



Usborne

All About Worries and Fears



Resource pack for teachers and librarians



All about Worries and Fears

Suitable for 4+

Explore themes of:

Feelings • Worries • Fears

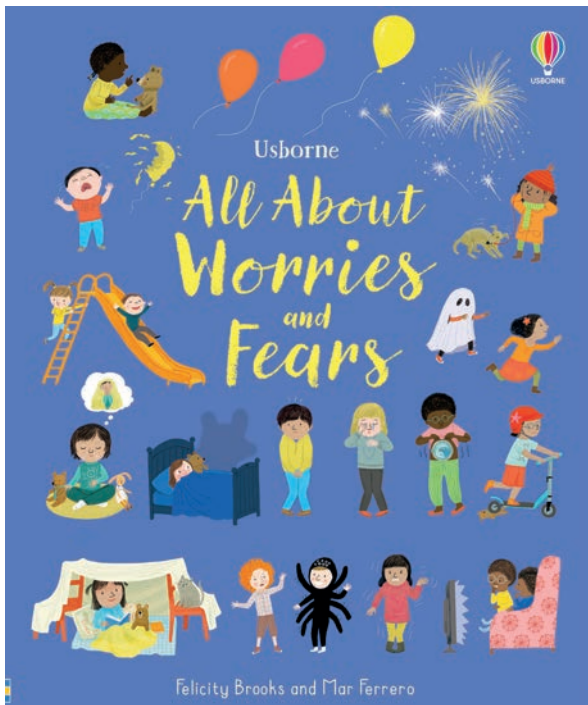
Subject Checklist:

Art • PSHE • Drama • Citizenship

The following lesson is based on activities taken from the *All About Worries and Fears* book. It is one of many brilliant activities that children can use to feel calmer and more positive. It can be used as a whole class session or an intervention for smaller groups. It is adaptable to your, and your learners', needs.

Lesson objective:

To understand what worries and fears are and how they make us feel; and to learn some ways to help us manage these.



All About Worries and Fears

How can we learn to stop everyday fears and worries from growing out of proportion or overwhelming us? This helpful, comforting book helps children understand why we have different fears and worries and the physical effects they can have on our bodies, as well as offering all sorts of fun activities and strategies to help manage and overcome them.

All About Worries and Fears

Please note:

Teachers and adults: remember that exploring worries and fears with children could open up difficult subjects, and could occasionally result in disclosures of serious concerns. Please follow your school's safeguarding procedure and alert your DSL with any concerns. If using the suggestion of creating a box for 'posting' worries and fears at the end of this resource, please ensure to check it regularly and remind children they can also speak to you outside the lesson. Again, in both cases, please follow the guidance above.

Objectives: To understand what worries and fears are and how they make us feel; and to learn some ways to help us manage these.

Activity 1:

With the class seated, use the B-r-e-a-t-h-e spread on page 12-13 in *All About Worries and Fears* or the spread on the following page to lead them in a focussed breathing exercise, asking them to:

- Breathe in imagining the smell of a lovely flower, a freshly baked pie or a special blanket and
- Breathe out thinking about slowly blowing on hot chocolate to cool it down or slowly blowing out some candles

Discussion: How do they feel afterwards?

Still sitting, tell the children they are going to use the top half of their bodies (including their arms, shoulders and head) and facial expressions to show the different emotions below. Model for them first, and ask them to copy you. Then take one emotion at a time and ask the children to respond.

Happiness Sadness

Anger Worry



B-r-e-a-t-h-e

When you're worried or scared, you often start breathing with short little breaths and your heart beats faster than usual. To make yourself feel calmer, you can S-L-O-W your breathing down by doing this...

START here and follow the blue shape with your finger as you breathe.

As you breathe IN, you could imagine that you can smell...

a lovely flower,



a freshly baked pie,



or a special blanket.



And as you breathe slowly OUT, you could think about...



blowing on hot chocolate to cool it down,



blowing a huge bubble



or slowly blowing out some candles.

