

An Interactive Story
Follow on Your Phone
Curriculum linked
Do It Outside!




Worry Leaves

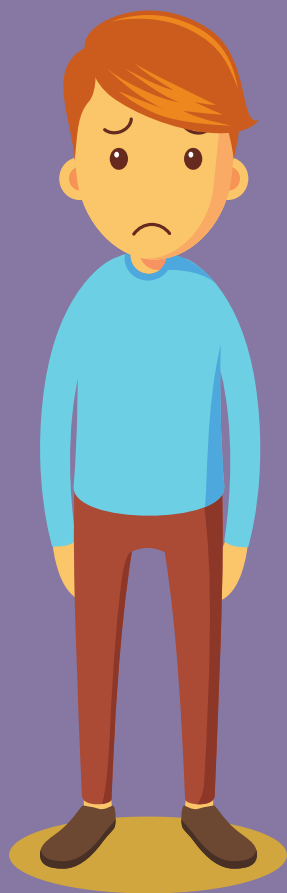


How to Use Our eBooks

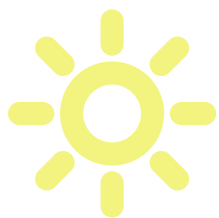
- This book can be read inside or outside. But has outside tasks to do at the end.
- Or put the children in small groups and ask them to read the book together in guided reading and to do the tasks after.
- Do this in a local space, your garden, school space or do it on a walk
- Follow the activities on your phone or tablet.

- 
- Feet first to check for dangers, then hands
 - Sticks stay low. They tickle our toe; if they go high, they poke us in the eye.
 - Carry stones like babies, gently pick up, gently put down

A worry is a naughty
niggle that grows in
your head,
It makes you feel
unsafe and shaky and
the worry starts to
spread.



A worry is just a worry my
Mum sits me down to say,
It does no good to think
about it, so don't let it have
it's way.



What wise words do your
parents tell you that you find
helpful? Do the Muddy Walk and
Talk. Children get in a circle,
partner up and walk clockwise
will they discuss.



Your grandma had a
beautiful idea to keep
worries at bay,
She would first get my coat
and take me out into the
day.



Go to the deepest, darkest
woods and find yourself a
leaf,
One that looks naughty
and is up to mischief.



Tell that moody leaf the
naughty worry in your
head,
Write it on the leaf or say it
instead.

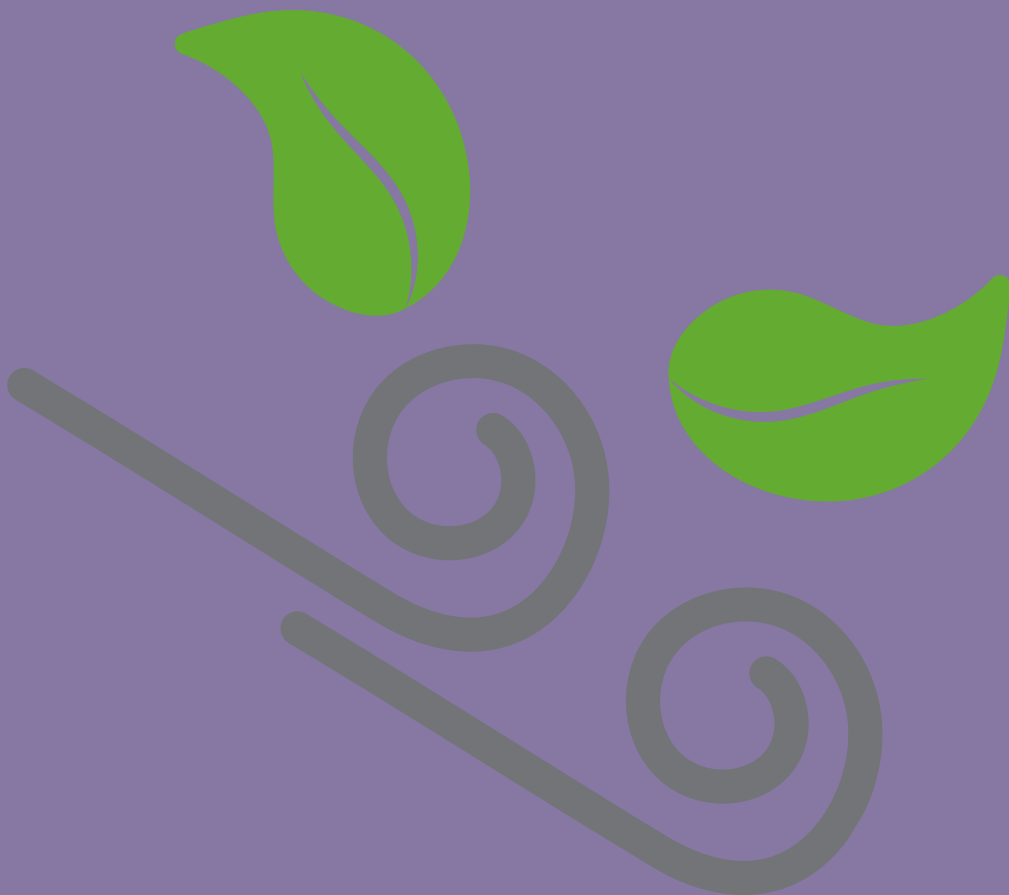


Then squish and squash
that worry and tear it all
up,

Tell the worry leaf it's
naughty and it needs to zip
up!



Now take a deep breath,
get ready to blow,
Send that naughty leaf
away and watch your
worries go.



Goodbye, worry leaf, you
have gone far away,
Now it's time for you to
smile, be happy and go
and play!



Muddy Activities

Try some of these activities to help you better understand the story you have been reading.

- Place one leaf in the centre of you all. Everyone now has to get one leaf. Let's see how quickly something can spread, just like a worry in our minds.
- What wise words do your parents or grandparents tell you that you find helpful? Do the Muddy Walk and Talk to help open children up. Children get in a circle, partner up and walk clockwise while they discuss their thoughts.
- Try doing the Worry Leaves Method. Take a leaf, tell it your worries, tear it into pieces and watch it blow away with the wind.
- Collect up some leaves and draw different faces for different moods and dangle them in trees.

Find more wellbeing activities on the site such as Happy Feet, Mood Leaves & Clearing Cloudy Minds
www.themuddypuddleteacher.co.uk