

## Winston's World of Wisdom: Using Interactive Stories to Solve Real World Problems

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## Socially Strong Emotionally Secure

- ❑ **Attachment/Relationships:** refers to the child's ability to promote and maintain mutual, positive connections with other children and significant adults.
- ❑ **Initiative:** the child's ability to use independent thought and action to meet his or her needs.
- ❑ **Self-Regulation:** the child's ability to express emotions and manage behaviors in healthy ways.

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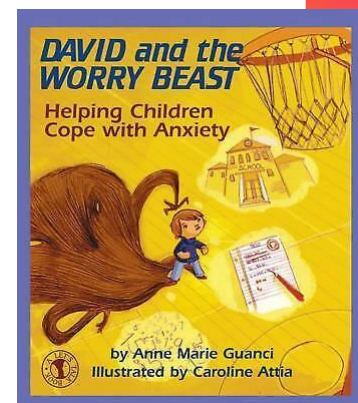
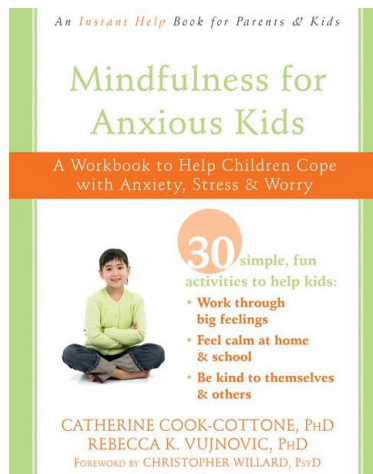
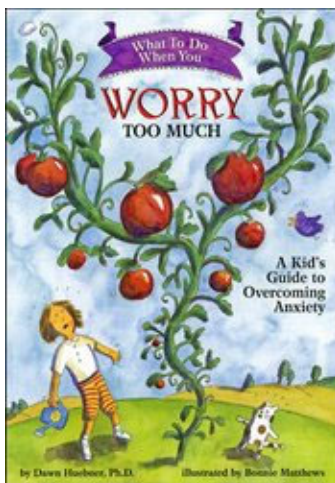
## Emotional Well Being

1. Attachment Bonding-  
affection- There is an adult who cares for me
2. Affiliation-Be and have a friend
3. Self-regulation-  
I can control my own behavior
4. Initiative- Desire to explore
5. Problem solving- given novel situations can I apply what I know
6. Respect for self and others

