

Discover more about You
with the **MR. MEN** and **LITTLE MISS**

Mr Worry worries about everything. It sometimes
starts with a funny feeling in his tummy.

Do you ever feel worried? Everyone worries sometimes.

But Mr Worry worries all the time. Can Mr Calm and
Little Miss Sunshine help him to ease his worries?



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MR. MEN LITTLE MISS

Worries

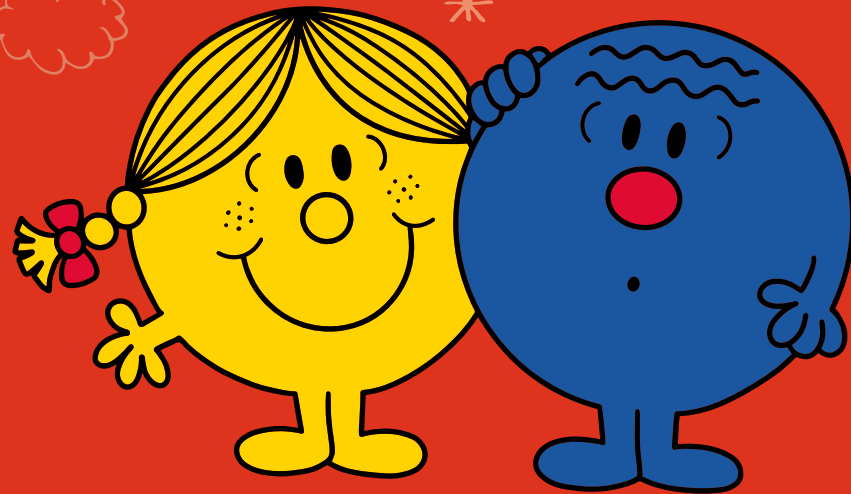
Forshare

MR. MEN LITTLE MISS

Roger Hargreaves

Fun
activities
inside!

Worries



A book about feeling anxious

Discover You

Reading Tips

Top tips to help families discover the magic of reading

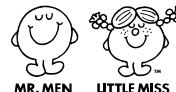
Sharing stories together helps us discover ourselves and others. Join Mr Calm and Little Miss Sunshine as they help their friends ease their worries and join them for lunch.

Here are some top tips from the National Literacy Trust to help families bring stories to life at home:

- Talk about what you would put in your own 'sunshine' box, like the one Little Miss Sunshine has made. You could both think of some ideas and see if any of them match. You and your child could even start to collect some items that make them feel happy.
- Mr Worry and Little Miss Shy begin the story having lots of worries, but their sad feelings disappeared when they went for a walk together. Make the link between the story and activities by going for a walk with your child in your local park and looking at the nature around. You could talk to your child about the things you both see and how they make you both feel.
- Make story time fun by using different voices for characters and acting out your favourite parts.
- Pick books about things your child is interested in. Whether they love dinosaurs, ballet or football, there's a story for every child to enjoy.
- Make time to share stories as a family as often as you can. You could try reading a bedtime story together or listening to an audiobook on a car journey.

The National Literacy Trust is proud to partner with McDonald's to help families discover the magic of reading together.

Working in
partnership with



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MR. MEN LITTLE MISS Worries

Roger Hargreaves

This book belongs to:

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Original concept by
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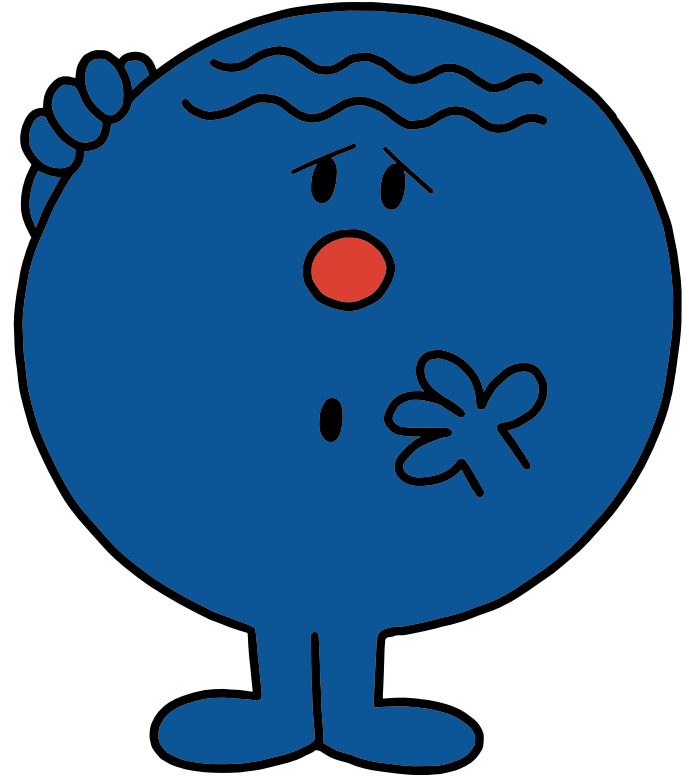
With grateful thanks to
Dr. Elizabeth Kilbey

This is a story about being worried.

Mr Worry worries about everything.

He worries about things that may happen and things that may not.

He worries about himself and he worries about his friends.

