



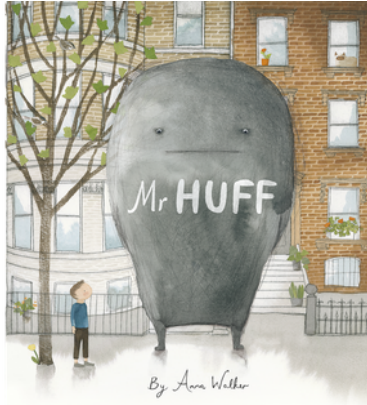
Wellbeing Playlist

I am physically,
mentally, and
emotionally
healthy.



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.



Mr Huff

Age group: 0-5

Author: Anna Walker

Illustrator: Anna Walker

Storyteller: Anna Walker

Publisher: Penguin Books Australia

Themes: anxiety, mental health, wellbeing, emotions



This book supports
Healthy in The NEST:
promoting good
physical and mental
health.

Talk

1. Look at the cover. How do you think Bill is feeling? What do you think Mr Huff is?
2. What things did Bill try to make Mr Huff go away? Did any of them work?
3. Have you ever felt like a cloud was following you around, like Mr Huff? What does that feel like in your body?
4. What helps you feel better on a grumpy or worried day?
5. Why do you think Mr Huff got smaller by the end of the story?
6. What could you do next time you feel your own "Mr Huff" cloud?

* Raising Children Network: stepladder approach

The stepladder approach is a step-by-step way of helping children learn to handle anxious situations.

It works like this:

- Start with a situation or thing that causes your child the least anxiety. Sometimes your child might need to practise the situation a few times until they feel comfortable with it.
- Move on to another situation that makes your child feel a bit more anxious. Again, go through it a few times until your child can handle it. Practice is important.
- Work with your child on tackling situations that gradually get more challenging.

For the full activity see: raisingchildren.net.au

Try it!



Anna Walker



Scan the QR code to
view the story!