

Friday 12<sup>th</sup> February 2021

L.O: I am getting better at thinking about my feelings and the feelings of others around me.

Today in PSHE we are going to be looking at the story 'Ruby's Worry'.

This story explains how important it is to talk about any worry that we might have. By talking about the worry, it will help you feel better and whoever you talk to will hopefully be able to help you erase your worry.

I have attached a worry box that you could make and some cards you can use to write your worries down. Any worries you write on the cards can be posted into the box for you and your grown-ups to look at together.

There is also a worry monster that you could create. You can write your worries down on the monster and colour it in.

There are also instructions for a worry doll. You can make this doll and use it to tell your worries to or use it however you like.



My worry...

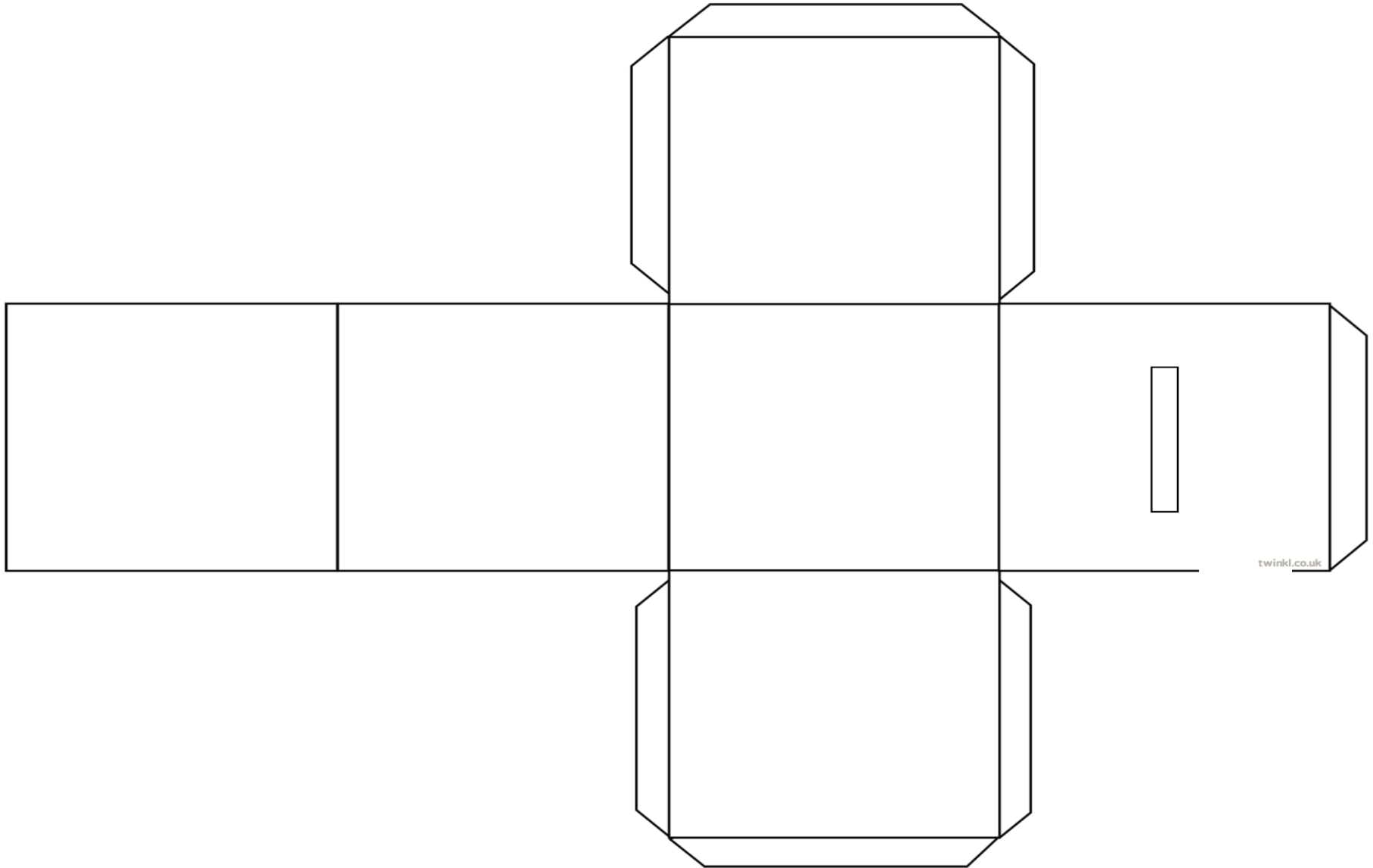
My worry...

My worry...

My worry...

My worry...

My worry...



### Instructions for a Worry Doll

You could make a different type of worry doll if you prefer. Animals can be really good worry dolls. Try using old socks to create animal puppets, adding eyes and using felt to make their ears, mouth and nose.

#### What to Do:

- Using felt or material, cut out ears for your dog and sew/ stick them on to the 'foot' part of the sock.
- Glue on the eyes – these can be sticky eyes or you could use fabric pens to draw them on.
- Draw a nose with fabric pens, use felt or sew on a button.
- If you want a wagging tail, you could use either wool which you could sew or glue to the back of the puppet, or add a coloured pipe cleaner to make your tail.

You could also make a worry doll from building bricks, construction materials, clay or modelling material.

Use the template on the next page to make your own worry doll. Simply colour the doll and cut it out. You could add hair and clothing. There is no right or wrong way of making a worry doll. The idea is that the worry doll is unique and special to you.

#### Equipment

- Sock
- Felt/material
- Glue
- Sticky eyes
- Fabric pens
- Needle and thread, if you wish to sew
- Small button
- Wool
- Coloured pipe cleaner