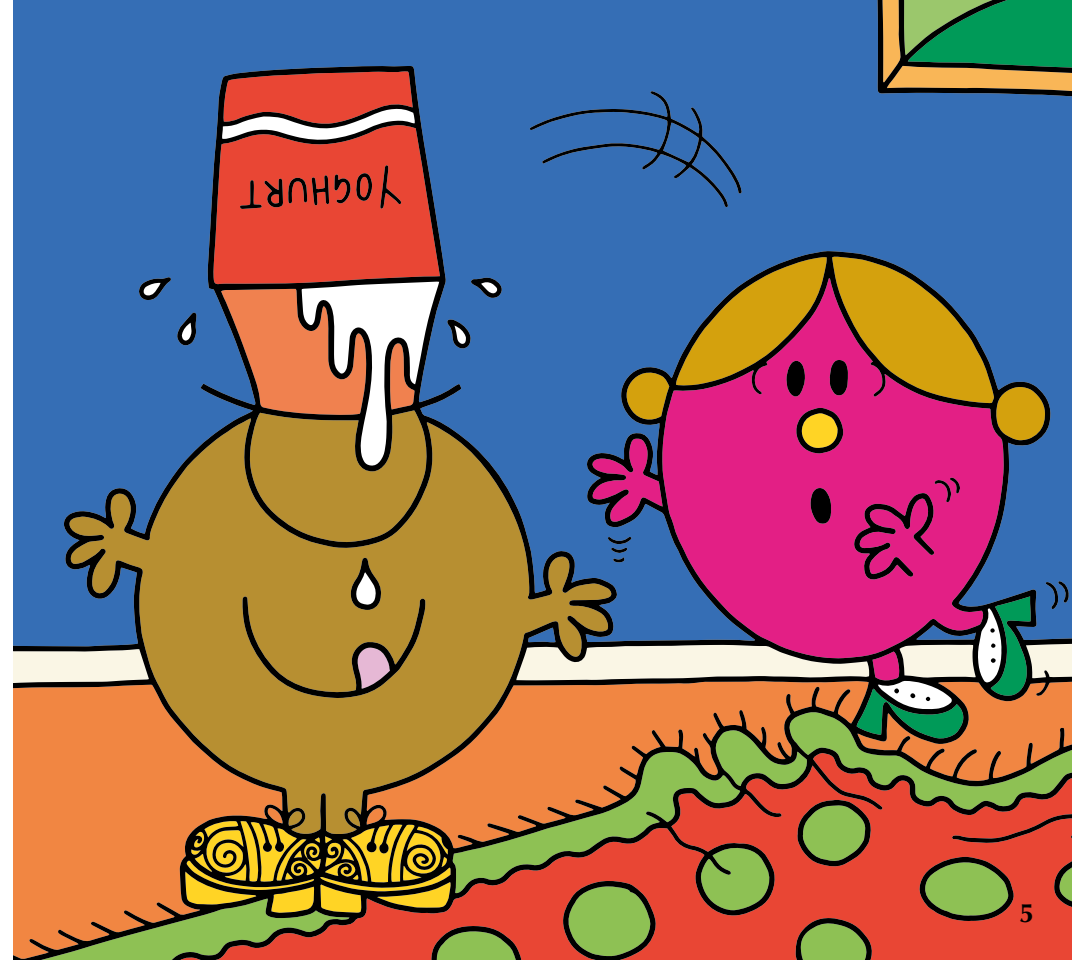


Do you ever feel worried?

Everybody worries sometimes. Not just Mr Worry.

Little Miss Helpful worries when she tries to help and things go wrong.

But sometimes the most wonderful things happen by accident!



Mr Small worries that he may be ignored because he is small.

But have you ever heard that the best things come in small packages?

And Little Miss Shy worries that she is missing out on all the fun.

What do you worry about?



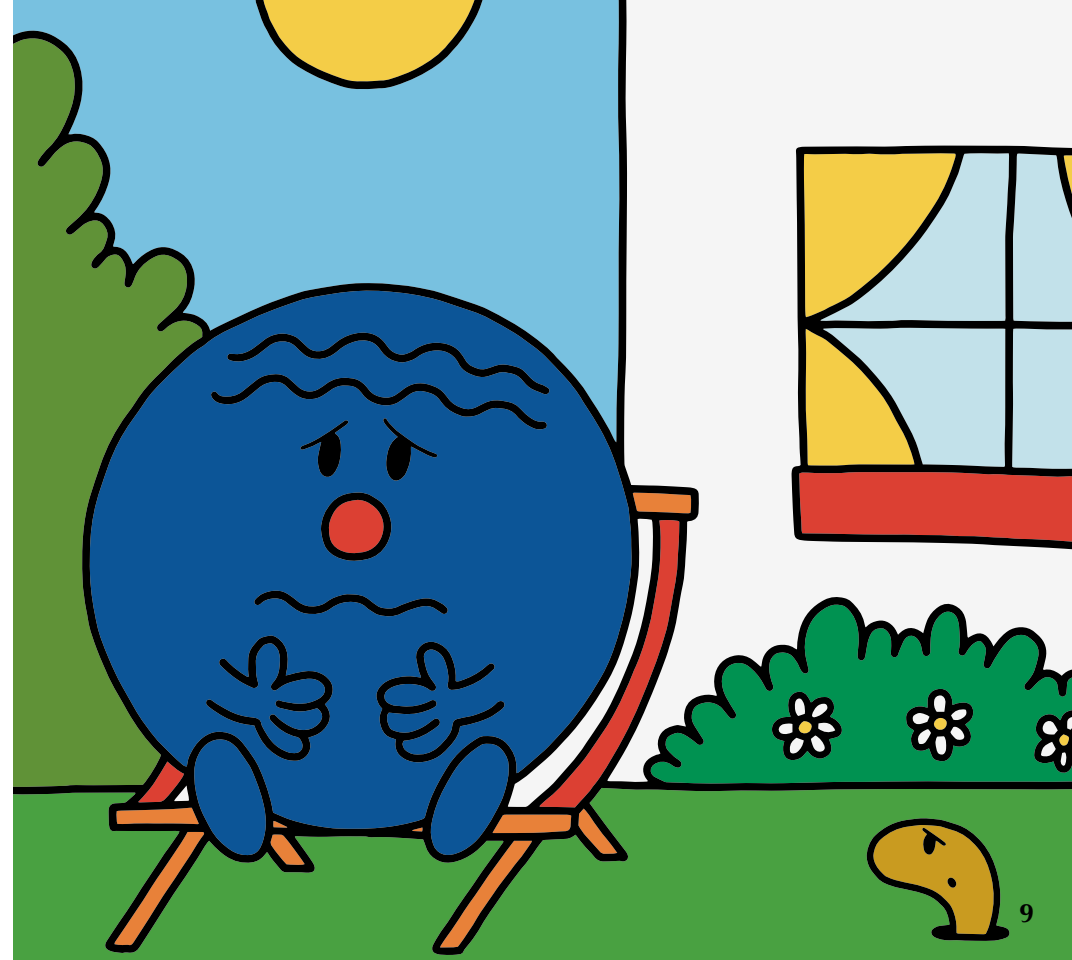
It is normal to have worries.

When Mr Worry feels worried, it sometimes starts with a funny feeling in his tummy.

A fluttering that spreads to his chest and makes his breathing fast.

Then he finds he can't stop thinking about his worry.

Poor Mr Worry.



One day, Mr Worry was feeling particularly worried.

