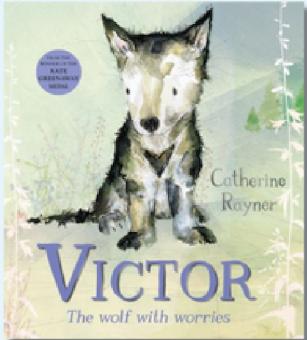


Victor, the wolf with worries

Catherine Rayner

BOOK TALK CARDS



ABOUT THE BOOK

Victor the wolf has a lot of worries. Despite this, he learns even more ways to deal with these worrying thoughts, with the help of friends!



OUR THOUGHTS

"A gentle, comforting and reassuring story with incredibly cute illustrations. It shows how opening up about your worries, talking to a friend and using techniques discussed in the story can help with mental health."

EYFS

THEMES:

- Emotions
- Animals
- Friendship

TIME TO TALK

- 1 Look at the front cover. Victor looks very sad. What do you think he is worrying about?
- 2 'Wolves are BRAVE, and BIG and FIERCE.' Why don't they look like this in the picture? What would you do to make them look fiercer?
- 3 'Victor worries about pretty much everything.' Describe a time when you felt worried about something.
- 4 Why does Victor pretend to be brave? When have you ever pretended to do something, you can't? Why don't the grown-up wolves stay behind to help him?
- 5 How does Victor make himself look big? How would you
- 6 'Pretending doesn't seem to work.' Why should we never pretend to be something we are not.
- 7 How does Pablo show he is a good friend? What does your best friend do to help you?
- 8 What would you put in a bubble and blow away?
- 9 What fun things would you do to take your mind off your worries?
- 10 Why does everybody need a friend like Pablo in their life? Do you have someone like this? How do they help you?

TAKE THE TEXT FURTHER WITH OUR TOP 5 TITLES TO CONTINUE THE THEME:

