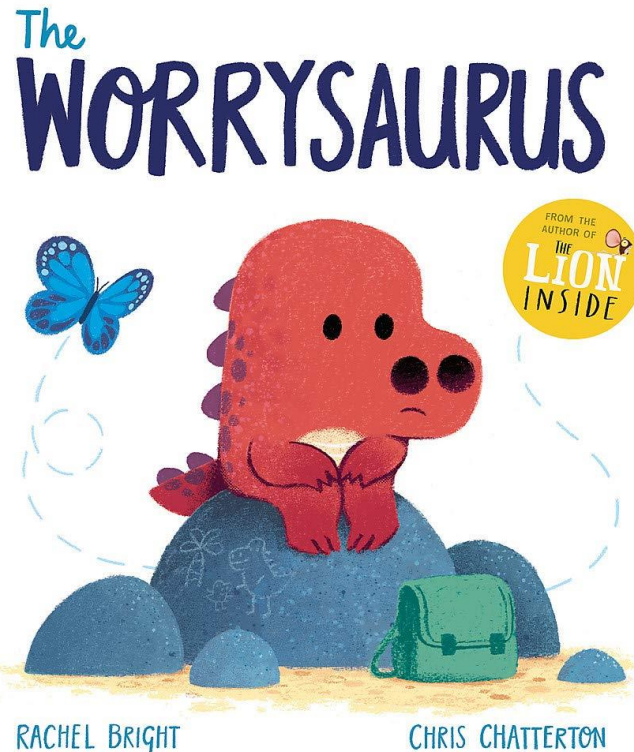
Draw a jar. Inside, fill it with all the things that make you feel better when you are worried, just like Worrysaurus.

Have a picnic at home with your family like Worrysaurus. You could even share it with your favourite toys!

What worries you? Draw your biggest worry. How can we make this worry less scary? Talk with someone at home about it.

Mindfulness time. You could complete a colouring, listen to calming music or have a go at doing yoga. What mindfulness activities can you do?

Health & Wellbeing Book Talk



Draw a picture of Worrysaurus! Use the video to help you.
https://www.youtube.com/watch?v=K-9sADY_4YU

Create some beautiful butterfly art! Remember to make your butterfly wings the same on both sides.

Create a collage of calm. Cut out pictures that are calming to you or help you to relax and stick them on a piece of paper. Hang your calm collage in your room!

Write a letter to Worrysaurus and see if you can give him some more advice on how he can manage his worries.