



Writing- Draw a picture of what your worry looks like and write some words or sentences to explain it.



Maths- Complete the Maths challenge and try not to worry! (see uploaded sheet.)



Reading/
comprehension- Look at the picture cards and answer the questions using your inference (detective) skills. (see uploaded sheet.)



Craft- make your own worry monster or worry box that you could put your worries into.



Topic- Draw a picture of the people who could help you if you had a worry and label them.



Topic- Play feelings charades by picking a card and acting out that feeling for someone to guess.



Speaking and Listening- Talk to a grown-up about a time when you were worried and tell them what you did to make that worry get smaller.