

**Help your child overcome their worries – new teacher, next year group or a new school.....**

Now that we are thinking about transition in the next year group or even to a new school, 'The Worrysaurus' written by Rachel Bright is a brilliant book to talk about and discuss any worries that children may be experiencing. The story is about a little dinosaur who has planned a special picnic, but it isn't long before a small butterfly of worry starts fluttering in his tummy....He starts to think about what if he gets lost in the jungle? What if it rains? Enjoy listening to the story on <https://www.youtube.com/watch?v=WklyyxNKALO> Do you have any worries? What could you do to help overcome your worries?