Breathe OUT through your mouth... VERY S-L-O-W-L-Y



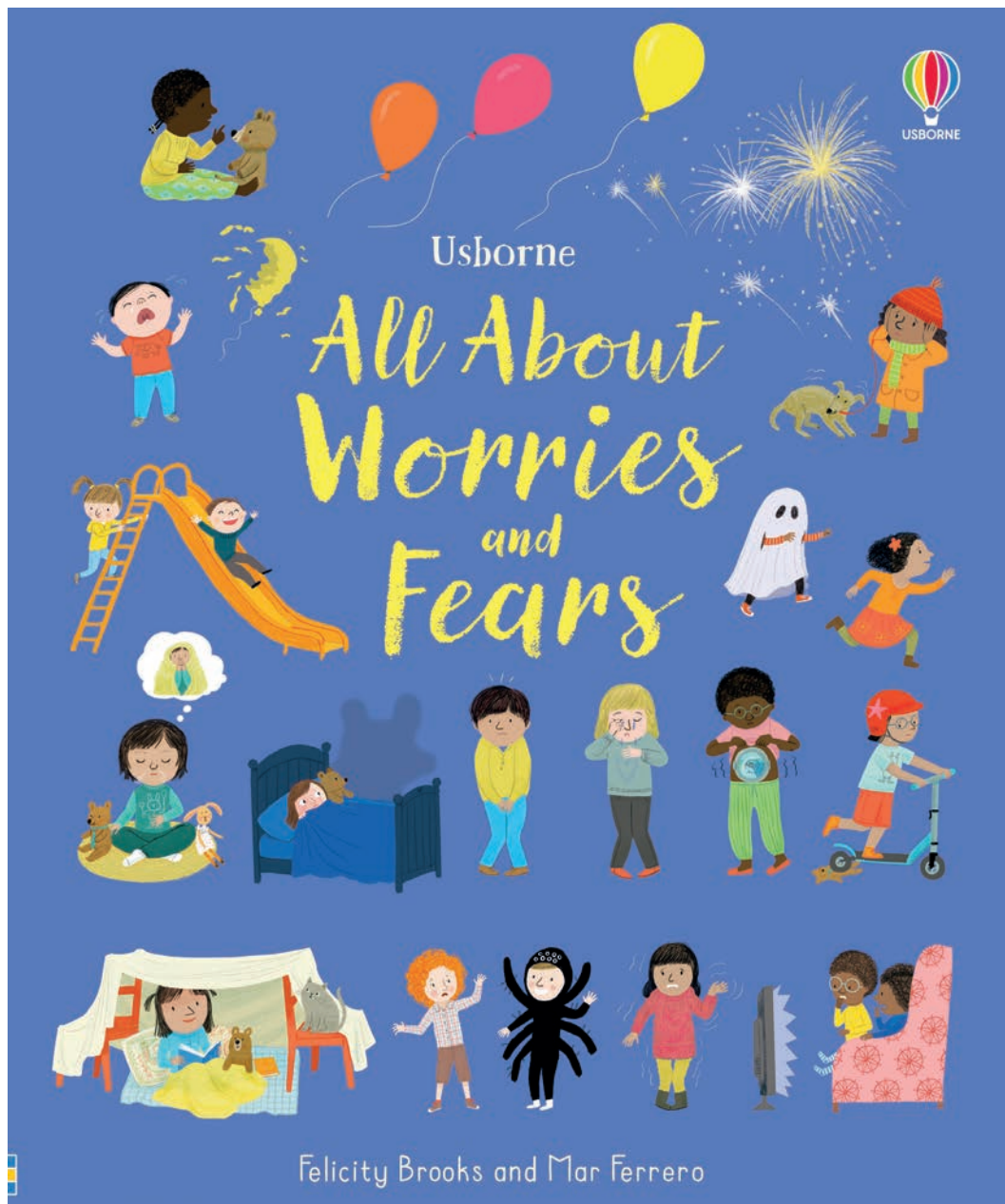
Keep breathing IN and OUT and IN and OUT in this way until you feel calmer. You can do this wherever and whenever you feel worries or fears making you breathe too fast.

Discussion: What is it like to be worried? What is it like to be scared? What happens to our bodies? How is it different from how you felt during the breathing exercise? Do you think the breathing exercise might help you if you feel worried or scared? Why?

