



Transitions Story: *The Worrysaurus by Rachel Bright*



https://www.youtube.com/watch?v=GYV_o9Uj2jc

Transitions Principle: Opportunities

The story helps children to explore their own emotions and recognise these. It supports them to think positively about unknown situations and gives them ideas of how to feel better if they are feeling worried about something. It also lets children know that often things aren't as bad as they may seem.

Things to do and explore

- Can the children make up some new character names using Worrysaurus as a stimulus? Is the Worrysaurus a real dinosaur name? The children might like to choose to draw their own dinosaur characters/make their own stories.
- If the children are interested, find out more about dinosaurs using non-fiction books and/or the internet.
- Model writing a list of resources that children might choose to put in their tin if they had one.
- Create 'happy boxes' with the children. I wonder how many things will you put into your box? How many would you like? I wonder if they will all fit into the box? What could we do to make the fit inside? Have any of your friends chosen the same? Maybe you would choose your own Mid mouse when you have one?



Useful Words

lost, scared, unexpected, flittered, flutter, skitted, storm, butterfly, shelter, picnic, inside, tall, strong, calmed, worry, special, chase, in the moment, tin, rhyme

Questions you might ask:

- I wonder how you would feel if you were the Worrysaurus?
- What would you do if it was going to rain and you had forgotten your wellies?
- If you had a tin like Worrysaurus what would you put in your tin?
- What would you say to Worrysaurus if you were the lizard in the story to help him?
- Can you think of a time where you were worried about something? Who/what helped you to feel better?

Other Ideas

Make some worry beads or worry dolls with the children.

Other Resources

Ruby's Worry story by Tom Percival:

<https://www.youtube.com/watch?v=ApXy-B5WkjQ>

Potential Learning: Es & Os/Midlothian Pathways

Literacy:

- I can identify words that rhyme (pathway)
- I enjoy exploring events and characters in stories and other texts, sharing my thoughts in different ways. **LIT 0-01c**
- My drawings are purposeful and express my ideas (pathway)
- I use signs, books or other texts to find useful or interesting information and I use this to plan, make choices or learn new things. **LIT 0-14a**

Numeracy/Maths:

- I can compare sets of objects , e.g. more/less, long/longer/longest, etc. (pathway)

HWB:

- I am aware of and able to express my feelings and am developing the ability to talk about them. **HWB 0-01a**
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 0-02a**
- understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 0-04a**