



# The Worry Wizard®

## Learn more about the Founder...



Amy Smythe is an accredited Counsellor and Psychotherapist with the British Association of Counsellors and Psychotherapists with over seventeen years' experience in both private practice and the charity sector. She is Founder and Chief Storyteller at The Worry Wizard®.

## From Worries to Wellbeing... Say hello to our "Introducing Wellbeing" programme

Our "Introducing Wellbeing" programme is a low input, high impact entry level programme that's packed with everything schools need to offer their pupils a gentle, fun, and imaginative exploration of Wellbeing.

*"Our children love The Worry Wizard and are gaining a great deal from it. The Worry Wizard has come at such a pertinent time when our children are feeling more anxious and appear to have more Worries on their shoulders than ever before. This is certainly the time that they need wonderful strategies like this to help them articulate all their anxieties and concerns."*

- Headteacher, Primary School, Wales



The programme helps pupils to understand what Wellbeing is and allows them to develop the tools to support themselves and others.

[www.TheWorryWizard.com](http://www.TheWorryWizard.com)

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## A Wellbeing Programme for primary school age children

From our launch in late 2020, **61** schools have now been provided with the programme. This means that we are helping over **14,000** children's Wellbeing shine!

*"The resources feel organised and easy to access which is always great with an already jam-packed curriculum."*

- Elton Primary School, Chester

Our "Introducing Wellbeing" programme responds to research which indicates the efficacy of the whole school approach to addressing Mental Health and Wellbeing for children. The programme focuses on helping children to feel more confident in managing their own Wellbeing.



*"Having The Worry Wizard in my daughter's school has been amazing. Not only does it help her at school, but it's helping us at home as she comes home excited, telling us about the exciting thing she's doing at school, then it helps us all as we are talking about it as a family. Family time with well-being included, just perfect."*

- Parent, Tameside & Glossop



# "Introducing Wellbeing" Subscription Plan - what's included?

## Access to Digital Resources:



Whole school fully animated assembly.



Lesson plans with extension activity ideas.



Fully illustrated classroom slides.



Classroom display pack.



Videos for both pupils and teachers.

## Physical Resources Mailed Directly to your School:



'How To Make Your Wellbeing Shine!' A1 poster.



Jack and The Worry Wizard storybook.



Personalised Wellbeing Greeting Card from The Worry Wizard (sent after completion of the programme).

**£250  
per annum**

for the whole school  
(equivalent to less  
than £21 per  
month).

## All membership plans include:

- Access to additional supplementary activities published frequently throughout the year.
- Early access to new programmes when released (no additional fee).
- Additional physical resources mailed directly to your school each year.

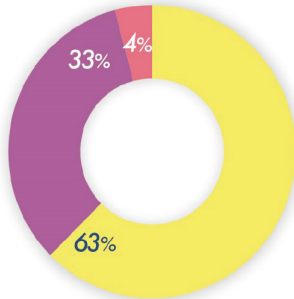
*"The Worry Wizard is ready to go, all lessons are planned. The content is packed with great tools and materials ready to deliver at your own time and pace."*

- Learning Mentor, Wild Bank Community School

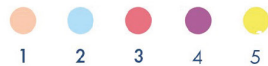
**100%**

of respondents agree that The Worry Wizard contributes to creating a respectful and nurturing environment.

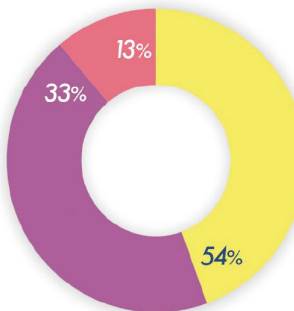
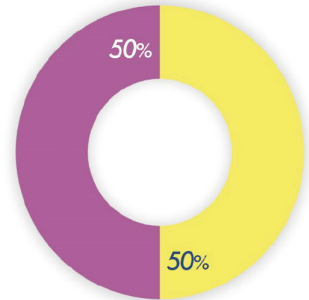
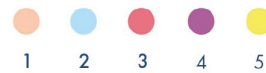
# Check out the feedback from schools...



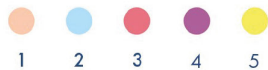
I see an increase in pupil awareness of the factors that influence Wellbeing  
(On a scale of 1 to 5 with 5 being the highest rating)



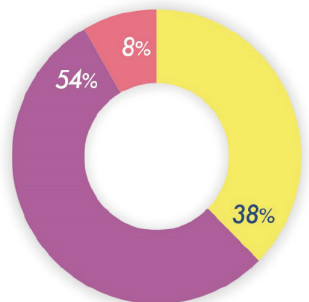
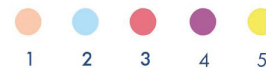
We are noticing positive improvements in children's emotional literacy in response to our Worry Wizard work  
(On a scale of 1 to 5 with 5 being the highest rating)



The children look forward to/enjoy The Worry Wizard lessons and are well engaged  
(On a scale of 1 to 5 with 5 being the highest rating)



The programme has given me tools and increased my confidence to hold conversations with the children about emotional wellbeing  
(On a scale of 1 to 5 with 5 being the highest rating)



## Want to find out more?

Please contact [hello@theworrywizard.com](mailto:hello@theworrywizard.com) or visit [our website](https://www.theworrywizard.com).



Data correct as of June 2022.

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