

EMBRACING EMOTIONS

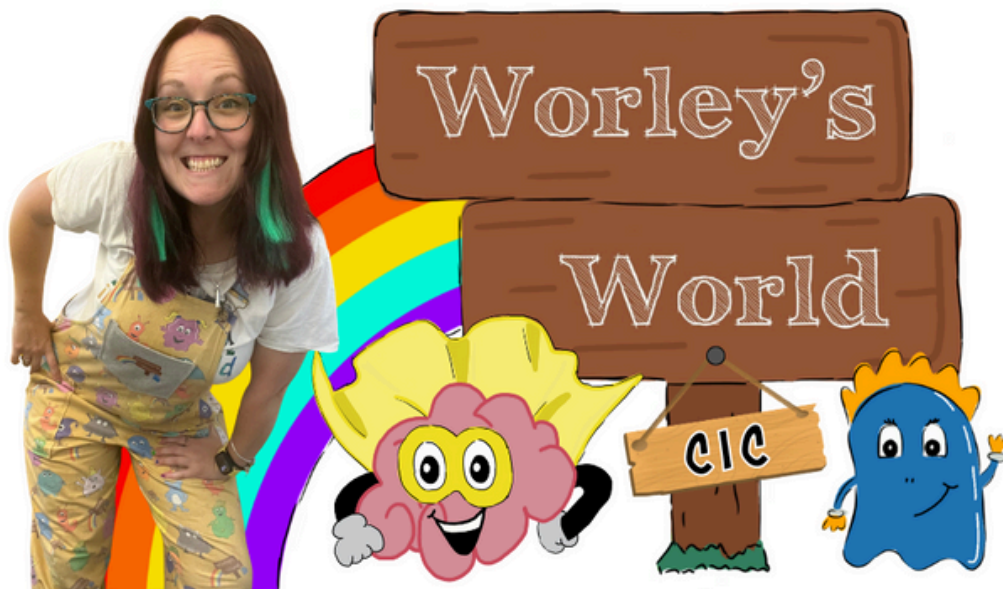
with Worley's World



A parents guide to normalising Mental Health and supporting families to build their emotional regulation toolkits.



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Using play within the home to support self awareness and regulation

Welcome to the enchanting world of Worley, the Worry Monster, where emotions are embraced, explored, and understood! In Worley's world, children and adults alike can learn the invaluable skill of talking about their feelings without feeling overwhelmed. Let's dive into this magical realm and discover how Worley can bring positive change to your life and the lives of your loved ones.



Jodi Heyes

Founder of Worley's World CIC

Jodi is a rockstar in the world of children's books and a superhero therapist for little thinkers! With a treasure chest of experience in education and a knack for understanding the emotional rollercoaster of kids, she's like a guiding star for families, helping them shine bright on the path to improved mental health and happiness.

"I'm thrilled you've taken the leap into this adventure for your family's well-being! Get ready to dive into this e-book and discover how Worley can sprinkle some magic on your kids' self-awareness and self-regulation skills."

Jodi x



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WHY CHOOSE WORLEY'S WORLD?



Inspiring children to build their own emotional regulation toolkit.
"Be the boss of your brain"

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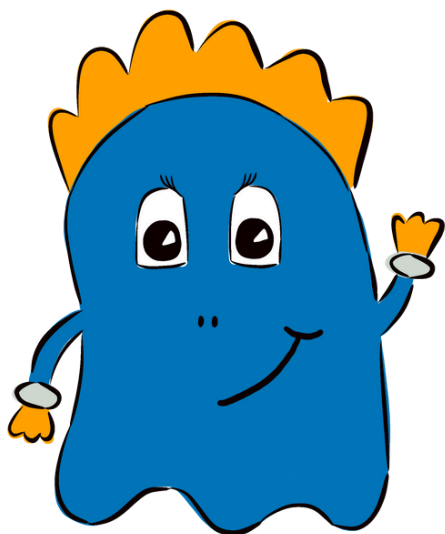
Meet Worley: Your emotional guide

Worley is not your ordinary monster. With his big eyes and loving exterior, he feels all the feels and loves to help others do the same. Worley's mission is to teach children and adults how to navigate their emotions, providing them with lifelong tools for self-regulation. From the tiniest baby to the wisest adult, Worley's world has something for everyone.

