

Hello there!

It's Blinker again, the curious magpie from Whimsy Woods.

I hope you enjoyed the story as much as I did.

I'm curious, have you ever felt a bit unsure of yourself, like Cody did? Maybe you were nervous when you had to speak in front of your class, or at another time?

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You know what? You're definitely not alone! Lots of children—and even grown-ups—feel that way sometimes, just like our kind friend Cody.

What helped you in that moment?

Did you have helpful thoughts like, "I'm just going to give it a try," or "I've practised well, so I'm sure I'll do fine"?

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Were there any friends or grown-ups who supported you?

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Can you think of a time when you felt really proud of yourself, because you were brave and did something that felt tricky?

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You can visit the website to print out some Brain Booster cards whenever you need a little boost!

(www.sensibellepublishing.com)

And ... did you spot that cheeky little Charlie the caterpillar?



Here's a secret: the caterpillar is hiding by the rock!

With love,

Blinker