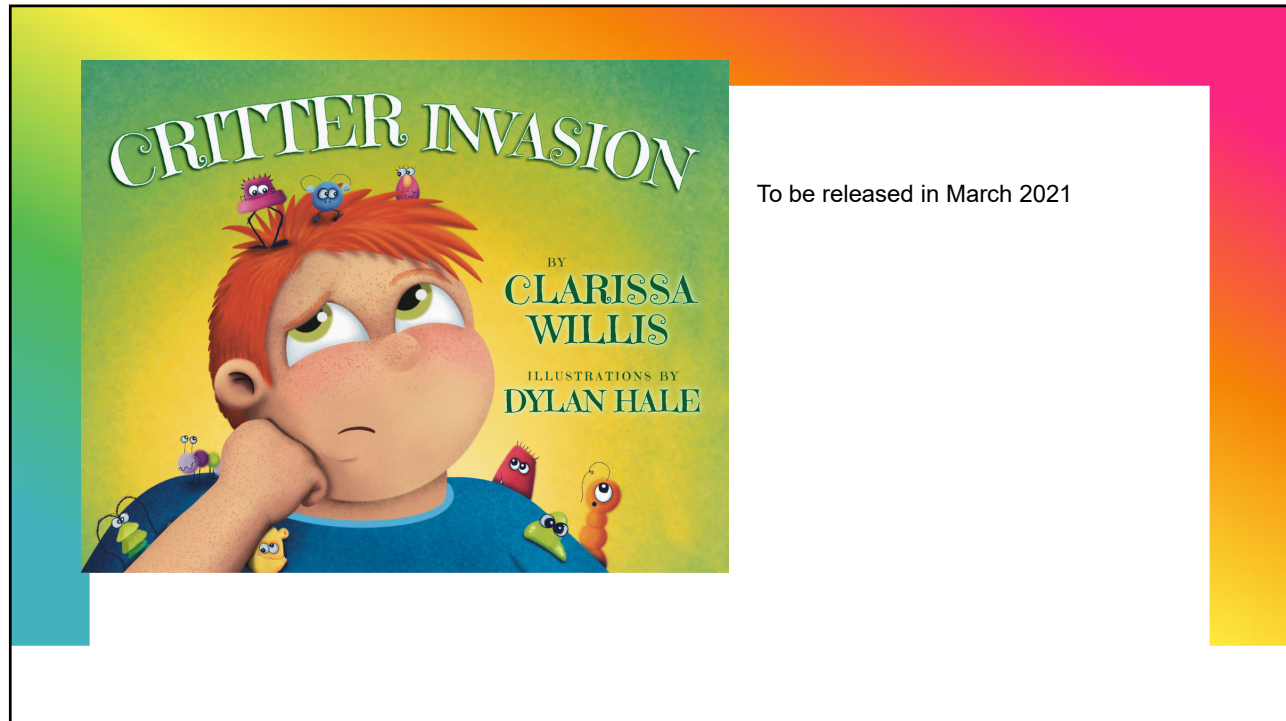


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## Some suggested books to help children with anxiety issues




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To be released in March 2021


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*Lots of children with active imaginations or anxious thoughts about things may have nightmares. Sometimes these children are labeled as “overly anxious” or “too nervous,” when in fact they just lack the skills needed to cope with their fears.*


1. Never dismiss those nightmares and fears as “silly” or “unimportant.”
2. You can explain that while nightmares may seem real, they are not.
3. Explain that nightmares are a sign of a creative imagination, and that same imagination can change what happens in the nightmares.
4. Encourage children to talk about dreams, good or bad, and never belittle them regardless how foolish they may appear to be.
5. Encourage your child to think about other endings to nightmares in which they take charge of the outcome such as when Corban told the “critters” to go away.

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6. Create a story with your child in which they defeat particular critters or situations they are scared of.
7. Help them paint a fun sign for their door or over their bed which tells nasty critters to go away e.g. "Nice Critters only" or "All Critters Live in the Basement."
8. Share with them basic techniques for dealing with anxious feelings if they wake frightened, such as breathing slowly, counting slowly, singing a song, or repeating a little chant like Corban did.
9. If your child has an "anxious" personality... don't see it as problematic but help them learn how to use their sensitivity most positively and to "manage" their anxiety.
10. Listen when your child tells you about their fears, and always remember they are very real to the child. Instead of telling them they are too old or to grow up, instead remind them that their home is a safe place. It's even okay to do a "critter" check with your child to assure them there are no scary things under the bed or in the closet.

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**WINSTON**

TOP DOG IN CHARGE (TDIC)



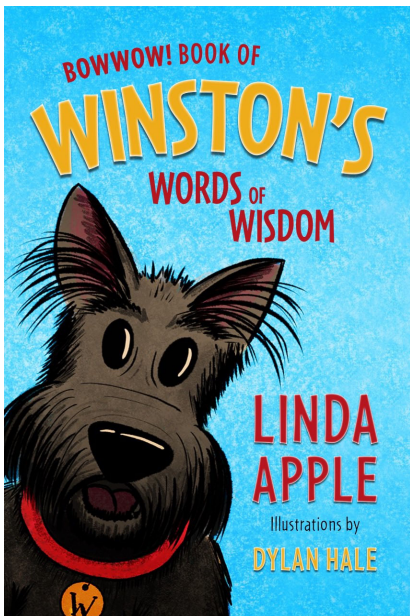
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HIGH PAW EVERYONE!

