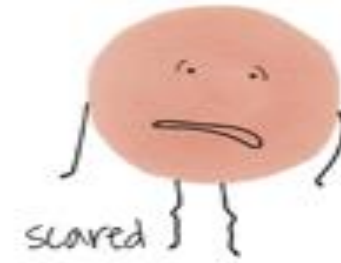




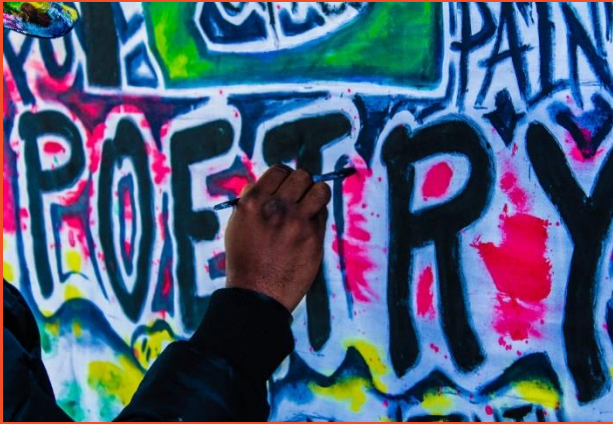
Express yourself

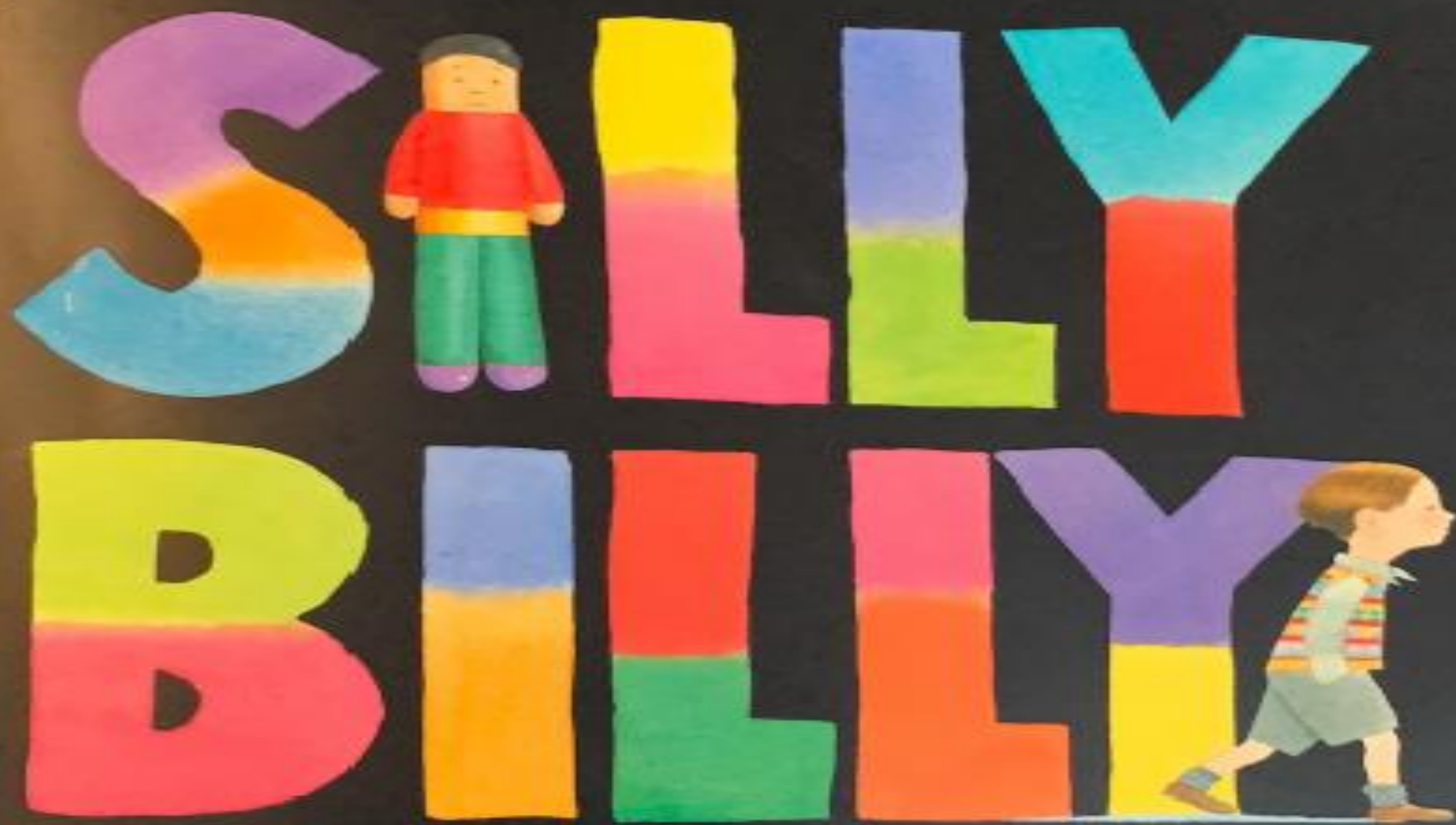
Children's Mental Health and Wellbeing Week
1st February- 7th February