Activity 2:

Show the class the front cover of *All About Worries and Fears*.

Discussion: Can they spot the children who are worried or scared? How do they know which ones they are? Do you think it's always possible to tell when someone is worried or scared? Can they identify some of the things that the children on the cover are worried about or scared of?



Activity 3:

Using the worksheet provided on page 7, ask the children to draw some of their worries and fears inside the balloons. Then, ask the children to share these with the person next to them.

Sitting at their desks, ask the class to make a fist and put it up in the air as if they are holding balloons really tightly and these balloons are their worries and fears.

Use the breathing exercise from the beginning of the lesson. Ask the children to take a deep breath in like at the beginning of the class, imagining a lovely smell; then breathe out, imagining they are blowing candles on a cake or a hot chocolate.

Tell them that they're going to do this three more times and on the third time they breathe out, they're going to open their hands and imagine that they are releasing the balloons and their worries and fears.

Discussion: How does it feel to do this, to imagine letting your worries and fears go? How did it feel to talk to your neighbour about your worries? Was it difficult or easy? How did it feel to use the breathing exercise? Did any of these things make you feel more relaxed?

Extension ideas:

Optional extra for more advanced classes: If you are worrying about something or scared of something, it is important to find ways of managing this. This could include talking to someone, finding ways to imagine letting your fears and worries go, or just slowing your breathing down. There are lots of other ways to help you manage your worries and fears.

