

Worries

This lesson was written in January 2021 and reflects information available, and guidance issued at the time.



Objectives:

- To understand that everyday things affect our feelings.
- To understand that everyone has worries.
- To express feelings & try to support others who express their feelings.
- To use strategies to help themselves feel better.

Curriculum Links:

Y1&2- PSHE (from PSHE Association) Pupils learn:

- H15. To recognise that not everyone feels the same at the same time, or feels the same about the same things
- H16. About ways of sharing feelings; a range of words to describe feelings,
- H17. About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)

Key Vocabulary:

- anxious
 - worry
- (from the video):
- Isolate
 - self-isolate
 - virus
 - Restrictions

Resources:

- PowerPoint
- Book - Ruby's Worry
- large post-it notes or cut up paper squares

FAQs:

Why do the rules keep changing? The rules keep changing as the spread of the virus changes. When the virus is being spread rapidly we need to have more restrictions. When the virus is not being spread so fast it may be possible to relax the rules.



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Introduction:

10 mins



Watch video introduction - Puppet Q is worried about all the rules and changes.

Invite children to share any Coronavirus related worries that they might have. Write them down on a big piece of paper/whiteboard.

Main Activity:

20 mins



If time - Read Ruby's Worry. Talk about how worry can manifest physically - feeling tired, feeling sad, not hungry, not sleeping well, feeling tearful, etc. Like in the story, talk about spotting other people who might be feeling worried/lonely. What can we do to help them?

Make another mind map of what they can do about their worries - talk to a friend, talk to a trusted adult (parent, grandparent, teacher), play with friends at school, do something they enjoy, do some dancing, etc. Like in the story, talk about spotting other people who might be feeling worried/lonely.

In response, children draw and label pictures of what they can do when they're feeling worried - display on the wall/on the class mind map. Stress the importance of talking to someone when they are worried, and also looking out for friends who might be worried and encouraging them to talk about it.

Plenary:

5 mins



- Recap signs we might be feeling anxious (emotional and physical)
- How to spot if other people might be worried/anxious
- Things we can do to help ourselves and others - refer to the mindmap/display with children's ideas/pictures



Possible Extension Activities:

- set up a worry box in the classroom (from a tissue paper box). The children can write/draw their worry and can place it in the box, write the name so the teacher knows who to talk to.