The Magic of Play

Worley's approach is simple yet profound: learning through play. By integrating Worley's stories and characters into daily life, emotions become less intimidating and more manageable. Imagine reading a bedtime story where Worley helps your little monster navigate their fears or using Worley's vocabulary during playtime to discuss feelings. These activities create a meaningful context for children to learn about their emotions, making the process natural and enjoyable.

And it's not just for kids! Even as adults, many of us are still learning new techniques for emotional regulation. Worley's world is a testament to the idea that it's never too late to learn and grow.



So... why choose Worley's World?

Worley isn't confined to books and stories; he's everywhere! He becomes a part of the family, a conversation starter, and a resource for emotional development, a companion through play and even someone to talk too. His presence ensures that the journey of emotional understanding is always within reach.

Children learn best through meaningful context, and Worley's stories are designed to be relatable, reflecting real-life challenges that kids face. With a foundation rooted in emotional development, Worley's world is crafted by a trained therapist and qualified teacher with a keen interest in brain development. This ensures that every story and activity is both engaging and educational.

The Benefits of Worley's Approach

In Worley's world, children learn to speak openly about their emotions, developing problem-solving skills and independence. The benefits are far-reaching:

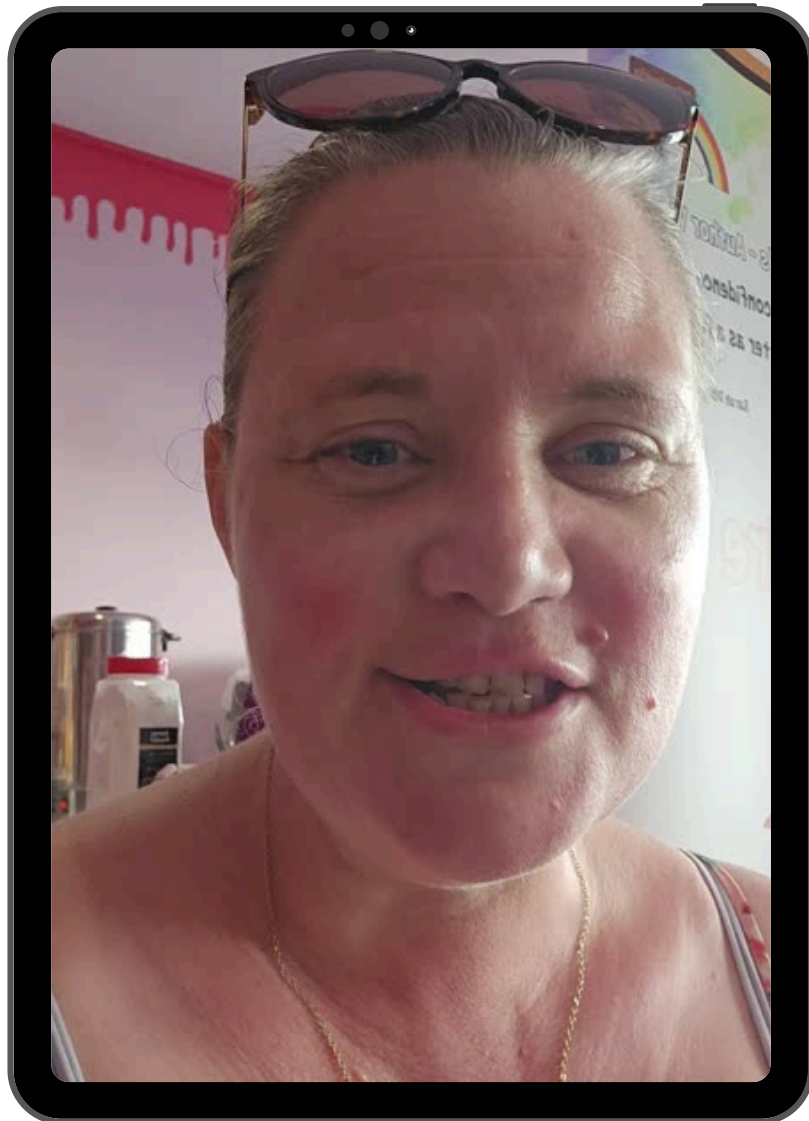
- **Reduced Stress and Anxiety:** Learning lifelong tools to manage feelings.
- **Adaptability:** Handling situations with less disruption.
- **Empathy:** Building emotional intelligence and understanding others.

