Feeling Wobbly?

Ask Fizzy to Magic It Away

Written by
Izzy Harrap

Illustrated by
Alison Clarke

Feeling Wobbly? Ask Fizzy to Magic it Away
Written by Izzy Harrap © 2020
Illustrations by Alison Clarke © 2020

Izzy's Qualifications: Dyslexia therapist,
Autogenic therapist, NLP Practitioner,
EFT Practitioner. Contact Izzy at
https://www.learnhowtoreadwithizzy.com
or izzy@learnhowtoreadwithizzy.com

With many, many thanks to Alison, Gwyneira, Patricia and my family for all their help.

I have written this book for 4-8 year olds to build self-esteem and confidence, while reducing their uneasy feelings. I have worked for twenty-five years with children who find learning difficult. I met Alison at school, she then trained as an Illustrator and Graphic Designer. She has illustrated TEFL and TESOL publications.

The moral right of the authors has been asserted. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior permission in writing of the publisher, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent publisher.

ISBN 978-1-9164811-3-8

A CIP catalogue record for this book is available from the British Library.

Iheringius
An imprint of
Joensuu Media Ltd
20-22 Wenlock Road
London
N1 7GU
England

Feeling Wobbly?

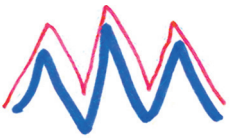
Ask Fizzy to Magic It Away

Written by
Izzy Harrap

Illustrated by
Alison Clarke

2020 has been an unusual year. The virus has made many lifechanges, which will continue for some time.

We have all found it difficult, missing our usual routine, friends and relatives.



Let me introduce you to Fizzy and his friends Squeaky, Bobo and Leo.

Squeaky

Bobo

Leo

Fizzy understands, even when we don't know how we feel. When Fizzy doesn't feel quite right. He calls it Feeling Wobbly.

Do you sometimes feel like that?

Fizzy has a good stretch. He starts to feel brighter.

Can you do that?

Squeaky the mouse, like all other animals, has a good shake when Squeaky feels a little bit out of sorts.

When Fizzy feels like that, he copies his friend. Then he begins to feel a bit better.

Start with shaking one foot, then that leg, next an arm and the other arm, later you can shake your shoulders and anywhere else you want to. Can you copy me standing up or lying down like Squeaky?

Bobo
the monkey
is sad.

It has been a bad day,
there are no bananas.

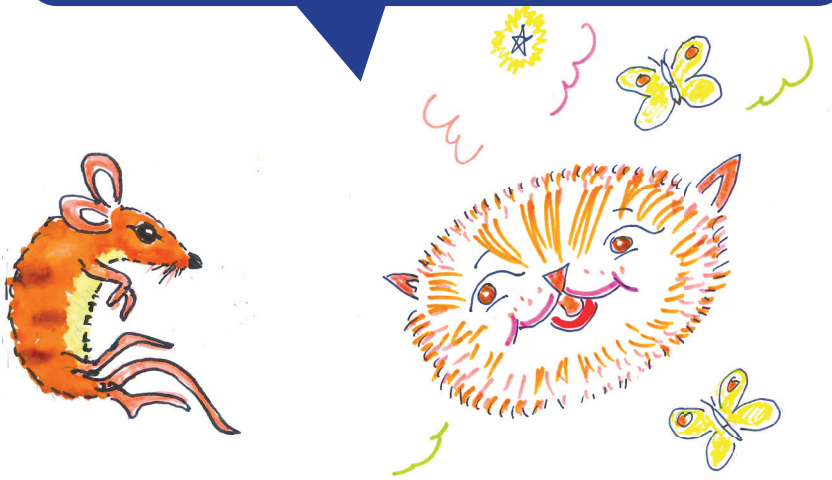
If that were me, I would go and tell a friend, I always do that when I have a bad day. When you have a bad day who could you tell about it?

Fizzy's friend Leo loves to roar and stomp around.

Fizzy loves to do this, He also feels stronger afterwards.

Have you enjoyed roaring around and stomping like Leo and me?