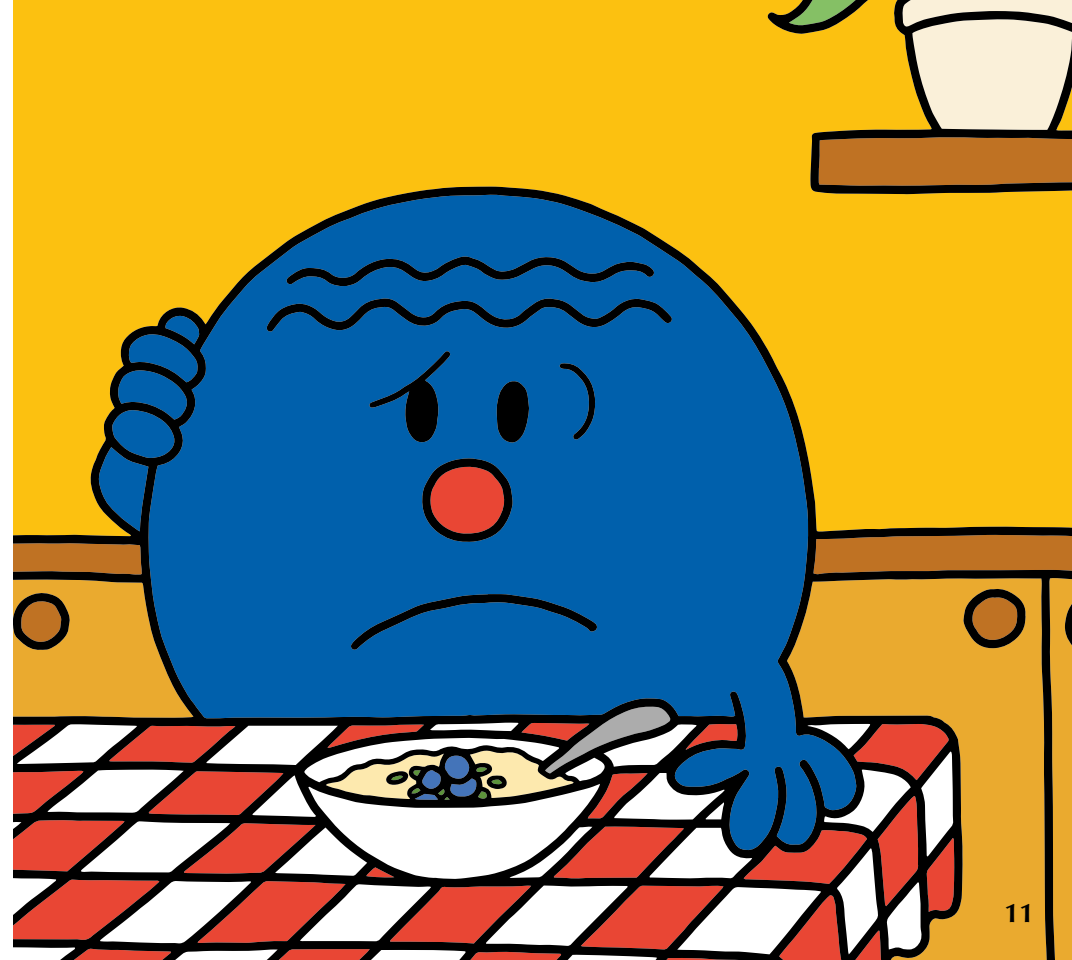
He was visiting Little Miss Sunshine, but rather than being excited, he was worried about the day ahead.

He mumbled to himself over breakfast.

What if I miss the bus?

Or the bus breaks down?

Or I get lost on the way to Little Miss Sunshine's house?



Mr Worry wasn't the only one worrying that morning.

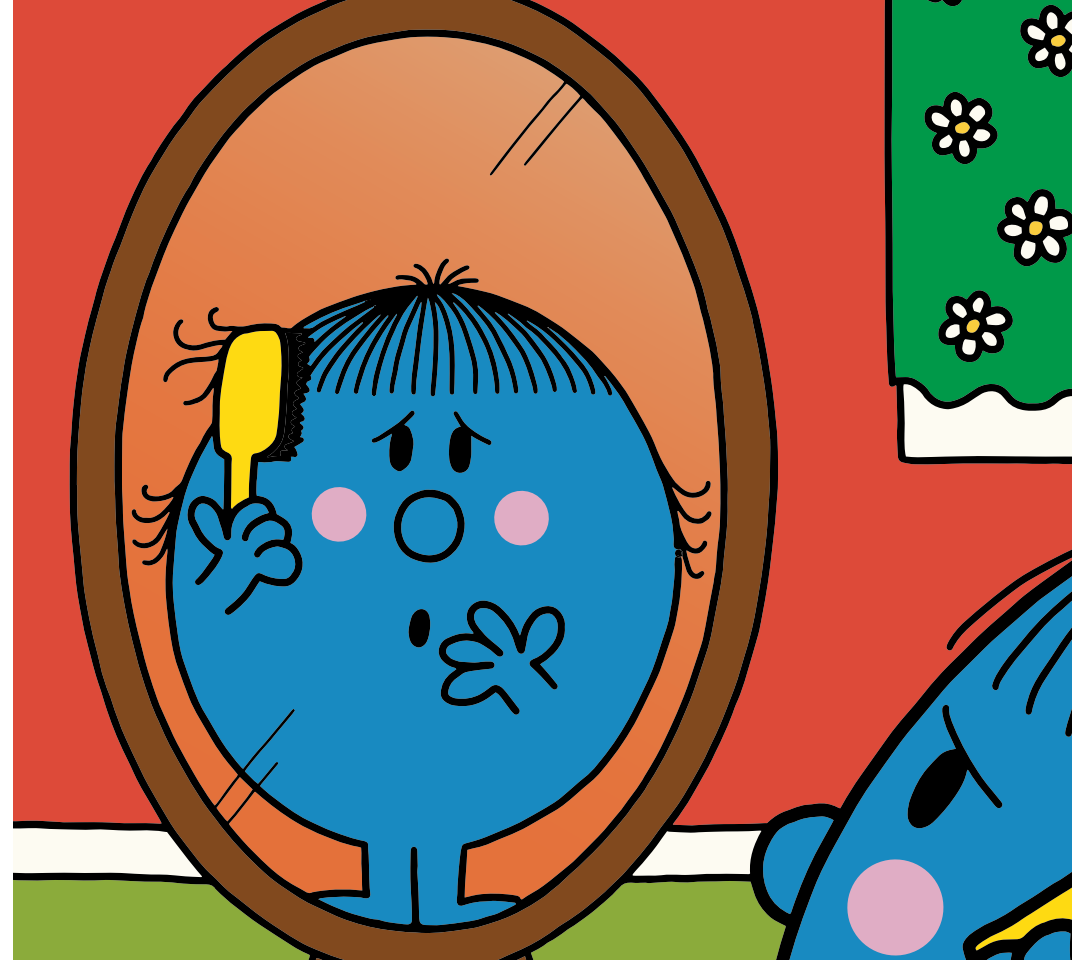
Little Miss Shy was invited to Little Miss Sunshine's house too.