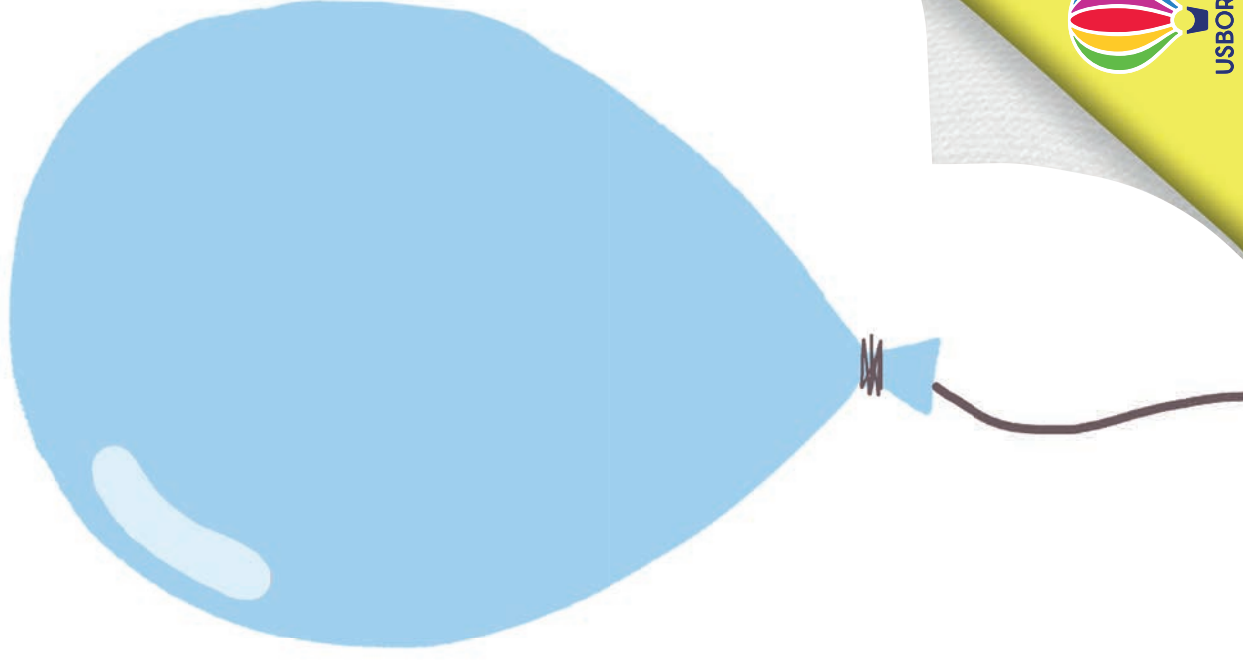
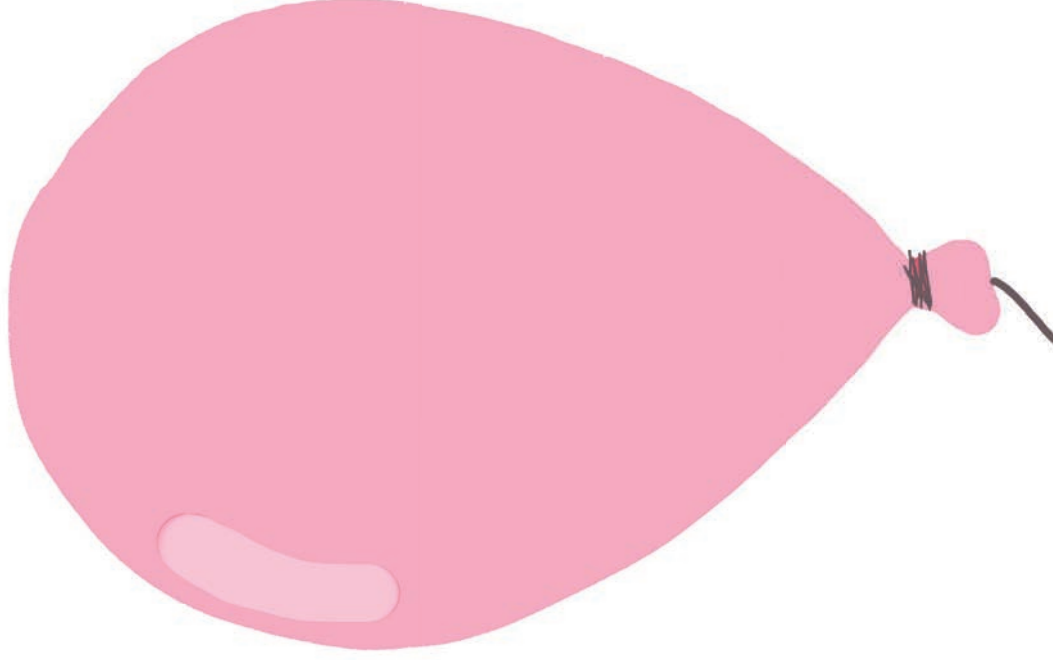
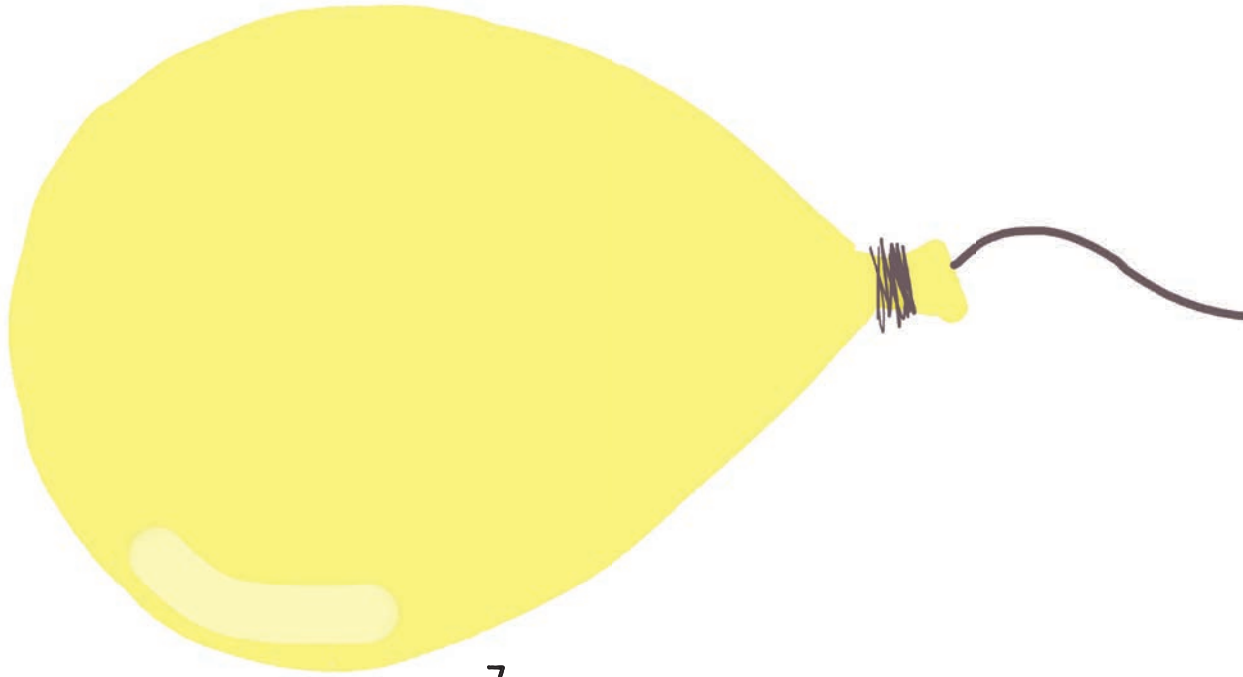
Use the activity sheet on page 8 and see if you can match up different ways of managing your worries and fears with the right picture.