I'M THE TDIC OF APPLE SECURITY

ALWAYS ON THE WATCH FOR SNEAKY SQUIRRELS AND DESCRUCTIVE DEER

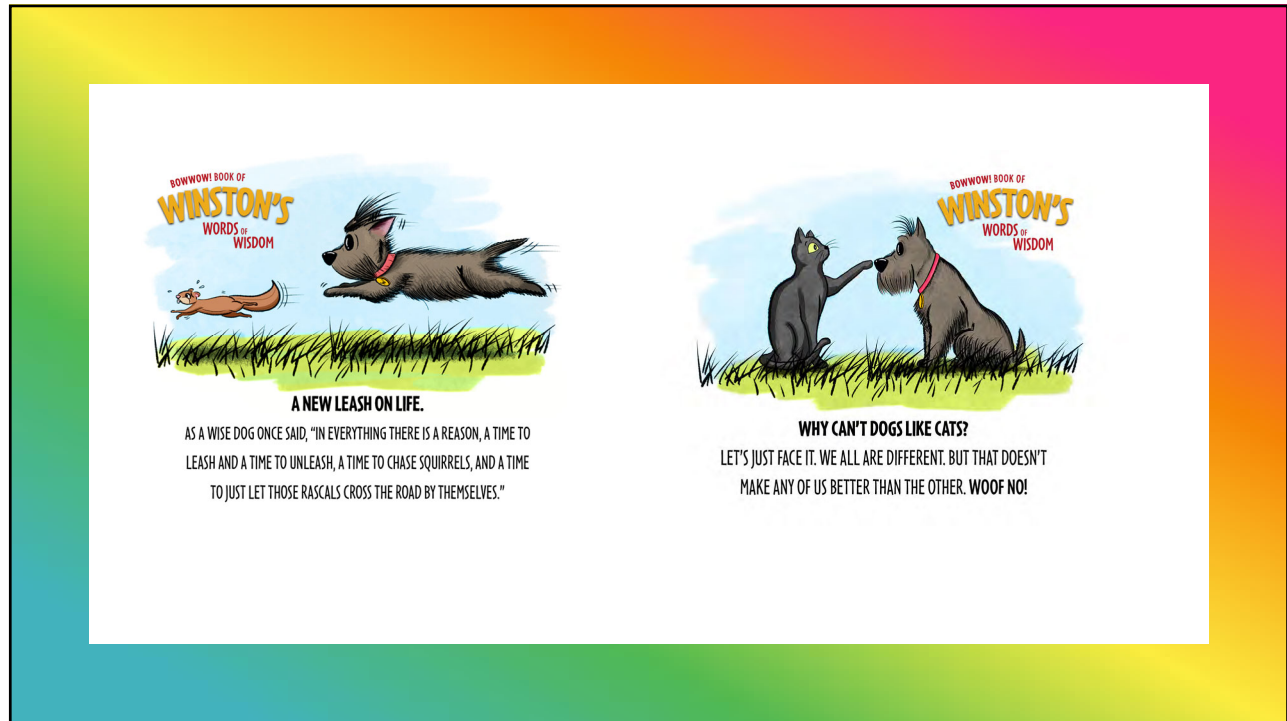
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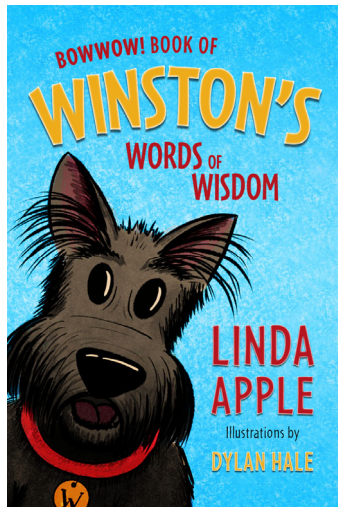


Such a great book to open up conversations between children and their parents/teachers. One of my favorite Winston's words of wisdom: "Let's just face it. We are all different. But that doesn't make any of us better than the other. Woof no! We all have a place and a purpose on this earth!" Children will connect with Winston and open up about their own feelings.

I purchased this book for my grandchildren, who can resist a cute puppy?! Once I got it and started reading it for myself, I loved the stories and the lessons. The stories can lead to great dialogue between a parent and a child. I wish I would have had this book when I was teaching. I taught k-12 special education, and this would have been a great tool to have. Winston is a character that all grades can relate to and they are great story starters for language arts applications. The short stories are applicable to all grades. I recommend this book to parents, grandparents, and most importantly to teachers.

This book was SO much fun to read to my third graders! They LOVED it! It was funny, positive, and opened the door for good, positive conversations. This will be something I read to my students every year.

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### WINSTON WONDERS?

#### DO YOU HAVE STORY SUGGESTIONS?

We are always on the lookout for stories to investigate!  
Send your suggestions to [www.winstonsworld.com](http://www.winstonsworld.com)  
or  
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