



# online worry box

My name is **Mrs Phelps** and I manage our ELF room (*Emotional Literacy & Feelings*) with my colleague **Mrs Ruth**.

During assembly recently we shared a story with KS1 and KS2 children to promote our **'online worry box'**. The story was *'The warm fuzzy story'* adapted from *Claude Steiner's* original tale.



The advice given in the story is that when people are kind to each other it makes us feel warm fuzzy feelings (like a big hug) and when people are unkind to us it makes us feel cold prickly feelings. The children were encouraged to think about what they could do to be kind to each other and shared their ideas.

The whole school has been given a challenge to fill up our ELF room 'kind-o-meter' with kindness slips each time they do something kind. The winning class will have the pleasure of 'Professor Owl' joining their class for a week.



To send us a worry click on the **'online worry box'** link on the school website.



During our assembly we also spoke about our ELF room first aid ideas to help us when we are feeling worried; talking to parents and extended family, teachers, write/draw it. We reminded the children about our **'online worry box'** which allows them the choice to share their concerns safely and securely. Their worries are received by Mrs Green, Mrs Smith and Mrs Phelps and the children are encouraged to attend ELF during their morning play time to talk through and 'make sense' of their worries.