



Hello

Hope you are all keeping well. I would like to introduce the newest member of Cherry Hinton C of E Primary School, our very own Worry Puffle!



Worries are unpleasant thoughts that you
like bugs that keep buzzing around, and

can't seem to get out of your head. They're
won't leave you alone.

Worrying can make it hard to do the things you need and like to do, like go to school, play with friends, eat your favourite food or go to sleep. Sometimes, you might worry so much that you feel sick or upset.

Worrying is normal. *Everyone* worries from time to time, even adults. But when we worry about something too much, or worry about too many things, it's hard to do anything else.

The Worry Puffle, along with the adults in school and at home can help. It is helpful to share your worries with an adult.

In school if we have a worry we let adults know by leaving our name or worry with the worry puffle. An Adult will then talk about the worry and try to help.

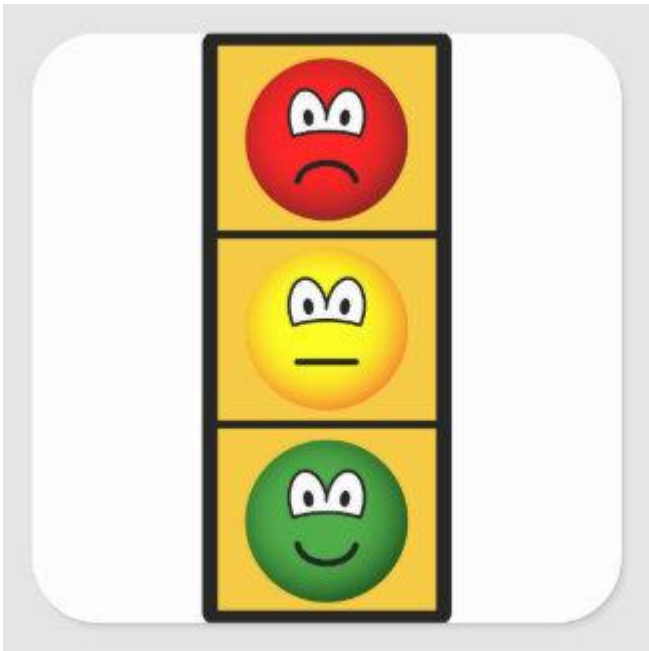
I have made some instructions for you to make your very own Worry Puffle that you can keep at home. If you do make a worry Puffle I would love to see them, perhaps you could draw a picture of them or take a photograph and send them to me! Remember to give your Worry Puffle a name.

We have also got 'How are you feeling?' traffic lights in the classrooms, the adults have one too. And these are shown on the next page.

I hope to see you all soon!

Miss Louise 😊

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Nursery, Reception, Years 1, 2 and 3.

‘How are you feeling?’ traffic lights are useful for us to show others how we are feeling. All emotions are okay, everybody feels each emotion at times. But when we feel certain emotions, like feeling Worried, upset and angry it may be useful to be able to chat to somebody about how and why we may be feeling that way.

At the beginning of every day as we come into school, we put our name on the colour on the traffic light that best describes how we are feeling. Of course we may not be feeling that way all day or for very long, we can then move our name again if we need to. You may like to make one to keep at home and share with your family.

Angry, cross, annoyed

Do not know, confused

Fine, Okay, Happy,
relaxed, Calm

Sad, upset, fed-
up, unhappy,

Worried, stressed,
anxious, fidgety

Years 4, 5 & 6