
PETA RAINFORD

HOW TO BEAT THE NIGGLE

Can you make a scary face? Can you wiggle your fingers? Yes? Then this is the session for you! Don't just listen to the story of *The Niggle* – about a little monster who whispers in five-year old Joe Jackson's ear and makes him afraid – but join in! We all get a niggle in our ear from time to time, but there are things you can do to beat it: Peta will show you how to make a 'Positivity Cube' so you can get creative and conquer your fears and worries!



THINGS YOU MIGHT NEED TO JOIN IN

Thin card/ thick paper, glue stick scissors, coloured pens/pencils, (optional: photos or small pictures of things that make you happy - family snaps or images from magazines are ideal for this) Template from website.

AGES: 4-8

FROM SOURCE TO SEE

How does a seed of an idea grow into a 32 page full-colour picture book? Isle of Wight author and illustrator, Peta Rainford, takes you through the process with her eighth children's picture book – *Crab, Dab & Blenny* – will be published later in 2021. Lots of ideas and tips for anyone – child or adult – writing and/or illustrating stories.

AGES: 8+

ABOUT PETA

Peta lives on the Isle of Wight, where she writes and illustrates funny (usually rhyming) picture books about resilience and being brave, being yourself and caring for the environment (among other things). She is ably assisted in her work by her hairy Jack Russell, Archie.

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