

Wilma is a quiet turtle who lives with her Mum and 2 brothers. Wilma lives near a lake and loves to swim.



Sometimes Wilma worries. These worries get stuck in her head and often get...

...bigger

and

bigger...

the more she thinks about them.

One day Wilma was sitting on a rock worrying because her Mum was cross with her after Wilma had shouted at her brother.



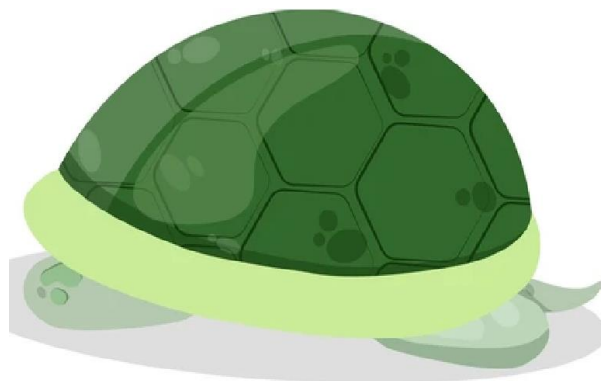
Wilma normally just keeps quiet when her brothers annoy her, but it had gone *too* far this time. She was now worried that she had been mean and that now, no one would like her. She felt sad and lonely with no idea how she was going to sort it out...

...*Suddenly* a purple dragon **CRASHED** to the ground in a burst of fire.



She went over to see if he was ok. “Hello” said Wilma, “are you ok?”

The dragon looked *cross* just like her mum. Wilma was now even more worried because he looked **scary**, and she thought he might eat her. She began to cry and disappeared into her shell. Wilma disappears into her shell when she feels scared or overwhelmed with too much emotion.



The dragon came over to see if he could help, “Hello.” said the dragon “I didn’t mean to scare you, I’m just feeling angry, and I have flown away to help me to calm down.” Wilma peeped out. “You’re not going to eat me then?” she asked.



The dragon sat on the grass next to her. He told Wilma his name was Burt, and he was a very emotional dragon who struggled to control **big** feelings. He explained his Mum had called him Burt to remind him how to calm down...

BURT stands for Breathe, Understand, Relax and Think. He explained if he followed the letters which made up his name it would help him to calm down.

Breathe Understand Relax Think

Wilma thought this was a good idea and asked if he had any ideas to help her to calm down as she worried a lot. Burt asked her about her worries and listened very carefully to her feelings.

As they talked, they realised they were not as different as they had first thought. They both worried about family arguments, fall outs, friendship worries, schoolwork and sometimes these worries would keep them awake at night.



Burt and Wilma worked out that although they were different, they shared some of the *same* worries and by talking about them they both felt better. Burt shared some of his coping strategies with Wilma to help her with her worries.

Wilma was so pleased that she had a plan. She stuck the ideas on her shell so she would always have them with her to help with her worries. Burt was excited and suggested they could use Wilma's name *just like* his to help her to remember how to calm her worries down.

He said, "I know! Wilma can be Worried, It's good to talk, Let someone help, Make a plan and Action." Wilma still worries about lots of things and that is okay because we all have worries. However, she is now able to talk about them and make her worries smaller, sometimes getting rid of some worries altogether. She now uses her shell to calm down and relax and shares the shell ideas with all her friends.

A therapeutic story written by S Doherty for St Joseph's Catholic Primary Winsford

Burt and Wilma thought it would be good for you to have your own shell to use if you feel worried, scared or upset. They have a shell and some ideas for you to build your own coping protective shell.

They have added this idea to the BURT bag should you ever need to create a shell of your own.

Hope it helps you to work through those big feelings.

From Mrs Doherty