How do you feel today?



How many different ways can I express myself?

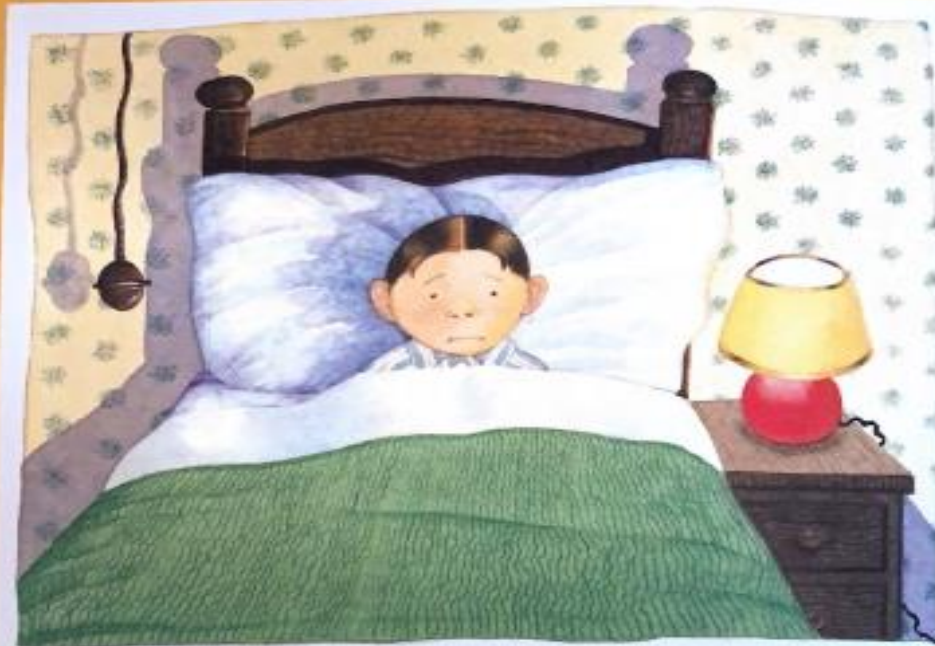




Anthony Browne



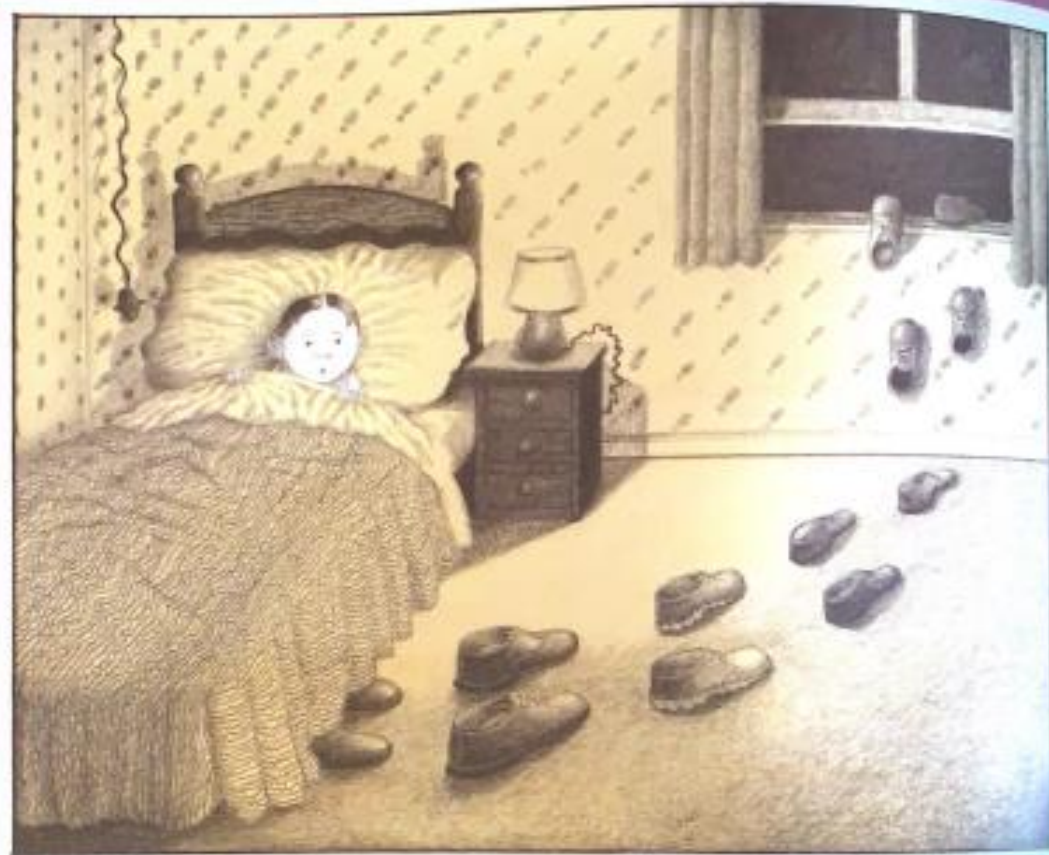