She had different worries.

What if I can't think of anything to talk about?

Or if I say something wrong?

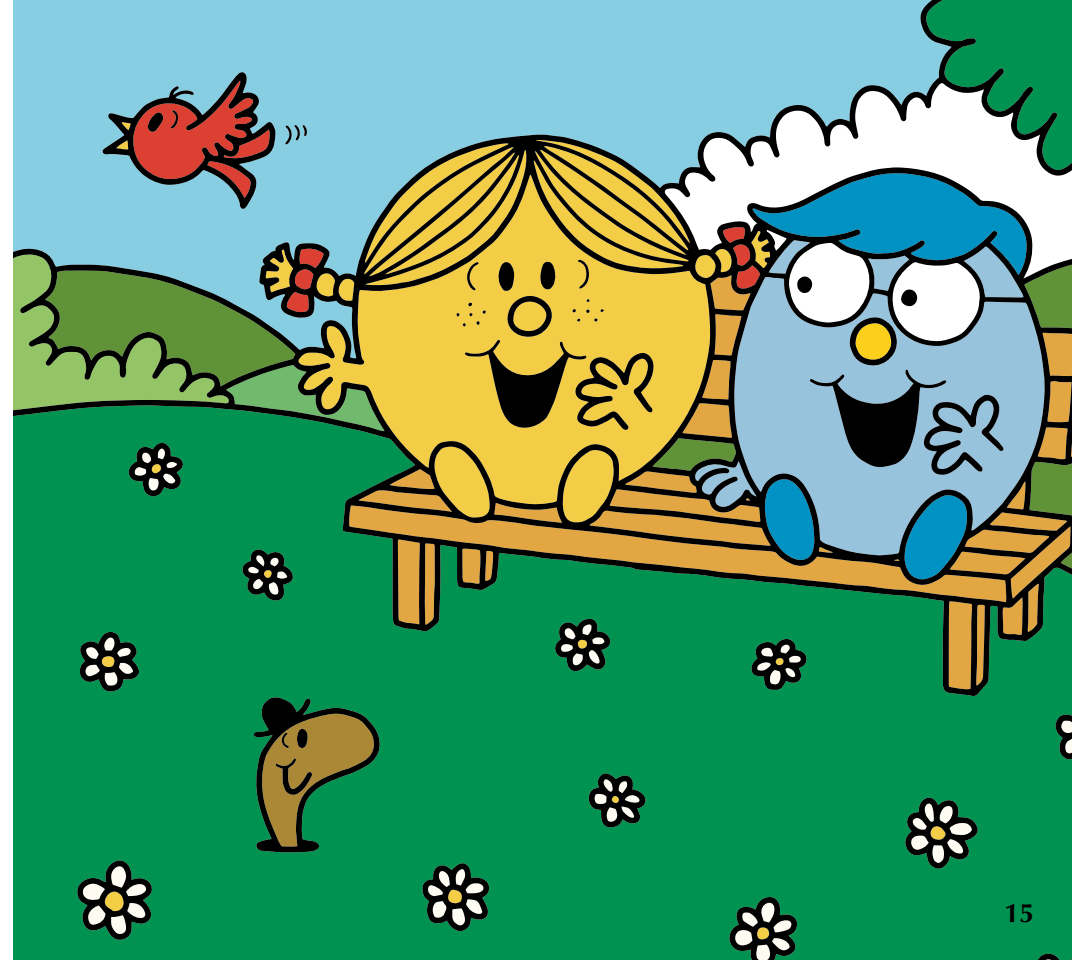
Or I blush like a beetroot when Little Miss Sunshine speaks to me?



Little Miss Sunshine wanted to help her friends
to worry less.

She had been talking to Mr Calm, as she knew
he would be just the person to help.

And together they had made a plan.



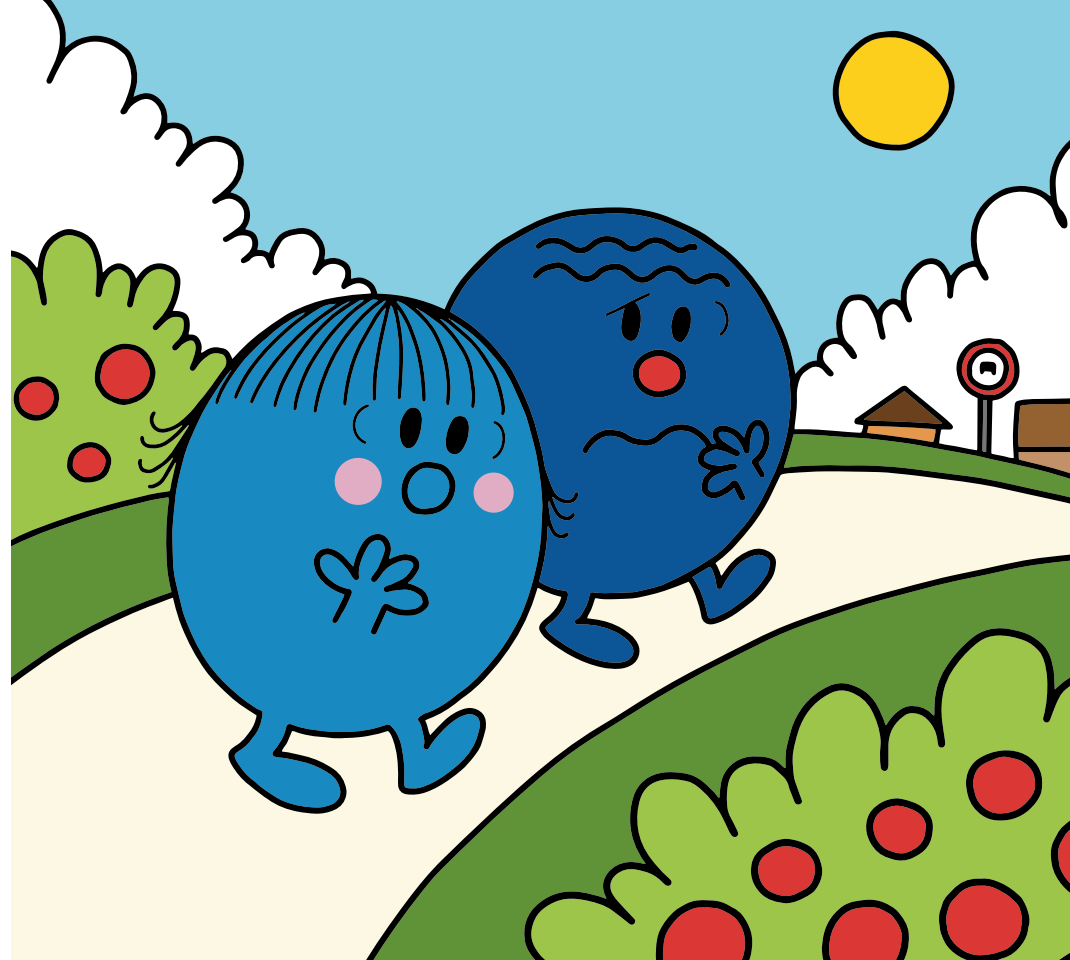
Mr Worry and Little Miss Shy were travelling to Little Miss Sunshine's house together.

