

Year 5-6

## 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 understand the importance of expressing our feelings & find ways of supporting others who express their feelings
- To identify strategies that can help themselves feel better

### Curriculum Links:

**KS2- PSHE (from PSHE Association) Children learn:**

- **H16.** About strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing
- **H17.** To recognise that feelings can change over time and range in intensity,
- **H18.** About everyday things that affect feelings and the importance of expressing feelings

### Key Vocabulary:

- anxious
- worry
- self-isolate
- virus
- infectious
- restrictions

### Resources:

- PowerPoint
- paper (A5)

### 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 introduce more restrictions. When the virus is not being spread so fast it may be possible to relax the rules.

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## Introduction:

5 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



Talk about how worry can manifest physically - feeling tired, feeling sad, not hungry, not sleeping well, feeling tearful, up and down emotionally, etc. Can the children spot these signs in other people - friends/family members? What can we do to **help ourselves** and **help others** who might feel anxious?

Make another mind map of what they can do about their worries - talk to a friend, talk to a trusted adult (parent, grandparent, teacher), chat to friends at school, do something they enjoy, do some dancing, etc.

Make a Self soothe box. At school the children could draw and label what would go into their box, and they could make it at home if they wanted to. The self soothe box/bag can contain items that remind the children of the positive/happy moments (souvenirs, photos from holidays), favourite little toys (small car, or cuddly toy), and things that they like to do (small colouring or puzzle book, fluffy pen, puzzle/maze toy), also maybe a CD with a story or some music.

## 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 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.