Billy used to be
a bit of a worrier.



He
worried
about
many things...



Billy worried about hats.



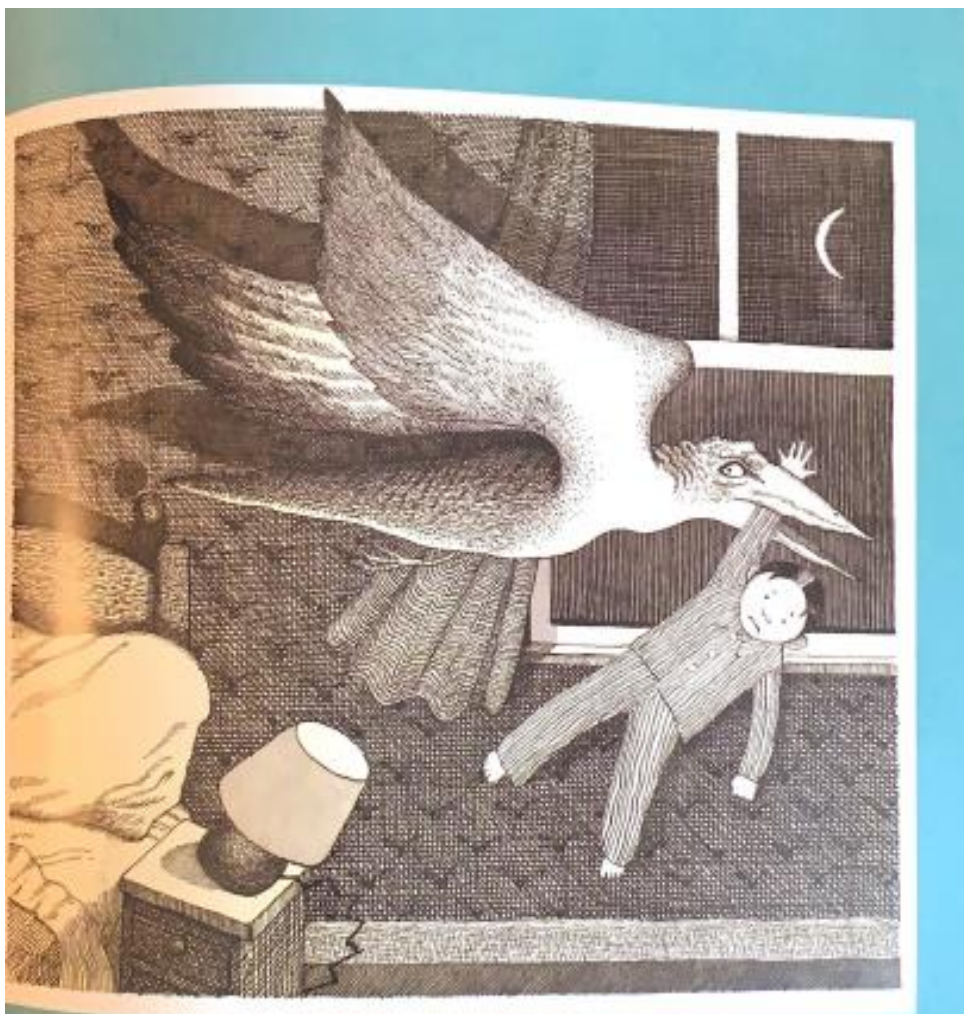
and he worried about shoes.



