



Personal, Social and Health Education topics – help for parents and carers

Reading a story book with your child can be a great way to get into discussing a sensitive or difficult issue.

Worrying/dealing with worries

The Huge Bag of Worries by V. Ironside

The Worry Website by J. Wilson

Silly Billy by A. Browne

Little Mouse's Big Book of Fears by E. Gravett

Worried Arthur – The Noisy Night by J. Stimson

No Worries by M. Williams

Supposing by F. Thomas

If you are not in a position to buy these books or borrow them from a library they may be available to borrow from the school. Please speak to your child's class teacher. If you have any suggestions for other topics or books please email the office for the attention of Mrs Robertson (PSHE subject leader).