Through Worley's guidance, kids and adults alike can transform their emotional landscape, fostering a healthier, more empathetic world.

Join Worley on this incredible journey and watch as he becomes an indispensable part of your family's emotional toolkit. Together, let's embrace our emotions and build a brighter, more understanding future.



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Listen to how Worley has positively impacted Stef and her family

"Worley helps our children to process their feelings and thoughts"

"My world involved 'shut up and go to your room', that's not what I want for my children"

"Worley teaches me as a Mam, how to open up those discussions"

Stef x

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PART

INTRODUCING WORLEY TO YOUR FAMILY



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Read 'When Worley Gets Brave!'

If you have a physical copy of the story, don't forget to read the 'suggested activities' which you'll find at the back of the book. Don't worry if not though, you can still listen to Jodi read about Worley learning to be brave - details on where to watch the video are in part 4.



Download worley's feelings chart

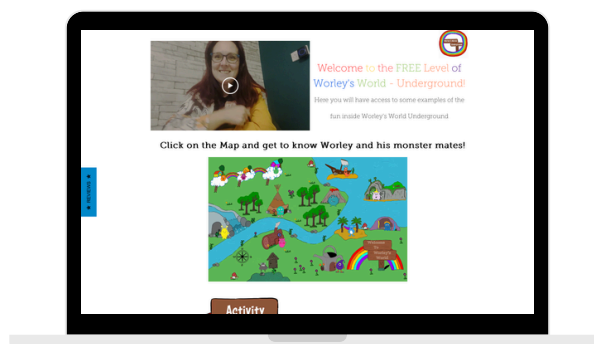
Start a daily check in with your kids and begin to normalise talking about how you are feeling. Plus, you'll also get to meet the rest of Worley's tribe.

Simply download and print at home.
Instructions in part 4.

Explore the taster version Worley's World Underground

A safe online space, filled with practical and engaging activities to continue using play within the home to develop emotional understanding and improve your children's mental health.

Part 4 gives details on how to access this fabulous resource.



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PART

JACOB'S SUCCESS STORY



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“

Not only has Worley enabled our child
with the confidence to face challenges,
he's changed our lives for the better as
a family

-

Sarah Dibb - Mum of Two

Read Jacob's story on the next page.



Jacob's Story

Jacob is a 5 year old boy who has been under the care of the NHS incontinence nurse for 6 months without showing any signs of improvement.

Jacob's parents bought him the 'When Worley' book series and immediately Jacob felt attached to Worley and his stories. He started to draw Worley, design his own monsters and enjoyed talking to me with his mum on the phone. After a conversation with his mum, we decided to offer Jacob support for his toileting using Worley for a context. I wrote a short story about Worley being scared of the loo and Jacob loved it. I then spoke with Jacob and asked if he would like help with his toileting from Worley and his monster mates. Jacob was then given a certificate with one of the characters on each time he managed to 'poo on the loo'. He was able to collect all the monsters and it excited him, gave him motivation. Each time he had received 5 certificates his family went out for a treat which he chose. Within 9 days of meeting Worley and receiving certificates, Jacob managed to crack using the toilet and was completely accident free.

Not only did this give Jacob the confidence that he could go out with his friends and know he was in control of his toileting, it also meant as a family, life became much easier too. Not needing to pack extra clothes, or planning their day around if an accident did happen. It also enabled the family to develop a much closer bond with less arguing over why Jacob was struggling so much with something a 'typical' kid of his age should 'just get'.

It has been an absolute honour working with Jacob, he inspires me daily with his enthusiasm to develop and excel. It is so heart warming to know that something I have created has changed a families life for the better.



