

Pupil Recommended Read

Recommended by Jacob, Reception

Geoffrey Gets The Jitters

by Naida Shireen

I really like this book!

Geoffrey's got the jitters! It started last night when he was thinking about school - a funny, wiggly feeling in his tummy that grew and grew. But when Geoffrey's tummy jitters started talking to him - that's when he knew they were out of control. Geoffrey had to do something...

A wise and comical look at anxiety and how to banish it ... With funny pictures and a guide to different kinds of worries, this is soothing for all ages.

