

Book title: The Worrysaurus

Author: Rachel Bright

Illustrator: Chris Chatterton

Publisher: Orchard Books

Story content:

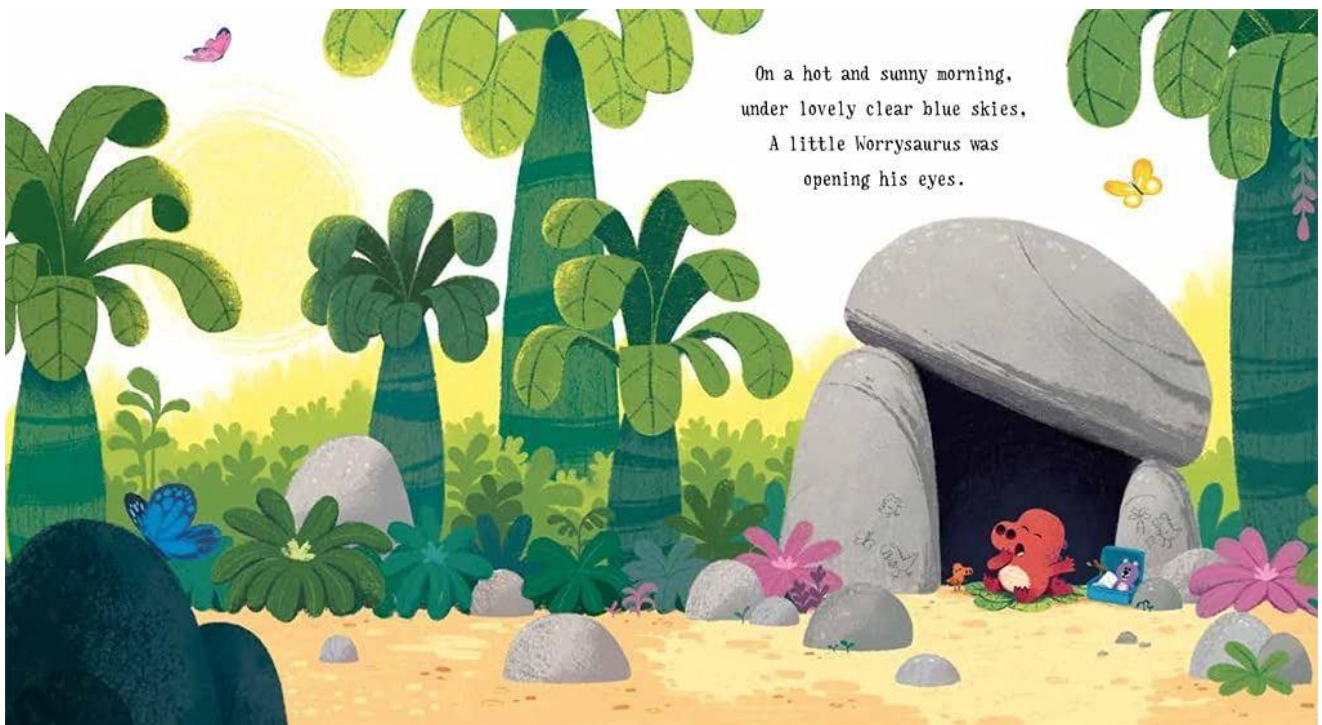
The Worrysaurus is about a dinosaur who likes to have a plan. One day, he plans to go out for a walk under the beautiful sun and have a special picnic. But soon, he starts to dwell on things that might go wrong, such as not having enough food, getting lost in the jungle, or tripping and falling over. These thoughts begin to consume him and make him feel anxious. A lizard comes by and starts panicking about a potential storm, which to



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Worrysaurus' understanding is unlikely on a sunny day. Worrysaurus thinks about running home to hide. But then he remembers what his Mummy has taught him, that "if it's not a happy ending, then it hasn't ended yet". He reaches for his "happy things" in his bag and feels better after holding them. He tells himself that he will chase his fears away and that everything is okay.