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RESOURCES TO GET YOU STARTED

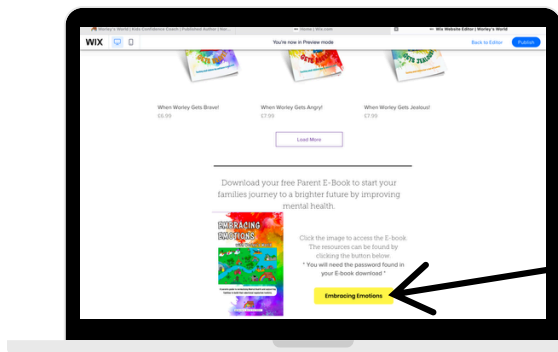


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Accessing Worley's Resources

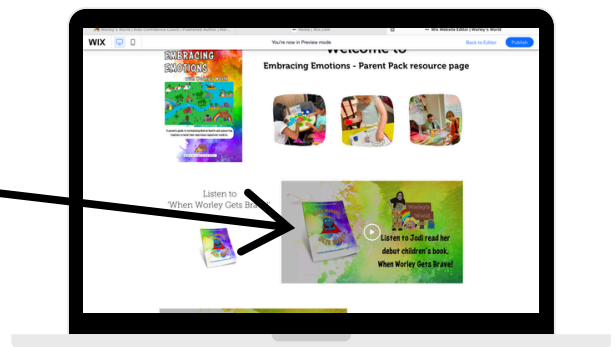
Begin by opening your browser and typing in the following link :
www.worleysworld.co.uk



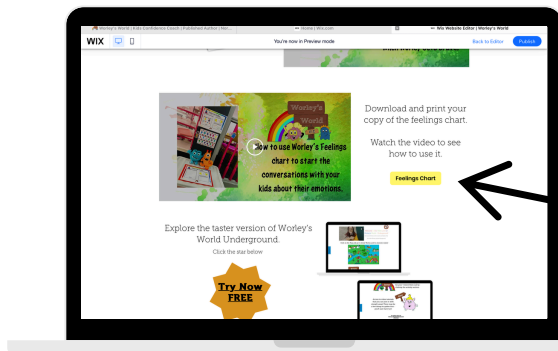
Once you're on the Worley's world homepage, scroll to the bottom where you will see a button "Embracing Emotions"

Click this button and a new page will load

You will need to use the password **embrace25** to access the resource page. One loaded you'll be able to see a video to listen to Jodi read the story 'When Worley Gets Brave!'



When you are ready to download and print the Feelings chart, access the same page where you listened to the story. You'll then see the video showing how to make the chart and the button where you can download it.

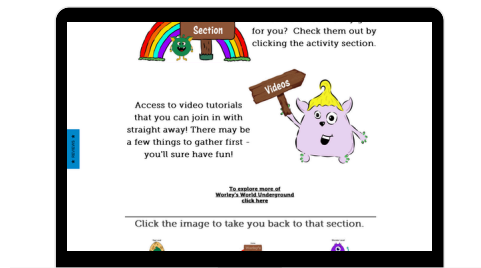
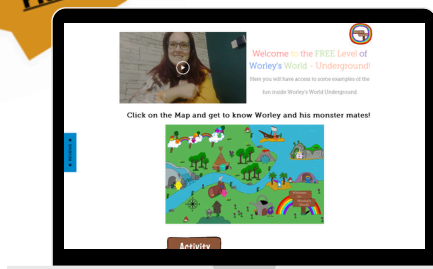


Now you're ready to explore the taster version Worley's World Underground

To access the taster area simply click the "Try Now For Free' button at the bottom of Embracing Emotions - Parent Pack resources page.



Have fun, Jodi x



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You're here because you are invested in your child's mental health and well-being and that in itself is an incredible step to have taken. Remember Rome wasn't built in a day. It takes time to introduce new routines, there's no right or wrong way, it's unique to your family. So go with the flow, no rush and just enjoy watching as your child grows in confidence and becomes their own self-regulation superhero.

Jodi x



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