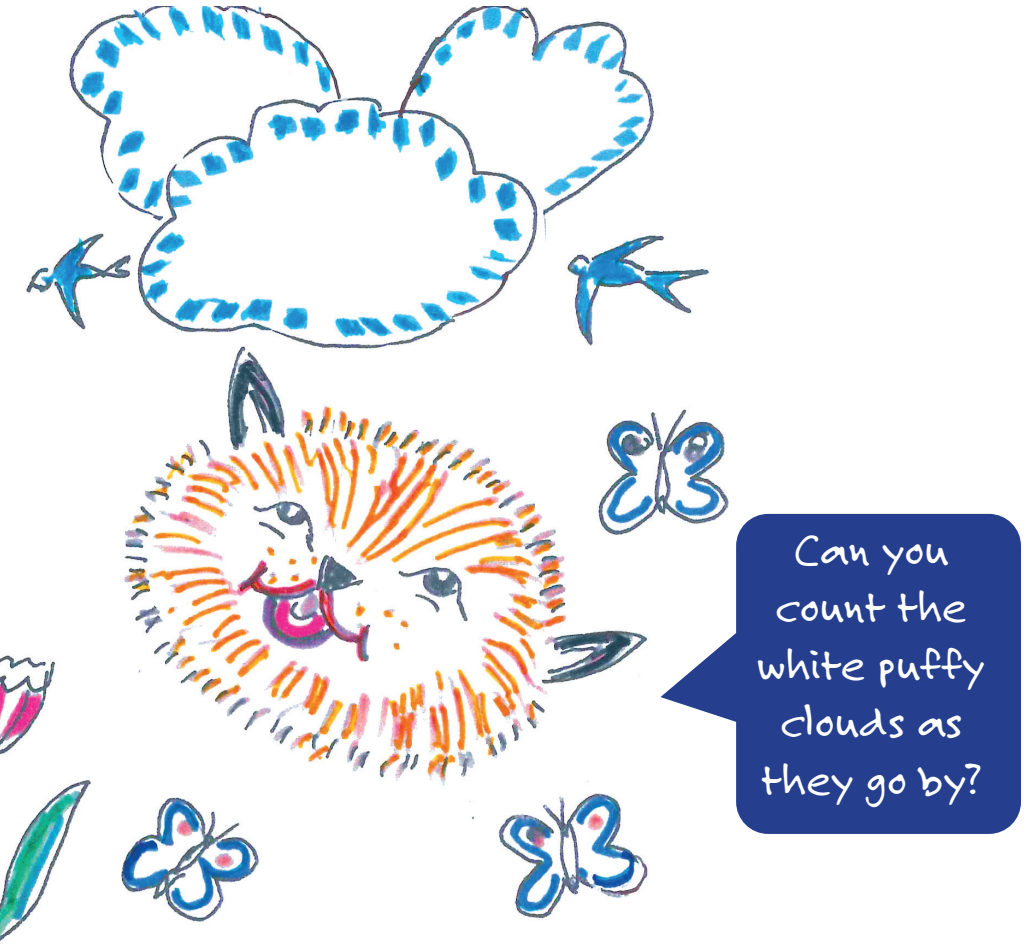
Leo is not my only friend. I have Squeaky and Bobo. They all help me feel better. Do you have friends like this?



Fizzy goes into his own beautiful, imaginary garden.

He can see happy, red, yellow and orange flowers basking in the warm sunshine.

The wind has blown away the dark clouds.



Fizzy's wobbly feelings have also blown away and disappeared.

Another way Fizzy calms himself and feels stronger is with tummy breathing.

Continue breathing like this. Now imagine hugging your favourite toy. How do you feel now?