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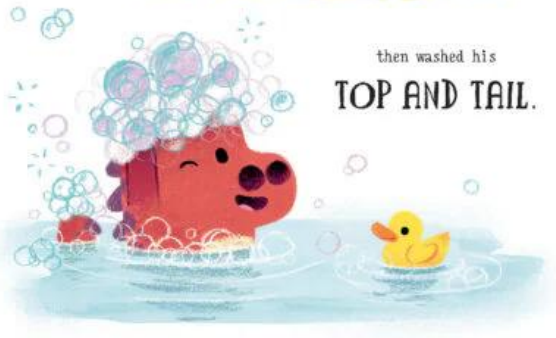
He brushed his tiny  
**POINTY TEETH.**



He packed a little  
**BAG OF SNACKS**  
and set off on a trail.



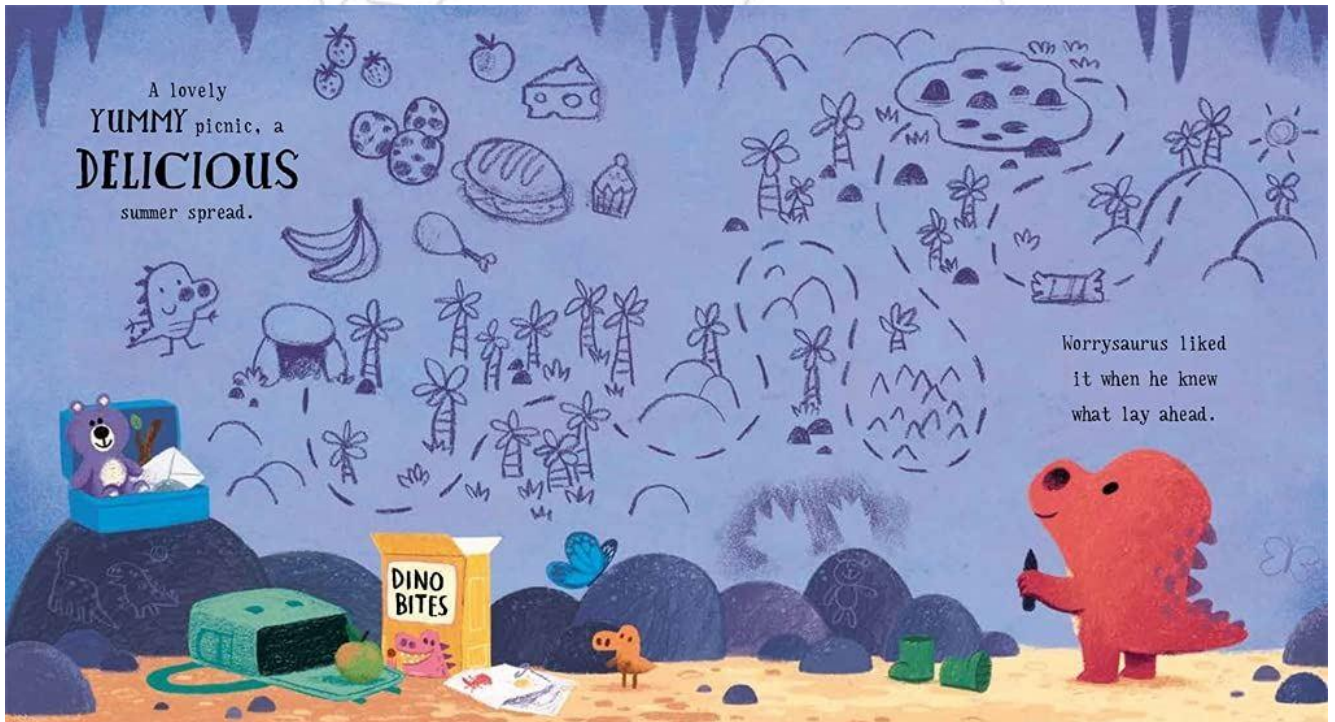
then washed his  
**TOP AND TAIL.**



He skipped along with happy legs,  
across the golden sand,  
And thought about the day that  
he had plotted, sketched, and planned.