"I'm worried we'll be late," worried Mr Worry.

"We have lots of time," replied Little Miss Shy reassuringly, but then her face fell. "What shall I say when we arrive?"

It is good that Mr Worry and Little Miss Shy were talking about their worries, as worries always feel smaller when you share them.

Do you share your worries?

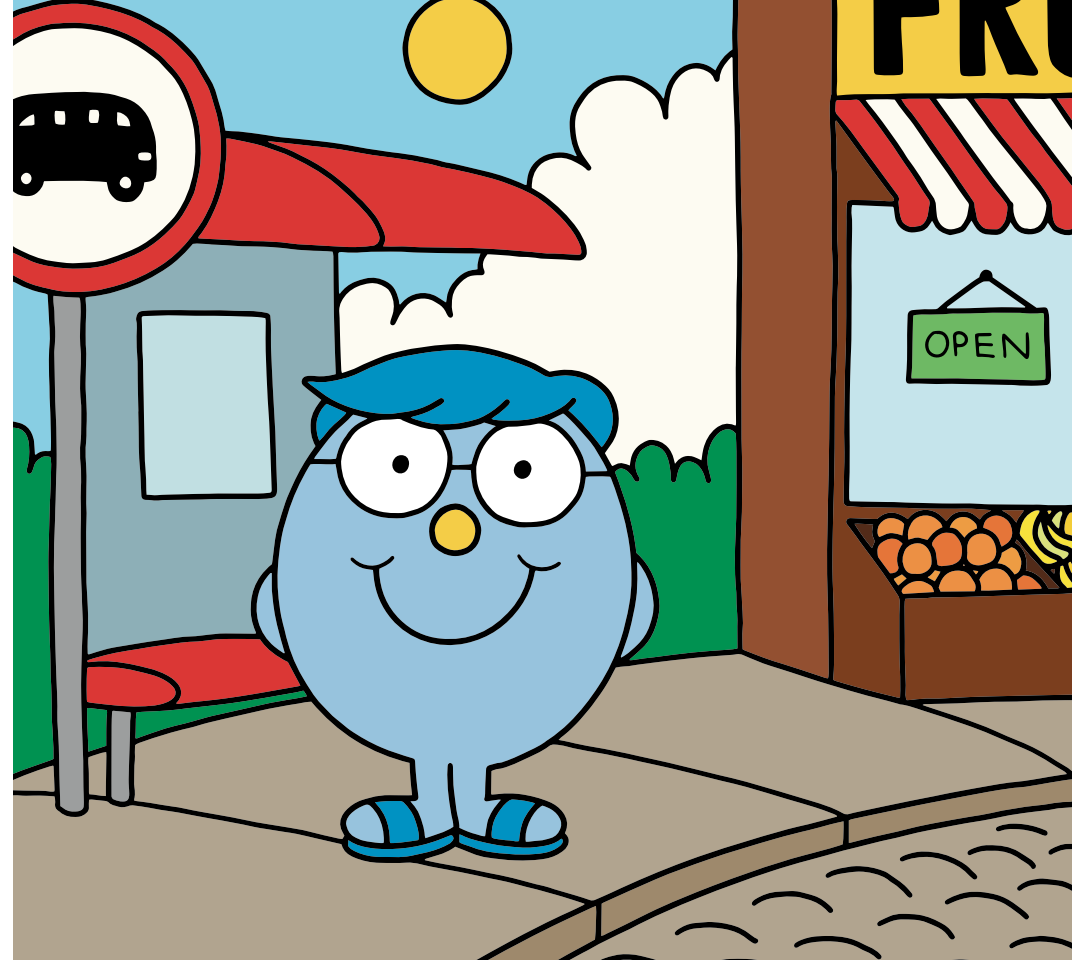


But it wasn't just each other they had to share
their worries with.

Can you guess who they saw at the bus stop?

That's right!

It was Mr Calm.

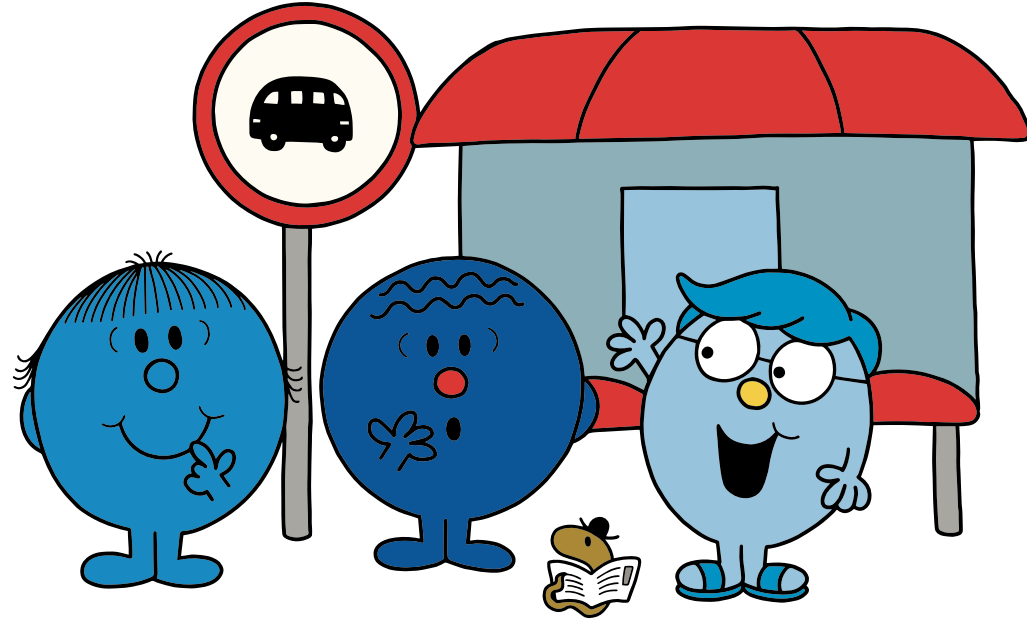


Mr Calm is quite possibly the calmest person in the world and the perfect person to offer some wise words to worried friends.

