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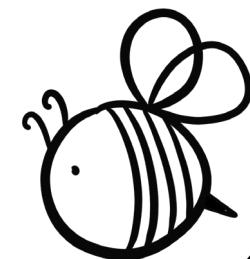
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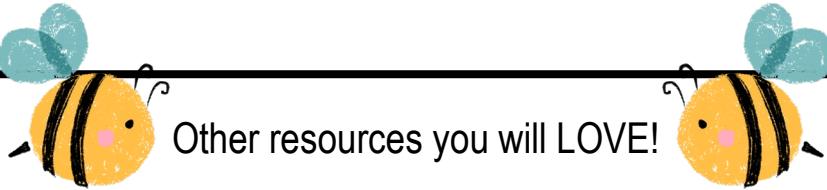
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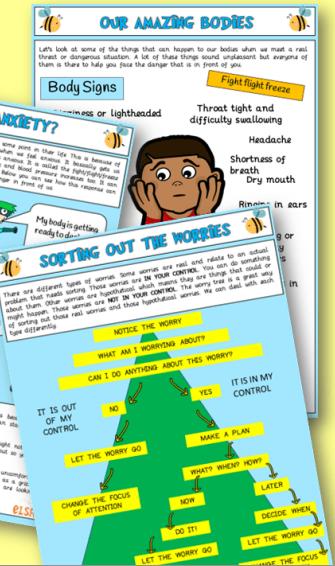
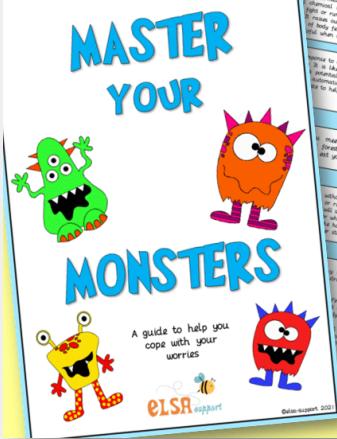
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Master your Monsters workbook

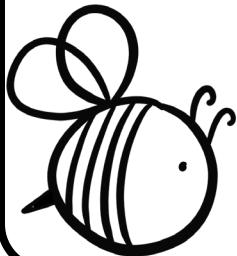


Worry Wobbles Workbook

Worry workbook
for 5 to 7 year olds



Worry Wobbles Workbook



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In my control

Out of my control

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Can I control it?

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When pupils have problems or worries it is helpful to look at what is in their control and they can do something about and what is not in their control so they need to let it go. Make up this little folder and ask the pupil to write some problems or worries on the little cards. They can file away their problem or worry in the appropriate section. For problems and worries in their control, help them to make a plan. For problems and worries not in their control, help them to let them go. That could be as simple as keeping them in the section of the folder.

To make up, cut out all of the pieces and put the cover on top of the other pieces. Staple them together around the edge, leaving the top open.

In my control

Out of my control

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Can I control it?

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The problem is...

My worry is...