



# Transcript

## Charlotte's Mum - Lesson 8, Audio 2



Play 'Charlotte's Mum - Lesson 8, Audio 2' **or** read this transcript during 'Worry Trees' lesson plenary.

### Charlotte's Mum

I can't believe it. I have seen such a difference in Charlotte today - it's like a weight has been lifted off her shoulders. I picked her up in the playground after school and she told me that her teacher got them to make some sort of thing called (pause/unsure tone of voice) a worry tree? She said they could write down any worries that they had on a leaf and place them onto the tree. This wasn't the kind of thing I had in mind when I thought about getting Charlotte to share how she was feeling, as a matter of fact I never even knew something like 'a worry tree' existed, but it seems to have worked a treat! I just hope that from this, Charlotte remembers how it feels when you share how you are feeling rather than bottling it all up inside! I guess sometimes people just don't realise how many people love and care for them, and would do anything to help them to overcome their worries.