Ria the Anxious Hermit Crab

Write a letter

Dear Class Teacher,

Thank you for reading Ria the Anxious Hermit Crab and for welcoming Ria and Bruno into your classroom.

This activity pack has been designed to encourage children to express themselves through letter writing in a relaxed and imaginative way. By writing to Ria and Bruno, pupils may choose to share things that make them smile, the people who support them, or anything that has been on their mind.

To make the activity feel even more special, you may wish to create a pretend post box (or Shell Post Box) where children can post their letters before they are collected.

The aim of this activity is to encourage meaningful conversations in a safe and supportive environment. The letters are intended to remain within school and should not be shared with the author. Teachers can use the letters to support pupils and, where appropriate, communicate with parents in line with your school's pastoral and safeguarding procedures. A whole-class reply from Ria and Bruno is included in this pack.

This pack contains four pages:

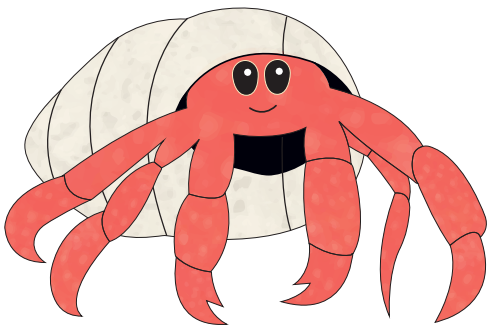
- Page 1: A letter for the class teacher (this page).
- Page 2: A letter from Ria and Bruno to be read aloud to the class.
- Page 3: A structured reply sheet for pupils to write back.
- Page 4: A letter from Ria and Bruno thanking the whole class for their wonderful letters.

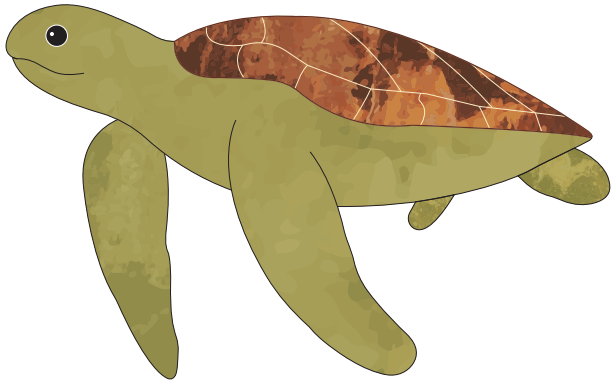
Each letter begins with "Dear Class," but you may wish to personalise this with your class name before reading it aloud.

Thank you for helping children discover that, just like Ria, they don't have to carry their worries alone.

From,

Ria and Bruno





Ria the Anxious Hermit Crab

Write a letter

Dear class,

Hello! Ria and Bruno here.

Thank you for reading our story!

In our story, Ria felt worried about lots of things. Talking to Bruno helped her feel a little better.

Ria still worries sometimes – we all do – but Bruno reminds her that talking to someone she trusts can help make those worries feel a little smaller.

Now we'd love to know more about you!

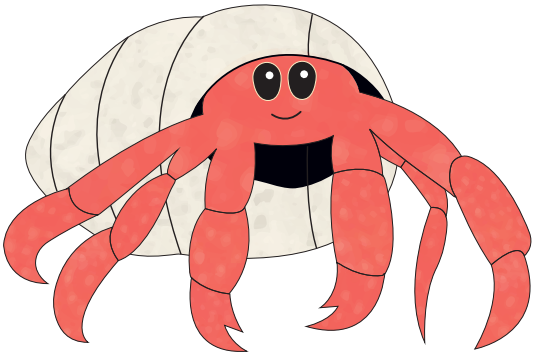
- What makes you smile?
- What helps you when you feel nervous?
- Who do you talk to when you need help?
- Is there anything you'd like to tell us?

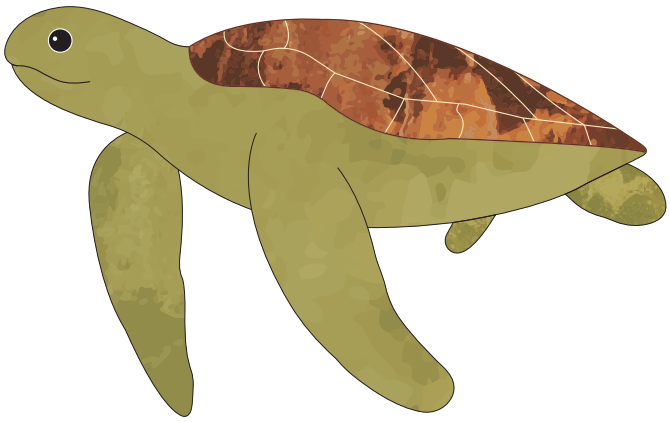
You can tell us about your favourite things, something you're proud of, or even something that's been on your mind lately.

We'd love to hear back from you.

From,

Ria and Bruno





Ria the Anxious Hermit Crab

Write a letter

Dear Ria and Bruno,

One thing that always makes me smile is:

_____

When I feel worried or nervous, it helps when:

_____

Someone I can talk to is:

_____

Is there anything you'd like to tell Ria and Bruno?

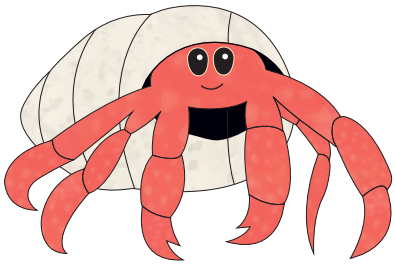
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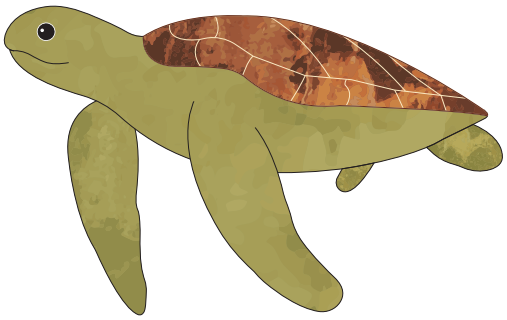
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From

_____





Ria the Anxious Hermit Crab

Write a letter

Dear class,

Hello again!

Thank you so much for writing to us. We were so excited to receive your letters!

We loved reading about the things that make you smile, the people who help you, and all the wonderful things that help you when you feel worried.

It reminded us that everyone is different, and that's what makes each of us special.

Some of you also told us about things that have been on your mind. Thank you for trusting us with your thoughts. That was incredibly brave.

Ria wants you to know that she still feels worried sometimes. Worries are a normal part of life, and everyone has them from time to time.

Bruno reminds Ria that worries don't have to stay hidden inside her shell.

Talking to someone we trust can help us feel better, supported and understood.

We hope that, just like Ria, you remember that you never have to face your worries all by yourself. There will always be people who care about you and want to help – like the people who look after you at home or your teacher.

Thank you for sharing your stories with us and for being such a kind and thoughtful class.

Keep smiling, keep being brave, and keep looking after one another.

From,

Ria and Bruno

