

*Life  
Lessons  
for Little  
Ones*

# YOU'VE GOT THIS!

Jess Sanders with art by Irina Avgustinovich



 affirm  
press



*Dear Reader,*

*We all feel worried sometimes.*

*Feeling worried is normal.*

*But when your brain becomes too full of worries, you can show it that it is safe and let those worries go.*

*I wrote this book to help you work with your amazing brain and be brave so that your worries never hold you back!*

*You have everything you need and you are so much braver than you think. You've got this!*

*Your friend,*

*Jess*





## *Making the most of this book with your little ones*

This book has been designed to work as a discussion tool or simply as a story about understanding worries and what we can do about them. Whichever way you use this book, I hope you and your little one come away knowing that you have everything you need to tackle your worries.

Having conversations about worries can be tricky – there is a temptation to ‘fix’ a worry or to dismiss it entirely. Try and resist this temptation and instead sit with the worries your little one brings you. Validating their feelings and supporting them to show their brain that they are safe is the most effective way to tackle a worry. Please be aware that this approach does have its limitations: some worries are just too big, and your child may require additional support from a relevant professional.

If you'd like to explore more ways to unpack this topic, each *Life Lessons for Little Ones* book is supported by specially designed discussion questions available at [www.jessanders.com.au](http://www.jessanders.com.au)

Jess Sanders is a social worker and best-selling, award-winning author who specialises in supporting young people. Jess has a passion for creating resources that nurture positive mental health and promote gender equality.





For Beek,  
You're braver than you think,  
you've got this.  
Jess





Hey, little one. Is there something  
that's worrying you?





Maybe you are worried about walking through the school gate tomorrow morning.



Or you might  
be worried about  
swimming in the big  
waves at the beach.

Perhaps you are joining  
a new sports team and  
you are worried about  
what it will be like?







Whatever your worries might be, you are not alone in having them.





Worrying is a part of being human. We all get worried – even grown-ups!  
Some of us worry a little, and some of us worry a lot.



Worries are created in our brains,  
but we can also feel them in our bodies.

Sometimes a worry  
might turn into  
a sore tummy,





A stylized illustration of a girl with a headache. She has her eyes closed and a pained expression, with her hands pressed against her temples. She is wearing a red t-shirt and black-and-white striped leggings. The background around her is a circular, textured yellow and orange glow, with several black scribbled lines swirling around her head and body, suggesting a sense of dizziness or intense pain.

a headache,

A stylized illustration of a boy with a tight chest. He has a sad, worried expression and is looking down. He has black dreadlocks and is wearing an orange t-shirt with white patterns, black-and-white striped shorts, and red sneakers. He has large teal headphones around his neck. The background around him is a circular, textured yellow and orange glow, with several black scribbled lines swirling around his chest and body, suggesting a sense of physical discomfort or anxiety.

or a tight chest.

Other times, worries  
can become sweaty palms  
or a fast-beating heart.



You might be wondering why we have worries in the first place.

Well, it's because our super clever and amazing brains are always trying to keep us safe. In fact, that's their Number 1 job!