“Do you know what I do when I’m feeling worried?” he said. “I take three slow, deep breaths. It helps to calm the butterflies in my tummy and to clear my thoughts.”

Did you know that even Mr Calm worries?

Everyone worries sometimes!



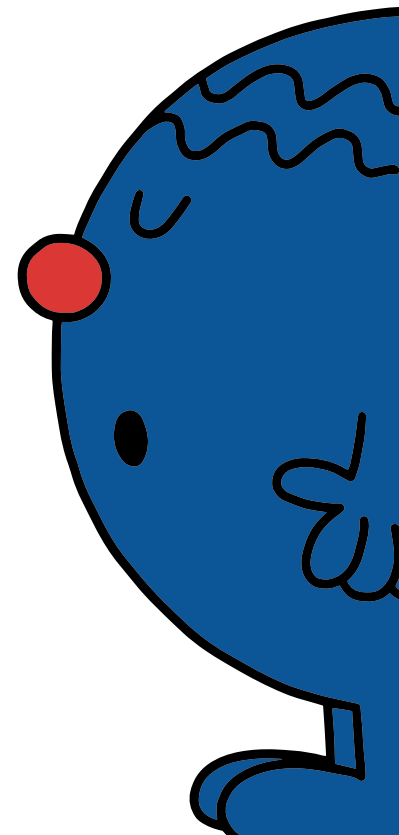
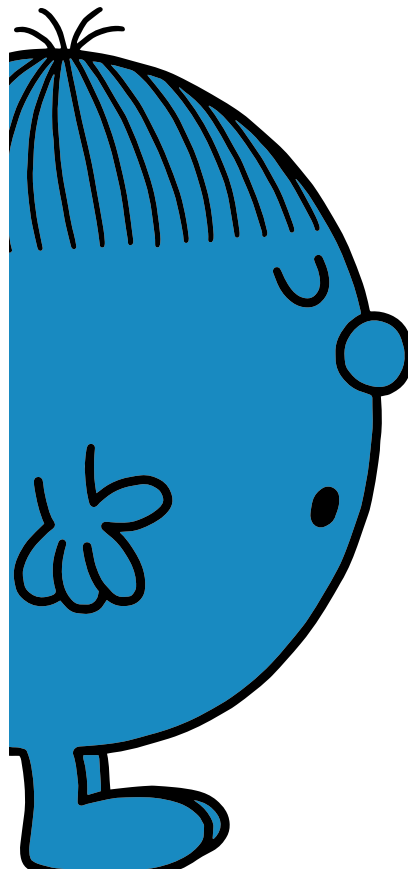
Mr Worry and Little Miss Shy practised some deep breaths and they both felt much calmer.

"It's natural to worry about things that haven't happened," said Mr Calm, "but much better to enjoy now. It's a lovely day. Why don't you walk to Little Miss Sunshine's house?"

Mr Worry and Little Miss Shy looked at each other hesitantly.

What if they got lost on the way?

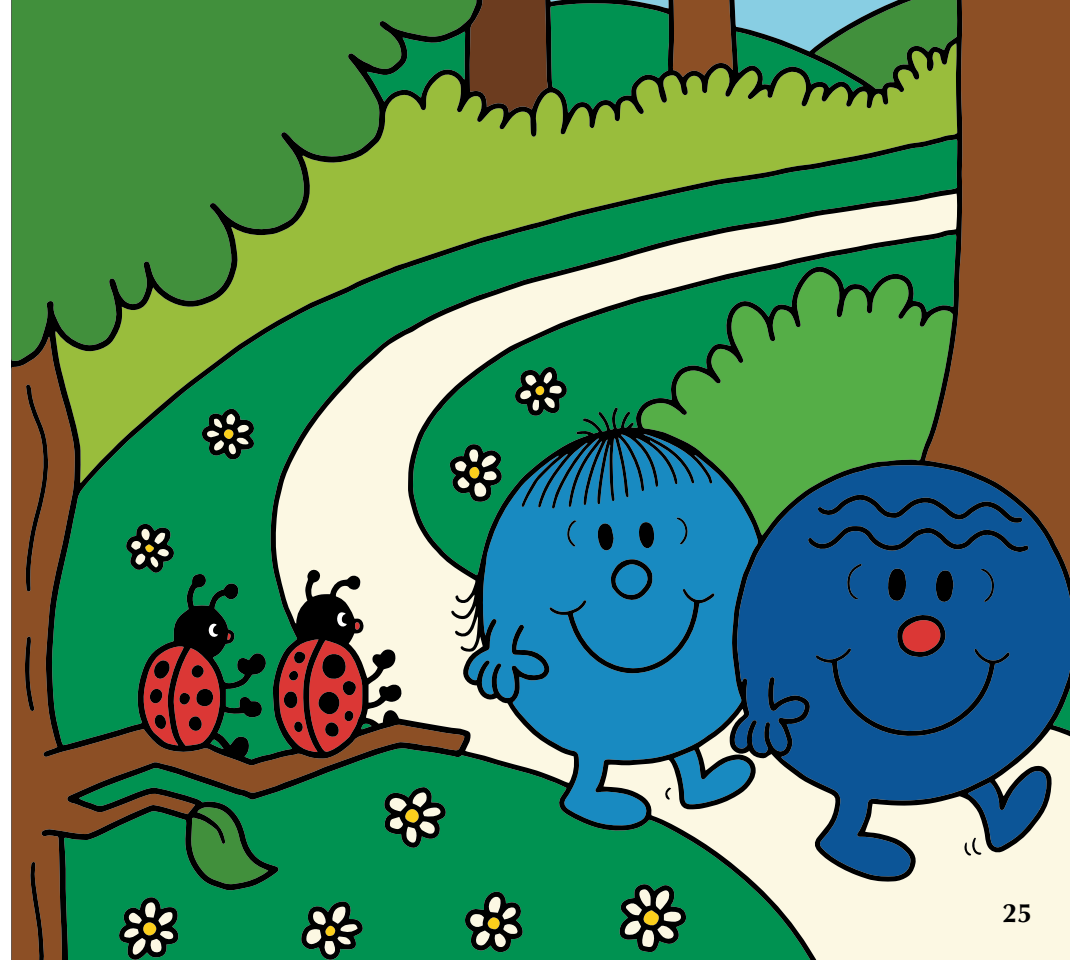
Or the paths were busy with lots of people?