A lovely  
**YUMMY** picnic, a  
**DELICIOUS**  
summer spread.

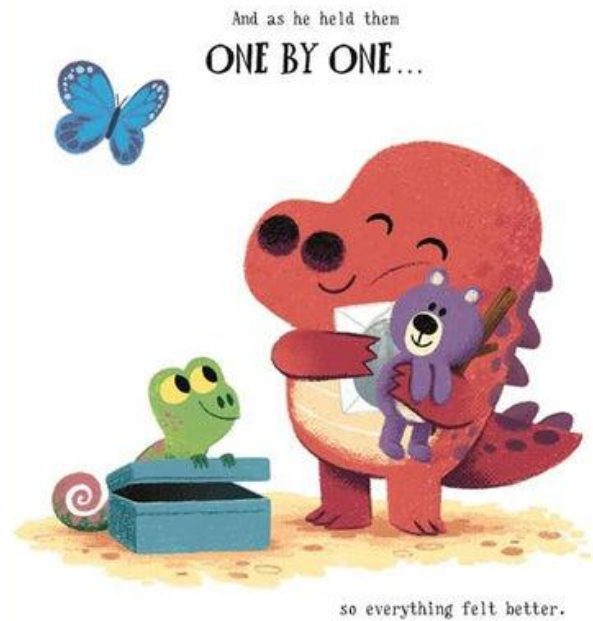
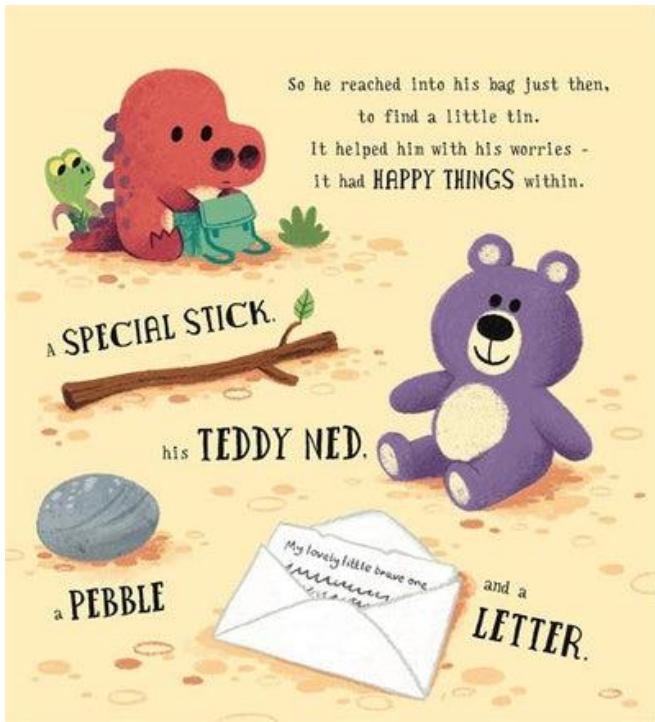


Worrysaurus liked  
it when he knew  
what lay ahead.

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I recommend this book because it is a perfect introduction to the concept of mindfulness to young children, especially those who tend to worry a lot.



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The dinosaur is a relatable character who overthinks a lot. When the negative thoughts begin to engulf him, he finds different ways to cope with them, such as thinking about his mum's words, creating a special box of happy things, and using positive affirmations. The story encourages children to create a coping box and fill it with their favourite items to help them feel better when they are worried. It also promotes the idea of focusing on the present to enjoy the moment rather than worrying about things that are out of our control. In addition, the rhyming verses are beautifully written, and the brightly coloured illustrations are adorable, adding warmth and appeal to the story.

We hope you enjoy the story as much as we do.

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Writer: Ms. Carmen Sin

Lin Claire (L.Tangerine) (2024-2025)