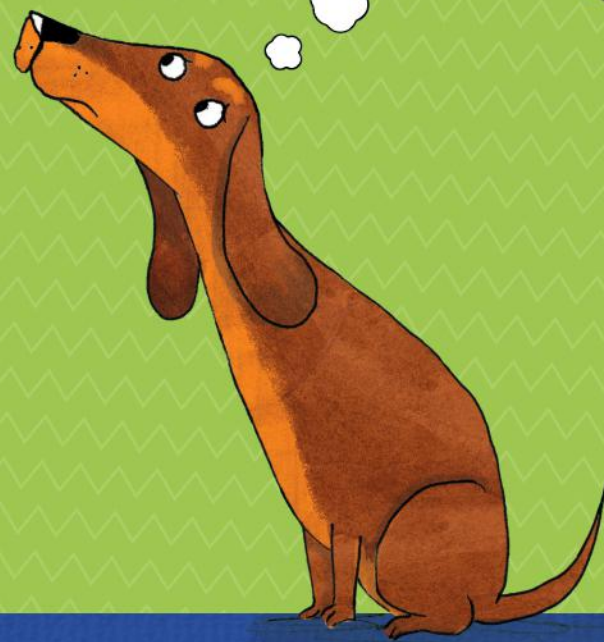


What's Worrying You?



Molly Potter

ILLUSTRATED BY
Sarah Jennings



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When you get a new teacher...

How you might feel

- ★ Sad ★ Anxious ★ Upset
- ★ Insecure ★ Worried
- ★ Uncertain ★ Nervous
- ★ Butterflies in your tummy



What you might be thinking
But I liked my old teacher.
I don't know the new teacher.
What if the new teacher is horrible?
I like things to stay the same.

When you get a new teacher,
say hello and smile the first time
you meet them. They might
be nervous too.

We don't sit
on the carpet
now we're in
Year 1.

When something changes,
we worry that we'll lose
the things we like and
there'll be new things
we don't like.



We often worry about changes more than we need
to. It might only take a few days to get used to a
new teacher.



I like
our new
teacher
now.



Things to remember...



Having different teachers in each class makes
school more interesting and gives us lots of
different experiences.

There will be lots of things
your new teacher does
that you'll like a lot.

Look Mum,
I got a sticker
from my new
teacher.



When you find something difficult...

How you might feel

- ★ Frustrated ★ Confused
- ★ Irritated ★ Disappointed
- ★ Sad ★ Obsessed ★ Stressed

What you might be thinking

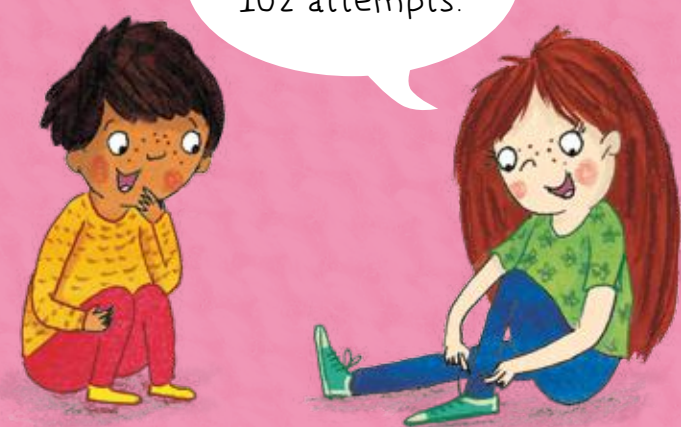
Why do other people seem to find this easy? It's not fair.

I must be rubbish.

I found it really hard last time too.

I really wish I found it easy.

When you find something difficult, you could decide to be really determined to get good at whatever it is.



Try not to get cross or give up when things don't go right the first time. Sometimes you need to try really hard, and to do that you need to stay calm.

Don't forget – everybody has things they are good at and things they are not so good at. It's good to think about all the things you do well and celebrate your achievements.



Things to remember...

$1 \times 5 = 5$,
 $2 \times 5 = 10...$



TIMES TABLES		
1X	2X	3X
4X	5X	6X

Practising things always helps you get better at them. Some things take a long time to get good at.

Ask for help – there is usually someone who can help you get better at something.

How do I hold this?

