

Stepping stones

Who is this resource aimed for?

This is a resource for children that might have lots of worries about what other people think of them and worry about not being good at things.



Crosby the Crocodile often worries what other people think about him, he worries that he is not very good at school and people don't like him. Crosby has been asked to complete this Stepping Stones worksheet. Have a look at some of the ideas

Things that help me feel confident

My cat

Playing

Doing art



Things that have make me worry that I am not good enough

Being alone

Reading out

When my mum shouts



Write on your own stones and think about the things that make you feel confident and the things that make you worry. With a teacher or a trusted grown-up; can you think of ways that you can have more stepping stones to feel confident?

Things that help me feel confident



Things that have make me worry that I am not good enough