Discussion: Did you enjoy any of the activities suggested for managing your worries and fears? Which do you think might be best for you to help you manage your worries and fears? Do you already do any of these things when you feel worried?

Further suggestion: teachers could leave a box out and invite children to write down any worries and fears and 'post' them in the box. Agree a time with the children when the box will be emptied and checked by a teacher e.g. at the end of every day.

Worry Balloons

Write or draw some of your worries and fears inside the balloons.



Match Up

See if you can match up different ways of managing your worries and fears with the right picture.

Talk to someone

Go outside

Get busy

Make or do something

Get moving

Spend time with friends and family



Usborne Quicklinks

For links to hand-picked websites where you can find more activities relating to the series, visit **usborne.com/Quicklinks** and type in the keywords "All About".

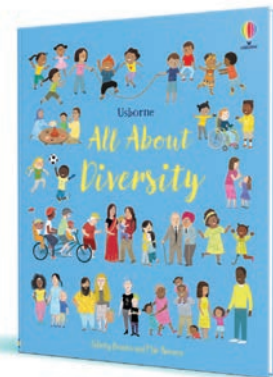
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All About... series

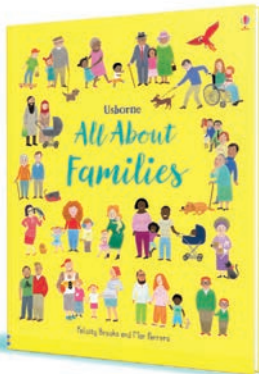
All About Diversity

How are we all different? And what makes us all the same? Find out in this exciting celebration of diversity of every kind. Help young children learn to respond in a kind and equal way to everyone, regardless of shape, size, age, physical and mental ability, gender, ethnicity, beliefs and culture.



All About Families

What do families look like? Who's in your family? And how can families change? This glorious celebration of family diversity talks about single parent families, adoptive, foster, divorced, remarried, and mixed race families, and lots, lots more, showing little children that families come in all shapes and sizes.



All About Friends

Why do we need friends? How can we make friends? And what makes a good friend? This charming book explores the benefits of having friends, looking at different types of friendships, and what happens when friends fall out and make up. Includes helpful notes for grown-ups on talking to children about friendships, dealing with conflicts and imaginary friends.



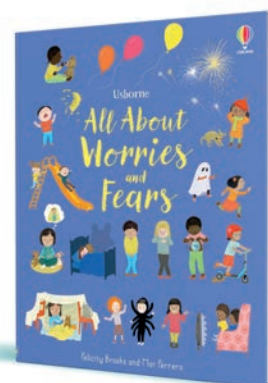
All About Feelings

How are you feeling today? This fun, friendly and reassuring introduction to feelings is designed to help young children recognise, understand and name how they're feeling and learn to talk about, and manage, their emotions in helpful ways.



All About Worries and Fears

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