But, do you know what they did?

Mr Worry and Little Miss Shy took Mr Calm's advice and walked together in the sunshine, taking in deep breaths of air and enjoying the nature around them.

Mr Worry was even able to stop worrying about tripping over a branch or being bitten by bugs with Little Miss Shy there to reassure him!

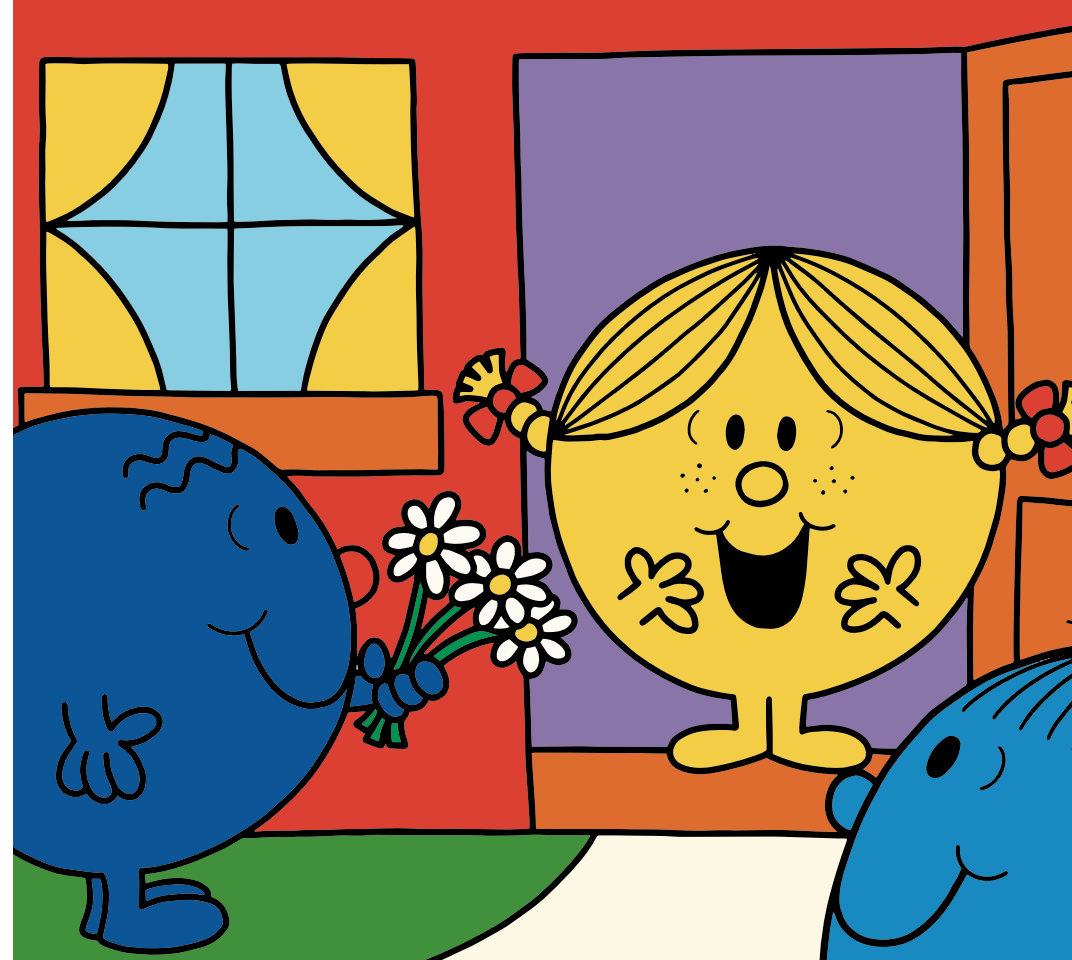


When they arrived at Little Miss Sunshine's house, she was pleasantly surprised by how relaxed her friends were.

"Thank you so much for coming to lunch," Little Miss Sunshine smiled warmly. "I hope you had a good journey."

"We met Mr Calm and he suggested we walk here," replied Little Miss Shy, without a blush in sight.

"I picked some flowers for you," said Mr Worry, proudly.

