



# GEOFFREY GETS THE JITTERS

by Nadia Shireen

It started last night - a funny, wiggly feeling in his tummy that grew and grew. But when Geoffrey's tummy jitters started talking to him, he knew they were out of control. Geoffrey had to do something...

Talk to your child about how they can chase and laugh their worries away just like Geoffrey in the story.

## Helping children with their fears.



Children can be scared of all sorts of things, real and imaginary. The good news is, their fears usually go away gradually.

But what should you do if your child is scared now? How can you help them feel better?

This helpful video shares top tips to help you stay calm and matter of fact and help your child deal with fear.

<https://www.bbc.co.uk/tiny-happy-people/helping-children-with-their-with-fears/zdgnp4j>

## Make a sensory sock.

Fill an old sock with something soft. You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in. The sock can be squeezed and released in a rhythm to help your child relax.

If your little one is feeling anxious, scared or sad, like Geoffrey in our story, there are lots of different ways you can help them feel better. Visit the website to find more activities.

<https://www.childline.org.uk/toolbox/calm-zone/>

## If You're Happy and You Know It



*If you're happy and you know it, clap your hands,  
if you're happy and you know it, clap your hands.  
If you're happy and you know it and you really want to show it,  
if you're happy and you know it, clap your hands.*

Why not have a go at exploring other emotions. You could change the words and use ideas that you know work well for your child.

*If you're worried and you know it, take a deep breath...  
If you're cross and you know it, count to 5...*

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-if-youre-happy-and-you-know-it-clap-your-hands/zn83pg8>