

Dear all,

Some people are worried a little bit more than usual and some people might be feeling a bit anxious. Being anxious means we feel worried but we might not know why, we may not feel ourselves and like we used to feel and get upset about things that we wouldn't have before.

Please believe me that if you are feeling this way you are not alone and that it will pass.

The books below might help if you are feeling anxious or worried but do remember that anxiety is completely normal so we just need to make sure we keep it under control and don't let it get to big! You know how to practice your mindfulness so always do that first, but try these books too!

Best wishes

From

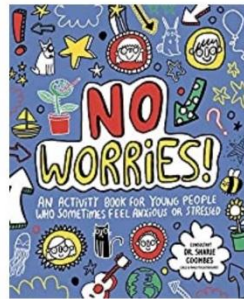
Mrs McEwan 😊

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What to do when you worry too much



No worries – activity book



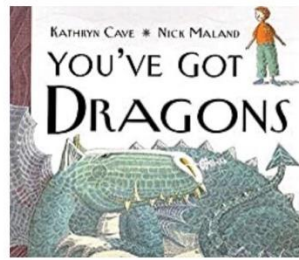
The huge bag of worries this book is fabulous for addressing worries or anxieties with a child.



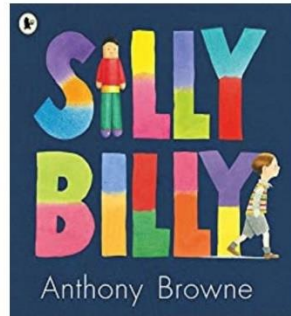
Little Mouse's big book of fears – brilliant for exploring fears and opening up discussion with a child. Also a delightful book.



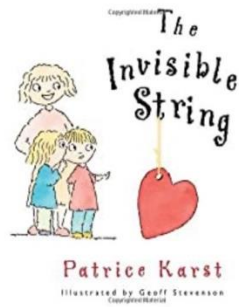
You've got Dragons – worries for older children or appealing to boys and girls who love dragons



Silly Billy – Great if you want to make a worry doll too



The Invisible String – Great for separation anxiety



The Red Tree