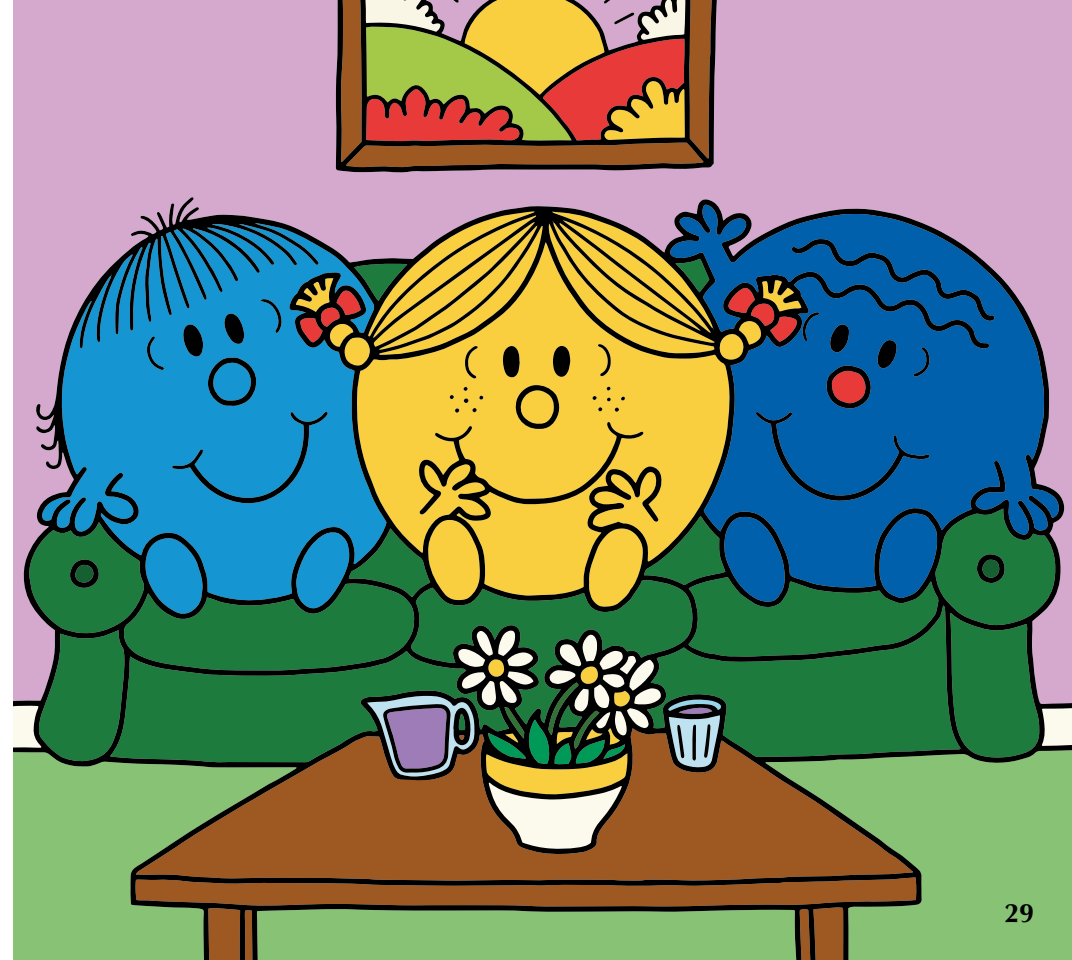


Little Miss Sunshine was delighted that her idea had worked and Mr Calm had eased their worries a little.

She also had some wise words of her own. "I find that writing down my worries and sharing them with others helps me to worry less."

"But what if you don't know how to fix a worry?" asked Mr Worry.

"You can't always solve your worries," said Little Miss Sunshine wisely, "but they can bother you less if you can take your mind off them by doing things that make you happy."



With that, Little Miss Sunshine showed her friends a special 'sunshine' box she'd put together which always made her feel better when she was worried.

It included lots of her favourite things, like pressed sunflowers, a giggling photo of Little Miss Giggles and a thank you card from Mr Happy.

What would you put in a sunshine box to ease your worries?

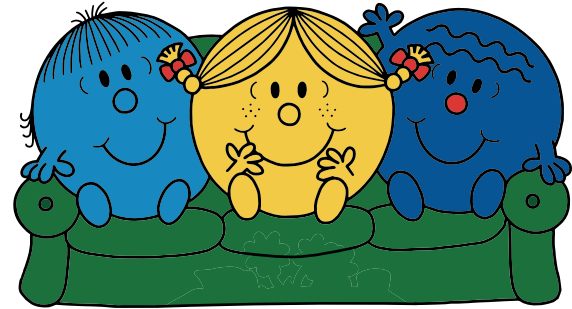


SHARING WORRIES

Worries sometimes feel smaller when you share them.
List three people below that you can share
your worries and fears with.

Mr Worry and Little Miss Shy had so many ideas
that they talked all the way home.

And they didn't worry once!

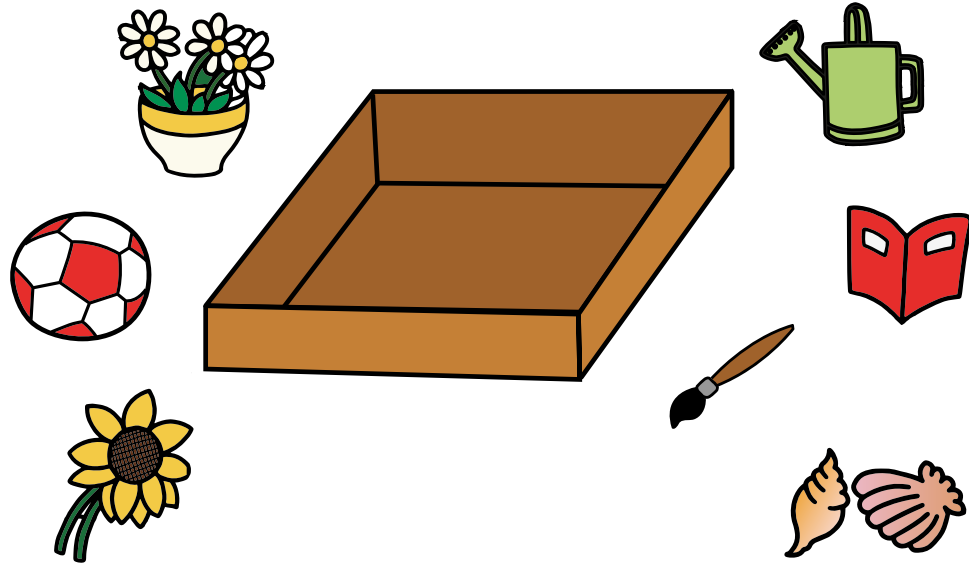


YOUR SUNSHINE BOX

Little Miss Sunshine has a 'sunshine' box which always makes her feel better when she is worried.

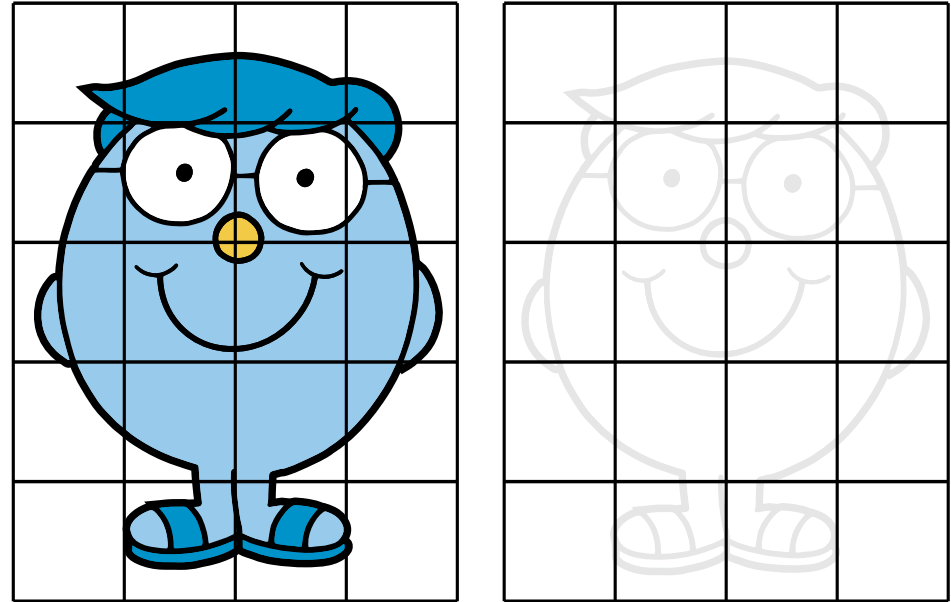
Circle the items below that you would put in your sunshine box.

You can draw some of your own items to put into the box too.



MR. CALM

Trace over Mr Calm to practise your drawing skills.



CALM COLOURING

Bring the scene to life by adding a splash of colour!