Wow! Can you see the butterflies appearing,

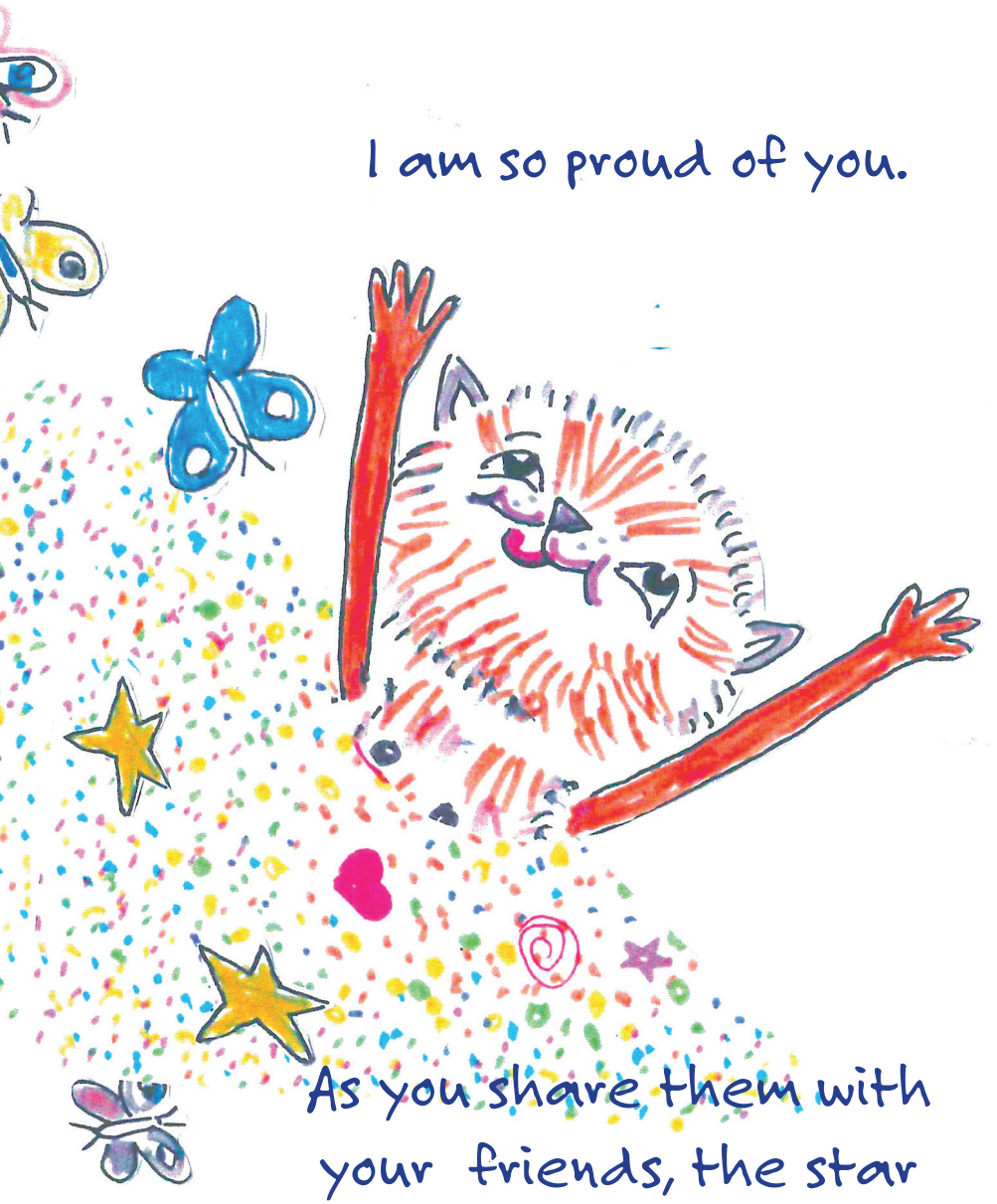
flying over, bringing sparkly dust and lots of love with them as they land on Fizzy's arms?

With my fingers, I gently tap each arm about 10 times, so I can feel the butterfly's love. Can you imagine feeling this love as you copy me?
TAP TAP
TAP TAP

Oh look there is sparkly dust all around you!
Feel the love, joy, fun, laughter and happiness it brings you.
A shining star lands on you, telling you what a wonderful,

Unique Creation you are.
The sparkling dust reminds you that you are cool, smart, kind and loving.

This sparkly dust and shining star are always with you.



I am so proud of you.

As you share them with your friends, the star becomes brighter...

every time you help a friend get stronger.

I also bring my friends around my imaginary garden. Why not take your friends around this garden with me, so that they can share it?