

Worries

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



Objectives:

- To recognise that everyday things affect our feelings
- To know 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:

- **Personal, Social & Emotional Development:** *They show sensitivity to others' needs and feelings*

Key Vocabulary:

- anxious
 - Worry
- (from the video):*
- isolate, self-isolate
 - virus
 - restrictions

Resources:

- PowerPoint
- Book - Ruby's Worry

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 may 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:

5 mins



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

Circle time to share any worries that the children might have. You could write them down on a big piece of paper/whiteboard.

Main Activity:

20 mins



Read Ruby's Worry.

Talk about how worry can manifest physically - feeling tired, feeling sad, not hungry or hungry all the time, 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 too?

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 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 with children's ideas and drawings



Possible Extension Activities:

- Set up a Worry Box in the classroom (from a tissue box/shoe box).
If the children are able to write/draw their worry, they can place it in there.
Write their name on the piece of paper, so the teacher knows who to talk to.
If not able to write what the worry is, they can just write their name and fold it.