Billy worried about clouds,



and rain.



Billy even worried about **giant birds**.



His dad tried to help.
"Don't worry, lad," he said.
"None of those things could happen.
It's just your imagination."

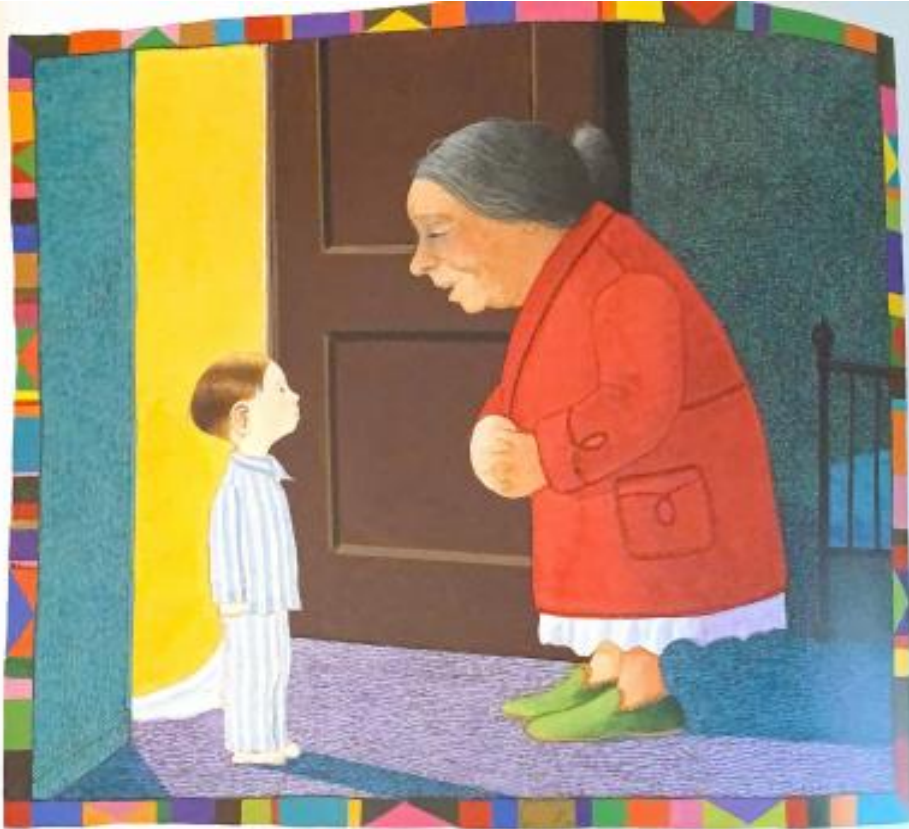


His mum tried too.
"Don't worry, love," she said.
"We won't let anything
hurt you."

But still Billy
worried.

One night he had to
stay with his grandma.
But Billy couldn't sleep.
He was too worried.
He always worried
about staying at other
people's houses.
Billy felt a bit silly,
but at last he got up
and went to tell
his grandma.





"Well fancy that, love," she said. "You're not silly. When I was your age I used to worry like that. I've got just the thing for you."



She went into her room and came out holding something.

"These are worry dolls," she explained. "Just tell each of them one of your worries and put them under your pillow. They'll do all the worrying for you while you sleep."



Billy told all his worries
to the worry dolls.
He slept like a log.

Positive Thinking

Let's spread hope and positivity!



This week, we would like all of the children to colour or design a bird of hope. Stick it to your window with a message of hope attached to it for passers-by.

Remember to send your teachers pictures on Seesaw/Tapestry so we can share all of your creations!